

# MARCEY RADER

PRODUCTIVITY AND HEALTH SPEAKER



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[WWW.WORKWELLPLAYMORE.COM](http://WWW.WORKWELLPLAYMORE.COM)



# MARCEY RADER

PRODUCTIVITY AND HEALTH SPEAKER

Marcey Rader's an award-winning, top-rated, high-impact speaker who packs presentations with actionable advice and real-world wisdom, aligning the mind, body, and business, 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, manufacturing to biotech. Clients learn to escalate their energy, conquer the calendar, master tasks, and extinguish email. Climbing the ladder or building their business without sacrificing their health. If you're ready for a swift kick in the energy, check out Marcey to Work Well and Play More!®

To learn more about Marcey Rader, visit [marceyrader.com](https://marceyrader.com)

- ✓ Work Well. Play More!®
- ✓ Task Mastery
- ✓ Energy Escalators
- ✓ Work Well Remote
- ✓ Email Extinguisher
- ✓ Conquer the Calendar
- ✓ Ring, Ping, Buzz, Knock
- ✓ Hack the Mobile Lifestyle

# WORK WELL PLAY MORE!

## PRODUCTIVE, CLUTTER-FREE, HEALTHY LIVING ONE STEP AT A TIME.

*Have you tried changing your behavior and reverting to the status quo within weeks or even days?*

*Do you want to create new habits but don't know how to make them stick?*

Based on the book, **Work Well. Play More! Productive, Clutter-Free, Healthy Living - One Step at a Time**, to help you implement sustainable behavior change on your terms, in novice, pro, and master levels.



READ ME

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

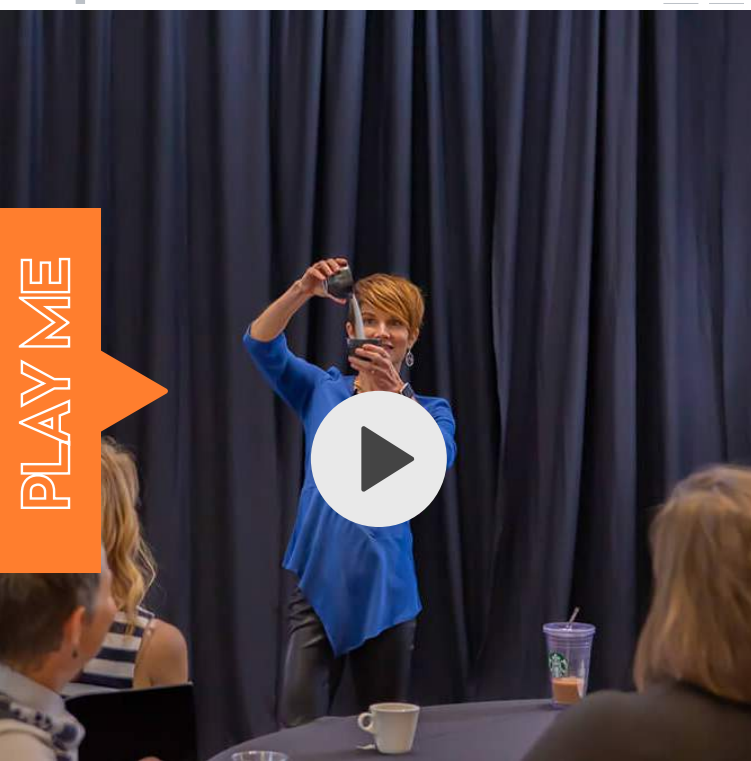
- **Geoff Ables,**  
Managing Partner, C5 Insight

### LEARN HOW TO:

- ✓ Implement **healthy routines** that aren't complicated
- ✓ Organize your **physical and digital environment**
- ✓ **Create boundaries** to streamline your work and increase productivity

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Have the desire to change but aren't sure how.
- Want to live a healthier life without feeling overwhelmed
- Feel there are so many changes to make they don't know where to start



PLAY ME

# TASK MASTERY

## GET THE RIGHT THINGS DONE TO WORK WELL AND PLAY MORE!

*Do you need ways to be more efficient at work and home to have more free time?  
Do you have trouble creating boundaries to focus on your health and relationships?*

Life It's never just the system, but also the behavior, that makes task mastery effective. Getting tasks done is not the answer. Getting the right tasks done at the right time, efficiently and effectively, is what matters.

Are you working on your busyness or your business?

**Life is more than checking boxes.**

“

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

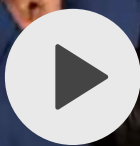
### LEARN HOW TO:

- ✓ Improve focus to rest your brain and **reduce decision-fatigue**
- ✓ Create time and tech boundaries for **increased presence and attention**
- ✓ **Outsource creatively** within your personal and professional budget

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Feel distracted, overwhelmed, or unorganized
- Have multiple professional or personal projects or roles
- Need innovative ways to outsource or automate at work and home

PLAY ME





# ENERGY ESCALATORS

## HEALTHY HABITS FOR REAL PEOPLE.

*Are you tired of being tired and want to amp up your energy naturally?*

*Do you get overwhelmed by all the recommendations and then resort to the status quo and do nothing?*

It's not about looking good in a bikini or the latest trendy diet. The focus will be on learning: the stages of change, milestones, and triggers for behavior shifts; eating for energy and decision-making; movement opportunities instead of exercise; sleep hygiene for body and mind restoration; and stress management techniques to create appropriate transitions from work to home and back again.

**Power up your health by learning simple ways to feel better.**

“

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

### LEARN HOW TO:

- ✓ **Eliminate pancake butt** while increasing creativity and collaboration
- ✓ **Remove counterfeit energy** and improve focus and attention
- ✓ **Optimize sleep** for maximum alertness
- ✓ **Employ stress relievers** that don't involve sitting on a mountain top

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Want to incorporate healthy behaviors that are practical and effective with maximum impact at work and home.
- Struggle with knowing where to start to improve their health.

PLAY ME



# EMAIL EXTINGUISHER

## SIMPLE STEPS TO SHRINK THE INBOX.

*Do you feel paralyzed by your inbox and dread checking email?*

*Do you feel you're held captive by over-communication?*

It's time to stop spending precious time in your inbox and living by someone else's agenda. You can be the change that keeps team members from being pulled away from essential tasks with each ping or buzz. We'll discuss the tools and behavior shifts needed to prevent or reduce telepressure and reactivity to email.

**Get the tools to break out of email jail.**

“

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

### LEARN HOW TO:

- ✓ **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
- Feel overwhelmed by the volume of email



# HACK THE MOBILE LIFESTYLE

## TRAVEL HEALTHY TO WORK WELL AND PLAY MORE!

*When you pack your bags, do you leave your healthy habits behind?  
Do you load up on caffeine to counteract lack of routine and rest?*

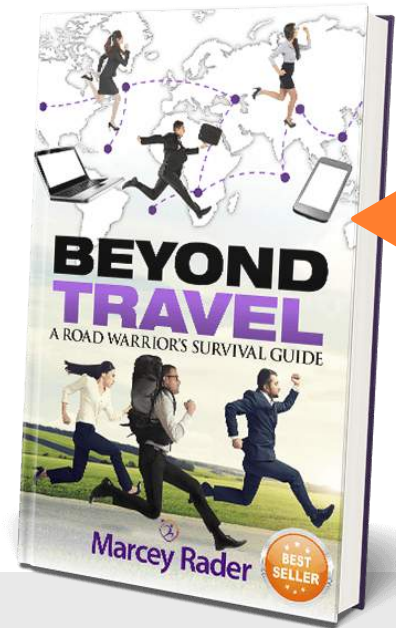
Healthy travel has a new meaning now. Gyms are closed for workouts, hotel restaurants aren't always open, and the sheer anxiety of it all has you stressed out and anxious. The constantly changing environment for permissible and essential travel is challenging to navigate. Learn proven ways to keep the immune system in top shape to help you perform at your best.

**Travel doesn't have to be an excuse for poor health.**

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. 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



READ ME

### LEARN HOW TO:

- ✓ Solve to the **#1 mistake** business travelers make **when it comes to eating**
- ✓ **Create movement opportunities** in airports, hotels, and even the car
- ✓ **Rest and restore** with calming rituals

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Business Travelers
- Travel Managers
- The Hospitality Industry



PLAY ME

# CONQUER THE CALENDAR

## MEETING MASTERY FOR MORE FREE TIME.

*Do you exit some meetings and wish you could have that hour back?*

*Do you struggle to keep engaged and focused, especially on video calls?*

Teams often are compelled to have meetings as the status quo and don't know a better or different way to communicate. With the right preparation, even a virtual meeting can be engaging without leaving everyone with video fatigue.

**Make meetings matter and get a return on the time you invested.**

“

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.

**- Jean Hedges**  
Women's Council of Realtors

### LEARN HOW TO:

- ✓ Implement three things every meeting needs to have to be **effective**
- ✓ Incorporate tech solutions to **eliminate distractions** and **shorten meeting time**
- ✓ Boost meeting **creativity and collaboration**

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Run or attend multiple meetings
- Have full calendars with little time to act on deliverables





# WORK WELL REMOTELY

## HEALTHY HABITS AT HOME.

*Are you working long hours and have a hard time shutting down?*

*Are you distracted by overcommunication from your colleagues or noises from your family in the next room?*

Working from home can be filled with distractions and procrastination if not handled effectively. It doesn't have to be a fight against willpower to do more laundry, turn on Netflix, or grab a snack.

**Routines are essential.**

“

Wow. SO many helpful suggestions. I can't wait to share these ideas with my brother, an art director who works from home. He's always so stressed out trying to be creative when he's constantly interrupted by people in the office. Thanks so much, Marcey!

- **Mary Parker Elliott**  
CPA, Austin TX

### LEARN HOW TO:

- ✓ **Set boundaries** for remote work interruptions and over-communication
- ✓ Incorporate movement and meal habits to **increase productivity and creativity**
- ✓ **Recharge your brain and body** with morning and evening transitions

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Work or manage people remotely
- Work from home or travel for business



# RING, PING, BUZZ, KNOCK

## PAY ATTENTION WITH INTENTION.

*Are you putting out fires, reaching for the easy stuff, and wondering where your time goes?  
Are you distracted during moments with your family and friends that leave you half-way present?*

There is a constant struggle of being present when there are computers, phones, and watches vying for our attention. Our ability to concentrate has decreased, and we are captive to our devices. Our performance weakens, and we can't devote the brainpower to give our best work. Relationships pay the price when we lose the power to listen. Be in the moment. Take control of distractions.

“

I've been chewing on the things I heard a lot since the webinar. I shared some of the tips with my high-schooler when she confessed to me last night that she's already feeling anxious about school starting in the fall. It was a good conversation starter. Thank you for your passion!

**- Susan Brumbaugh**

Research Sociologist, RTI International

### LEARN HOW TO:

- ✓ **Decrease decision fatigue** and increase willpower
- ✓ **Communicate with intention** and be present wherever you are
- ✓ **Reduce infobesity** for greater concentration and happiness

### THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Feel distracted or pulled in multiple directions
- Are overwhelmed by media
- Have trouble setting communication boundaries





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- ✓ TripActions
- ✓ Extended Stay America
- ✓ Syngenta
- ✓ Global Business Travel Association
- ✓ Cisco
- ✓ RTI International
- ✓ UNC-Chapel Hill



## FEATURED IN:

**Tatler**  
HONG KONG

**BTN**  
BUSINESS TRAVEL NEWS



Authority Magazine

**THE AGENCY 100**  
100 Words of Wisdom to Fuel PR, Ad & Digital Agencies

**THE TRAVEL 100**  
Stories and videos on destinations near and far

THRIVE  GLOBAL





# WHAT AUDIENCES REMEMBER

“

Thank you very much for the opportunity to attend your CPE session this morning! Marcey was one of the best speakers I have heard and her subject was so beneficial. I almost feel guilty taking the CPE credit because I enjoyed it so much. CPE is not supposed to be that enjoyable!

**Jack Finley**

CPA Partner



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“

If you are planning a lunch and learn, women's conference or any event where you need a speaker to pump up the audience, keep them engaged and offer them actionable take aways on health and wellness, then Marcey Rader should be your top choice! Marcey keeps the audience engaged using a variety of techniques. Her high energy presentations are packed full of great advice but also true lessons learned. I've used Marcey for multiple speaking events with different audiences and she is always a crowd favorite. I can't recommend her enough as a speaker!

**Melisa Galasso**

Founder & CEO, *Galasso Learning Solutions*



”

“

During the past 2 years, the women in leadership employee resource group at Vertex Pharmaceuticals has brought Marcey Rader in several times to deliver workshops to large groups of employees on topics such as managing email, prioritizing work tasks to focus on the most important and impactful, and taking care of our bodies through food, sleep and mindful behavior to ensure maximum productivity and work-life synergy. Marcey is a dynamic speaker who brings a data driven approach and simple recommendations that anyone can implement. People still talk about her workshops months after they occur. There is no doubt that Marcey Rader has influenced individuals to modify behaviors resulting in improved self-care and increased productivity.

**Mary-Lynn Fulton**

Head of Study Management,  
*Vertex Pharmaceuticals*



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“

My clients are all CEOs and business owners and they are some of the busiest people around. Their business success and meaning in life depend on having plenty of vitality and that requires that they take care of themselves, others and get a lot of stuff done. Members got lots of great tools and I have seen the difference in their lives.

**Kurt Graves**

Vistage International Executive Chair



”



# MARCEY RADER

## LIVE EVENTS



[marcey@workwellplaymore.com](mailto:marcey@workwellplaymore.com)



(484) 455-4122



[workwellplaymore.com](http://workwellplaymore.com)



[marceyrader.com](http://marceyrader.com)



### OPTION 1

- Standard presentation up to 75 minutes
- Promotional flyer
- Digital resource guide

### OPTION 2

- Half-day for multiple or in-depth tailored sessions
- Promotional flyer
- Digital resource guide
- 50 autographed book copies

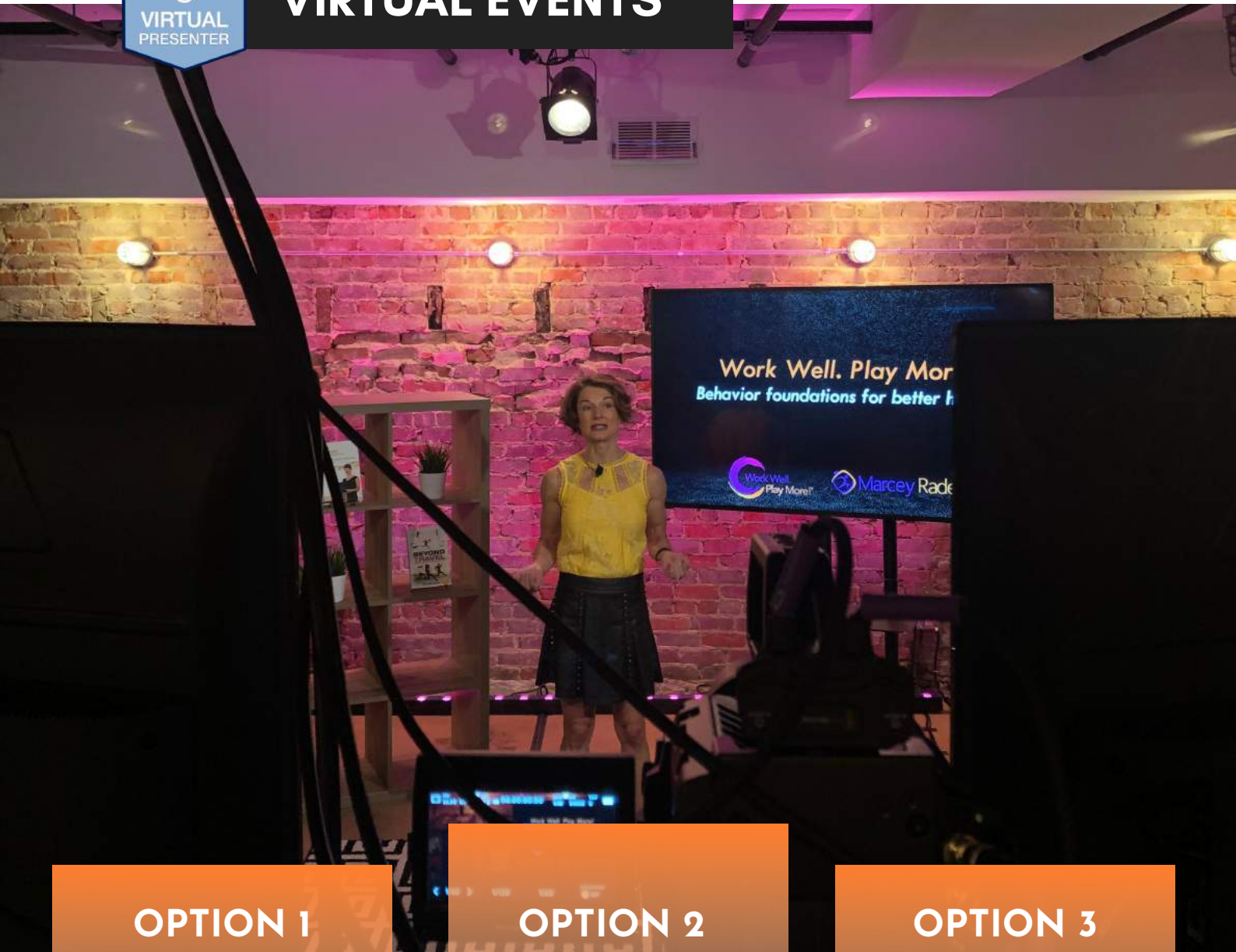
### OPTION 3

- Full-day for multiple or in-depth tailored sessions
- Promotional flyer
- Digital resource guide
- 100 autographed book copies
- Extra giveaways related to the topic

# MARCEY RADER



## VIRTUAL EVENTS



### OPTION 1

- Standard presentation
- Promotional flyer
- Digital resource guide

### OPTION 2

- Tailored presentation
- Promotional flyer
- Digital resource guide
- 25 Kindle or Audible book copies

### OPTION 3

- Tailored presentation from a professional studio
- Promotional flyer
- Digital resource guide
- 50 Kindle or Audible book copies
- Extra giveaways related to the topic