

HIGH-PERFORMANCE KEYNOTE SPEAKER

marcey rader



**WATCH
MARCEY
SPEAK**



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NOW BOOKING: KEYNOTES, BREAKOUTS, WORKSHOPS

"practical" "funny" "high-value"
"no-fluff" "thought-provoking"

Marcey Rader is a multi-award-winning Certified Speaking Professional®, Master Virtual Presenter®, and TEDx speaker.

As the founder of RaderCo, she delivers no-fluff keynotes and workshops on **focus, prioritization, meeting effectiveness, email sanity, and sustainable habits**. She's the author of four books and a podcast host, trusted by Fortune 500 and high-growth companies.



marcey
rader



"Marcey is THE dream presenter!"

*"...She is a rock star on the stage; you know the attendees will have a great session. Planning events with new content and presenters can be risky. **Marcey is the person you book to balance that risk. She is consistently excellent.**"*

Linda Dodd - Learning Specialist NCACPA

FEATURED IN:

FAST COMPANY THRIVE GLOBAL
SHAPE **Inc.** Prevention.

EXPERTISE:

- Productivity
- Focus & Attention
- Purposeful Communication
- Prioritization
- Remote Work
- Digital Wellness

Trusted by:

 DELTA

syngenta NC STATE UNIVERSITY

 U.S. TREASURY
INSPECTOR GENERAL

Biogen

moderna **TEDx**

BOOK A CONNECTION CALL



Reclaim Your Workday:

Sustainable Success in the Modern Workplace

Cut the chaos. Focus on what matters. Deliver sustainably.

Meetings, messages, and multitasking are draining output and energy. This session arms your people with simple guardrails and practical rituals to shift from reactive to intentional work.

WHY IT MATTERS: Faster decisions. Fewer handoffs and rework. Lower burnout risk. Higher engagement and quality.

“truth bombs filled with actionable steps”

If you're tired of feeling punched around by the demands of life and work, get ready for some truth bombs filled with actionable steps.

Jeff Nischwitz
Director of Business Development

ATTENDEES LEARN TO:

- ✓ **Prioritize relentlessly** so the right work gets done first
- ✓ **Fix broken meetings** with right invites, automation, and async options
- ✓ **Tame email and chat** with channel norms, rules, and quick triage

PERFECT FOR:

Individuals, managers, and project teams in fast-moving orgs. Especially relevant where context switching is costly.



Formats: Keynote, Breakout, Workshop. In-person, virtual, or hybrid.

Pairs well with: Elevate Your Focus, Break Free From Busy, Find Your Meeting Mojo

Popular add-on: Performance Pulse Survey and Reclaim Your Workday book

CTA: Book this session to help people reclaim their time, attention, and energy and make sustainable success the norm.



Elevate Your Focus:

Defeat Distractions for Peak Performance

Ring. Ping. Buzz. Enough!

Stop using habits that deplete your willpower. This session restores attention, builds our single-tasking muscle, and normalizes low-sensory breaks that recharge the brain.

WHY IT MATTERS: Better quality work.
Shorter cycle times. Lower cognitive load.

“I want to be more present”

It was shocking to understand how dependent and consumed I am with my devices. I want to be more present with those around me instead of using my phone.

Keith Hudson

President, Jim Hudson Automotives Group

ATTENDEES LEARN TO:

- ✓ **Shrink digital noise** with optimal settings and channel norms
- ✓ **Single-task for output** and accuracy
- ✓ **Reset energy** with power breaks that work anywhere

PERFECT FOR:

Teams buried under communications, knowledge workers in high-stakes roles, and anyone who needs to be present.

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Formats: Keynote, Breakout, Workshop. In-person, virtual, or hybrid.

Pairs well with: Break Free From Busy, Reclaim Your Workday, Email Extinguisher

Popular add-on: Performance Pulse Survey and Ask Me Anything follow-up

CTA: Book this session to put attention back on the agenda.



Break Free From Busy:

Tactical Guardrails to Reclaim Your Time

You're not behind. You're over-committed.

This session helps people identify what matters, protect focus time, and deliver work without distractions.

WHY IT MATTERS: Fewer fire drills. Faster decisions.
Less rework. Higher morale.

**“I can face Q4
with energy &
excitement”**

*Today I took a 'should' off my plate that
has been a mental burden for
MONTHS. I can face Q4 with energy
and excitement instead of dread.*

Melinda McKee
Founder, Memento and Muse

ATTENDEES LEARN TO:

- ✓ **Name and claim** calendar blocks for deep work
- ✓ **Prioritize with clarity** using simple weekly rituals
- ✓ **Match energy to work** with the Theme and Batch method

PERFECT FOR:

Individual contributors, emerging leaders,
project/program teams.

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Formats: Keynote, Breakout, Workshop. In-person, virtual, or hybrid.

Pairs well with: Reclaim Your Workday, Elevate Your Focus, Email Extinguisher

Popular add-on: Performance Pulse Survey and Ask Me Anything follow-up.

CTA: Book this session to simplify, prioritize, and execute.



Find Your Meeting Mojo:

Minimize Drain & Maximize Impact

Have fewer meetings. Make better decisions. Eliminate status swirl.

This session gives your teams clear guardrails so meetings have a purpose, a plan, and a payoff.

WHY IT MATTERS: Faster decisions. Lower cost of coordination. Higher focus and engagement.

“I wish every training were this tangible”

This is one of my favorite trainings ever. So appreciated all the concrete examples and suggestions. I wish every training were this tangible!

Mirin Greenberger
Software Development Manager, IDEXX

ATTENDEES LEARN TO:

- ✓ **Right-size the room** and assign clear roles
- ✓ **Kill time-wasting** updates, unclear invites, & open-ended brainstorm
- ✓ **Normalize recovery** with meeting-light weeks and walking 1:1s (*walkie-talkies*)

PERFECT FOR:

Project and program teams, people managers, cross-functional leaders, & teams with complex stakeholders.

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Formats: Keynote, Breakout, Workshop. In-person, virtual, or hybrid.

Pairs well with: Reclaim Your Workday, Manage Well Remotely

Popular add-on: Powered Path Goal-Achievement Program & Ask Me Anything follow-up

CTA: Book this session to create a meeting environment that moves work forward.



Manage Well Remotely:

Lead Your Team Through the Screen

Guide remote teams with clarity, consistency, and care.

This session provides managers with simple systems to align work, coach their team members, and conserve energy across time zones.

WHY IT MATTERS: Fewer bottlenecks. Protected downtime.
Lower burnout. Stronger engagement and retention.

**“...big takeaways
to work with my
global team”**

*From a 3-day conference, this was
one of two impactful sessions and left
me with big takeaways to work with
my global team.*

KayLynn Dalebout
Founder, Clockwork Accounting

ATTENDEES LEARN TO:

- ✓ **Streamline communication**
with a clear matrix
- ✓ **Safeguard recovery** to
prevent burnout
- ✓ **Run meaningful 1:1s**
that grow capability

PERFECT FOR:

People managers in remote or hybrid orgs;
leaders of traveling teams.

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Formats: Keynote, Breakout, Workshop. Virtual or hybrid.

Pairs well with: Work Well Remotely, Break Free From Busy, Reclaim Your Workday

Popular add-on: Powered Path Goal-Achievement Program & Ask Me Anything follow-up.

CTA: Book this session to help managers lead well from anywhere.



Work Well Remotely:

Healthy Habits at Home

Work From Home doesn't mean 'always available'.

This session gives people simple guardrails, energy resets, and focus rituals to work effectively from home without burning out.

WHY IT MATTERS: Fewer interruptions. Steadier energy.
Consistent output across time zones.

“This class opened my eyes”

Detailed advice that can boost productivity & focus today! Marcey outlined the science behind her solutions and why & how they can work for you. I will definitely be signing up for future classes.”

Marsha Morales
Co-Founder, Humble House Foods, Inc.

ATTENDEES LEARN TO:

- ✓ **Boost energy** with movement breaks and timed focus sprints
- ✓ **Start and shut down** with quick routines that prime brain and body
- ✓ **Upgrade your setup** and midday habits:

PERFECT FOR:

Remote and hybrid employees, frequent travelers, anyone seeking tech-life harmony.

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Formats: Keynote, Breakout, Workshop. Virtual or hybrid.

Pairs well with: Manage Well Remotely, Everyday Energy, Reclaim Your Workday

Popular add-on: Powered Path Goal-Achievement Program & Ask Me Anything follow-up

CTA: Book this session to build sustainable remote habits that protect energy & performance.



Email Extinguisher:

Put Out the Fires and Rescue Your Time

Stop letting your inbox run your day.

This session offers participants practical settings, communication norms, and email habits to shrink noise and make faster decisions with less stress.

WHY IT MATTERS: Lower cognitive load.
Clearer priorities. Fewer costly misfires.

**“...like church to me
saying “amen” &
“hallelujah” after each
statement”**

I've seen major improvements and left feeling validated, with tangible tools to improve my day-to-day. Your training felt like church to me saying, “amen” & “Hallelujah” after each statement.

T.M.

SR. Clinical Trial Manager, Vertex Pharmaceuticals

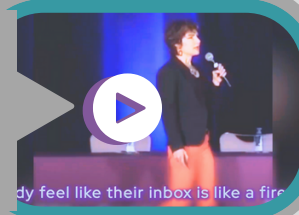
ATTENDEES LEARN TO:

- ✓ **Conquer digital distractions** and notifications that hijack focus
- ✓ **Run your inbox** with rules, shortcuts, and templates that stick
- ✓ **Use decision trees** to triage messages quickly and consistently

PERFECT FOR:

Roles that ‘live in email,’ notification-driven teams, and anyone buried by message volume.

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Formats: Breakout, Workshop. In-person, virtual, or hybrid.

Pairs well with: Reclaim Your Workday, Elevate Your Focus

Popular add-on: Performance Pulse Survey and Ask Me Anything follow-up.

CTA: Book this session to cut noise, speed decisions, and get time back for real work.



Everyday Energy:

Healthy Habits for Every Body

No fads. No perfection. Just small changes with big results.

This session builds real-world habits for movement, sleep, food, and recovery that raise energy without “counterfeit” boosters.

WHY IT MATTERS: Steadier energy. Fewer dips.
More consistent performance.

“inspired me to think differently”

This session had actionable tips and kept my attention that inspired me to think differently about eating, sleeping, and caring for myself as a busy professional.

Filomena Fanelli
CEO, Impact PR Communications

ATTENDEES LEARN TO:

- ✓ **Ditch counterfeit energy** and quick crashes
- ✓ **Wake up ready** with sleep and shutdown routines
- ✓ **Reset fast** with movement and micro-breaks that fit any day

PERFECT FOR:

Whole-company audiences; wellbeing weeks; high-travel roles.

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Formats: Keynote, Breakout, Workshop. In-person, virtual, or hybrid.

Pairs well with: Reclaim Your Workday, Work Well Remotely

Popular add-on: Powered Path Goal-Achievement Program & Ask Me Anything follow-up.

CTA: Book this session to power your people with habits that last.