



**marcey
rader**

biography (long-form)

Marcey Rader believes that health powers productivity. She is a multi-certified health and productivity expert, three-time bestselling author, and an award-winning, global keynote speaker. As the founder of Rader Co., Marcey helps executives, teams, and individuals banish burnout, keep good people, and keep moving forward through practical, tailored tools, healthy, sustainable habits, and coaching accountability.

After a case of high-stress, high-performance corporate burnout triggered three autoimmune diseases, she became a passionate advocate for valuing wellness in the workplace and teaching how health can be the most powerful key to sustaining productivity in your career, team, and organization.

Sought-after by Fortune 100 companies, startups, and everyone in-between, Marcey's spoken for tens of thousands of people across the United States and worldwide – from Dubai to Tokyo to Mexico City. As a high-impact speaker, she trains her audiences to escalate their energy, conquer their calendars, master tasks, and finally extinguish their email. Marcey's latest book is *Work Well. Play More!* – a powerful guide that goes beyond an inspirational narrative to give simple, tangible tools and practical steps for gaining time and decluttering the body

and mind - one habit at a time. Learn more or connect with Marcey at marceyrader.com.

biography (short-form)

Marcey Rader believes that health powers productivity. She is a multi-certified health and productivity expert, a three-time bestselling author, and an award-winning, global keynote speaker. As the founder of Rader Co., Marcey helps executives, teams, and individuals banish burnout, keep good people, and keep moving forward through practical, tailored tools, healthy, sustainable habits, and coaching accountability. Sought-after by Fortune 100 companies and others, she's spoken for tens of thousands of people worldwide - from North Dakota to Dubai to Tokyo. As a high-impact speaker, she trains her audiences to escalate their energy, conquer their calendars, master tasks, and finally extinguish their email. To change your career, team, or organization one habit at a time, learn more or connect with Marcey at marceyrader.com.

biography (2-sentence)

Marcey Rader is a multi-certified health and productivity expert, a three-time bestselling author, and an award-winning, global keynote speaker. As the founder of Rader Co., she helps banish burnout through practical, tailored tools, healthy, sustainable habits, and coaching accountability.



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.