

MARCEY RADER

PRODUCTIVITY AND HEALTH SPEAKER



Are you ready to host
your top-rated event of
the year?



MARCEY RADER

Marcey Rader: Not. Like. The Others. She's an award-winning, top-rated, speaker who packs presentations with actionable advice and real-world wisdom, decluttering your mind, body, and inbox, one habit at a time. Her speaking roster's alive with engagements for Fortune 100 companies, startups, and everyone in between. From North Dakota to Dubai, construction to biotech. Marcey presents no-BS, no-excuses stories and strategies that help audiences transform their lives. No exaggeration: listeners leave with actions to implement immediately. If your audience is yearning for a swift kick in the energy, check out Marcey and get ready to Work Well and Play More!

- ✔ Work Well. Play More!
- ✔ What's Your Joe Joe?®
- ✔ Task Mastery
- ✔ Energy Escalators
- ✔ Hack the Mobile Lifestyle
- ✔ Email Extinguisher
- ✔ Conquer the Calendar

Keynotes, Breakouts, and Workshops

WORK WELL. PLAY MORE!

Practical steps to declutter your mind, body, and business!



Productivity, Decluttering, Health Behaviors

Have you tried changing your behavior, only to revert back to the status quo within weeks or even days?

Do you want to create new habits at work and home but don't know how to make them stick?

EXPERIENCE BEHAVIOR CHANGE WITH BASIC, INTERMEDIATE, AND ADVANCED STEPS.

45-MINUTE KEYNOTE TO HALF-DAY WORKSHOP.



Create **achievable and sustainable** health behaviors



Declutter your physical and digital environment

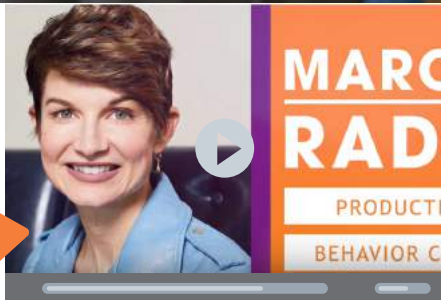


Increase **productivity** and decrease **decision fatigue**

This program is perfect for people who:

- Have the desire to change but aren't sure how.
- Want to live a healthier life on their own terms.
- Are controlled by their inbox, calendar, and task list.
- Feel overwhelmed by all their digital and physical belongings.

Play Me



Your workshop was fantastic, insightful, engaging and actionable! In fact, it blew me away. The simple analogies made powerful and actionable points.

- **Geoff Ables** Managing Partner, C5 Insight



Work Well. Play More!

WHAT'S YOUR JOE JOE® ?

Giving up to get better

Inspirational, Life Challenges, Burnout Prevention

Does what you feel on the inside match what others see on the outside? Do you feel pulled in a million directions, not giving 100% at home or work, and afraid people are going to see through the facade? Is it time to change and you aren't sure you have the courage to make it happen?

MARCEY GAVE UP LIVING A HIGH-STRESS LIFESTYLE TO GAIN HER HEALTH AND LIFE BACK.

30-45 MINUTE KEYNOTE.



Determine what you need to **give up to get better**



Identify your **Joe Joe** or symbol of loss



Become super, without feeling like you need to be Superman or Superwoman

This program is perfect for people who:

Are experiencing life issues due to health crises, overwhelm, and/or burnout.

Play Me



Our health is an important asset to long-term success in our roles but is far from guaranteed. Using powerful life experience, Marcey Rader will inspire and provoke you to make the changes you need to make to go the distance.



What's Your Joe Joe?

- **Eric Syfrett** Executive Pastor, King's Park International Church

TASK MASTERY

Get the right things done to Work Well and Play More!®

Productivity, Prioritization

LIFE IS MORE THAN CHECKING BOXES.

45-60 MINUTE KEYNOTE OR UP TO TWO-HOUR WORKSHOP.



Prioritize your list to focus on **tasks that move the needle**

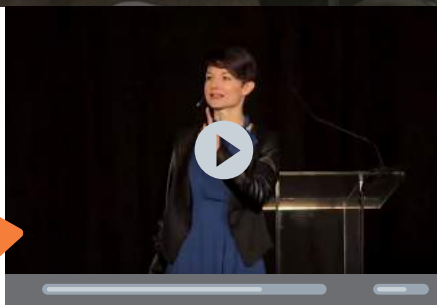


Outsource creatively within your personal and professional budget



Automate to rest your brain and reduce anxiety

Play Me



This program is perfect for people who:

- Have trouble setting boundaries, prioritizing, and procrastinating
- Have multiple professional or personal projects or roles
- Need innovative ways to outsource or automate at work and home



I took a 'should' off my plate today that has been a mental burden for months...and now I feel like I can face Q4 with energy and excitement instead of dread. So many good principles/tips today thank you!



- **Melinda McKee** Memento and Muse

ENERGY ESCALATORS

Health behaviors to amp up performance



Health, Stress Management, Exercise, Nutrition

Power up your productivity, creativity, and health by learning simple ways to improve performance at work and home.

DO YOU NEED AN ENERGY BOOST?

45-60 MINUTE KEYNOTE OR UP TO HALF-DAY WORKSHOP.



Eliminate **glute amnesia** while increasing creativity and collaboration



Remove counterfeit energy and **improve decision-making**



Optimize sleep and **employ** stress relievers to Work Well and Play More

This program is perfect for people who:

Want to incorporate healthy behaviors that are simple and effective with maximum impact at work and home.

Play Me



I want to thank you so much for doing such an excellent job with our clients. People were talking about you through the rest of the conference. You were spot on with your presentation and it really resonated with the whole group.

- **Mona Miranda** Director Account Management, Travel Solutions International

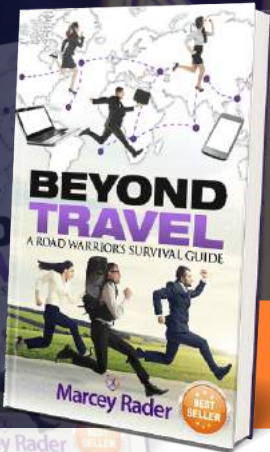


HACK THE MOBILE LIFESTYLE

Travel to Work Well and Play More!®

Healthy Travel, Productive Travel

TRAVEL DOESN'T HAVE TO BE AN EXCUSE FOR SETTING BACK YOUR HEALTH.



GET THE BOOK!

Play Me

KEYNOTE SPEAKER

45-60 MINUTE KEYNOTE OR UP TO 2-HOUR WORKSHOP.



Create **movement opportunities** in airports, hotels, and even the car



Recharge for performance with sleep and transition behaviors



Learn the solution to the **#1 mistake** business travelers make when it comes to eating

This program is perfect for:

- Business Travelers
- Travel Managers
- The Hospitality Industry

Outstanding! Very engaging, entertaining, and well-polished presentation that made people laugh. It kept the topic lighthearted but also emphasized the eventual repercussions if people don't change their bad travel habits. Good use of slides and offering gifts throughout kept everyone on their toes. I highly recommend this to ANY company that wants to improve the health and reduce the stress of their road warriors.

- Kendra Gleason Texas Business Travel Association

EMAIL EXTINGUISHER

Simple steps to shrink the inbox



Productivity, Distraction

Do you have an inbox full of emails and don't know where to start?
Do you use your inbox as your task list?

GET THE TOOLS NEEDED TO BREAK OUT OF EMAIL JAIL.

45-120 MINUTE WORKSHOP.

- ✔ Overcome email **anxiety and addiction**
- ✔ **Shrink your inbox** with rules, filters, and newsletter organization
- ✔ **Communicate** effectively to shut down with **Inbox Zero**

This program is perfect for people who:

- Rely heavily on email
- Are reactive to notifications

Play Me



I have seen major improvements in the last month after attending the Email Extinguisher workshop. I left feeling validated and with tangible tools to help improve my day-to-day work. Your workshop felt like church to me, saying "amen" and "Hallelujah" after each statement.



- **T.M.** Senior Clinical Trial Manager, Vertex Pharmaceuticals

Email Extinguisher

CONQUER THE CALENDAR

Manage your time to find your genius



Productivity, Time Management, Prioritization

Do you have a calendar filled with meetings without a purpose?
Do you have trouble working on your projects because you spend all day on the phone or putting out fires?

MAKE MEETINGS MATTER AND ALLOW FOR GENIUS TIME.

45-60 MINUTE WORKSHOP.

This program is perfect for people who:

- Run or attend multiple meetings
- Have multiple projects
- Are overburdened with their personal schedule
- Have trouble setting boundaries



Stop the brick wall to decision-making



Eliminate the distractions and schedule deep focus time



Boost meeting creativity and collaboration



The speaker feedback for Marcey was some of the best I've ever received for our organization. She nailed the time planning issues many of us had and gave solid, specific strategies that we were able to implement immediately. She has a dynamic personality that fills the room.



Conquer the Calendar

- Jean Hedges Women's Council of Realtors