



## 1 LINE INTRO

Meet Marcey Rader. Best-selling author, renowned speaker, productivity coach, and wellness expert.

## 2 LINE INTRO

Productivity coach and wellness expert Marcey Rader helps clients create boundaries, find purpose, and achieve success.

See her latest book at [workwellplaymore.com/books](http://workwellplaymore.com/books)

## SHORT BIO

Productivity coach and wellness expert Marcey Rader helps audiences create boundaries, establish routines, and achieve healthy habits. As a high-impact speaker, business mentor, and best-selling author, she helps individuals and businesses kick their lifestyles back into balanced gear - without sacrificing health. See her latest book at [workwellplaymore.com/books](http://workwellplaymore.com/books)

## MEDIUM BIO

[Marcey Rader](#) is a renowned keynote speaker, sought-after productivity coach, accredited health and wellness expert, and Amazon best-selling author.

As the founder of [Work Well. Play More!](#), she helps individuals and businesses kick their lifestyles back into balanced gear - without sacrificing health.

She packs presentations with actionable advice and real-world wisdom, decluttering the mind, body, and business, one habit at a time. Her speaking roster is alive with engagements for Fortune 100 companies, startups, and everyone in between. Audiences from North Dakota to Dubai, manufacturing to biotech, learn to escalate their energy, conquer the calendar, master tasks, and extinguish email.

Her latest book, [Work Well. Play More! Productive, clutter-free, healthy living - one step at a time](#) goes beyond the inspirational narrative to focus on simple, tangible tools and practical steps for gaining time and decluttering the body and mind.

To learn more about Marcey Rader, visit <https://www.marceyrader.com>



## LONG BIO

Marcey Rader is an [Amazon best-selling author](#), sought-after productivity coach, accredited health and wellness expert, and renowned keynote speaker.

As the founder of [Marcey Rader Coaching](#) and [Work Well. Play More!®](#), she helps individuals and businesses kick their lifestyles back into balanced gear - without sacrificing health.

Marcey knows first-hand that self-management is essential to success in life and business.

After a case of high-stress, high-performance, corporate burnout triggered three autoimmune diseases, Marcey established her productivity coaching business.

Her unique expertise has turned the spotlight on the intersection between business productivity and wellness, making better use of our most valuable asset - our health.

Working with a diverse range of businesses and individuals, she applies proven health and wellness principles to help clients find real balance, purpose, and success in work and life.

As a high-impact speaker, she packs presentations with actionable advice and real-world wisdom. Her speaking roster's alive with engagements for Fortune 100 companies, startups, and everyone in between. From North Dakota to Dubai, manufacturing to biotech. Audiences learn to escalate their energy, conquer the calendar, master tasks, and extinguish email.

She is the author of *Beyond Travel: A Road Warrior's Survival Guide* and *Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!*

Her latest book, [Work Well. Play More! Productive, clutter-free, healthy living - one step at a time](#) goes beyond the inspirational narrative to focus on simple, tangible tools and practical steps for gaining time and decluttering the body and mind.

To learn more about Marcey Rader, visit <https://www.marceyrader.com>



## 5 FUN FACTS YOU DIDN'T KNOW ABOUT ME

1

I started my career in the pharmaceutical and biotech clinical research industry, which was a pivot from my advanced degrees in exercise science, health, and nutrition.

2

I competed in over one hundred endurance and ultra-endurance events, qualified for the Boston Marathon, and hiked the Grand Canyon Rim to Rim to Rim.

3

I brew my own Kombucha tea.

4

I have played over 5000 games of SkipBo with my husband. I mostly win.

5

I am a hoop dancer.

