

HIGH-PERFORMANCE KEYNOTE SPEAKER

# marcey rader



**WATCH  
MARCEY  
SPEAK**





“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:

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

Trusted by:



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.*

WATCH NOW



**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

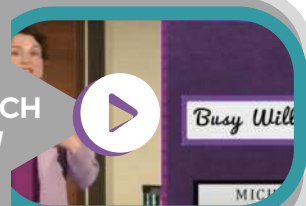
## ATTENDEES LEARN TO:

- ✓ **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.

WATCH  
NOW



**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

- ✓ **Right-size the room** and assign clear roles
- ✓ **Kill time-wasting** updates, unclear invites, & open-ended brainstorming
- ✓ **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.

WATCH NOW



**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

## Create the guardrails. Protect the team.

*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.

WATCH  
NOW



**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

**Focus when you're on. Recover when you're off.**

*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.

WATCH  
NOW



**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.**

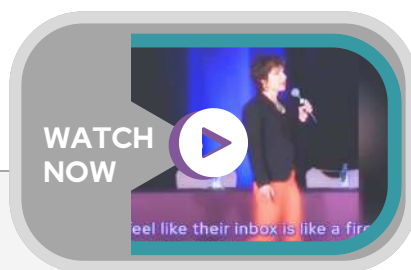
SR. Clinical Trial Manager, Vertex Pharmaceuticals

## 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.



**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.

WATCH NOW



**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.*