



marcey rader

PRODUCTIVITY AND HEALTH SPEAKER



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marceyrader

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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.

✓ Work Well. Play More!®

✓ Task Mastery

✓ Energy Escalators

✓ Work Well Remotely

✓ Email Extinguisher

✓ Conquer the Calendar

✓ Ring, Ping, Buzz, Knock

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?

Stop spending precious time in your inbox and living by someone else's agenda. You **can** manage your email without being pulled away from essential tasks with each ping or buzz.

Learn the tools and behavior shifts 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:

- ✓ **Reduce reactivity** and telepressure
- ✓ **Organize your inbox** with rules and shortcuts
- ✓ **Communicate effectively** to limit email ping-pong

format:

- Workshop, Breakout
- 45 to 90 minutes



THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Rely heavily on email
- Are reactive to notifications
- Feel overwhelmed by the volume of email

task mastery

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



MOST POPULAR

*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

format:

- Keynote, Workshop, Breakout
- 45 minutes to half-day

LEARN HOW TO:

- ✓ Decrease switchtasking to **increase focus** and **reduce mistakes**
- ✓ Set up guardrails for **deep work and concentration**.
- ✓ Incorporate the **Batch and Theme** method to organize your days

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 VIDEO



*Productivity, Decluttering, Healthy Habits

work well. play more!®

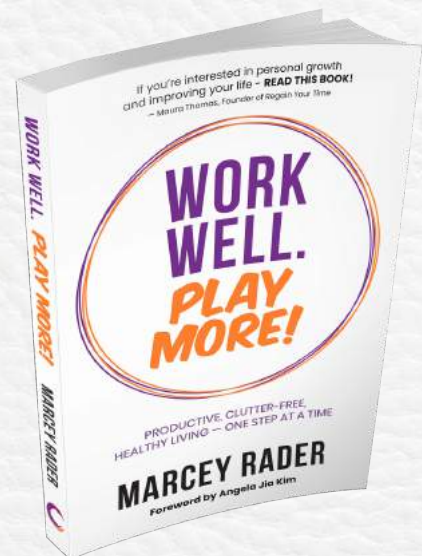
Productive, clutter-free, healthy living
one step at a time.



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 MORE](#)



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

format:

- Workshop, Breakout
- 45 - 120 minutes

LEARN HOW TO:

- ✓ Set yourself up for success to create **healthy habits** that aren't complicated
- ✓ Organize your **physical and digital environment**
- ✓ **Create boundaries** to streamline your work and increase productivity

[PLAY VIDEO](#)



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

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

format:

- Workshop, Breakout
- 45 to 90 minutes

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



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

format:

- Keynote, Workshop, Breakout
- 45 minutes to half-day

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 VIDEO



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

format:

- Workshop, Breakout
- 45 to 90 minutes

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 colleagues, family, and friends that leave you
halfway present?*

There is a constant struggle of reactivity versus responsiveness when 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

format:

- Keynote, Workshop, Breakout
- 45 to 120 minutes

LEARN HOW TO:

- ✓ **Decrease decision fatigue** and increase willpower
- ✓ **Communicate with intention** and be present wherever you are
- ✓ **Find white space** during the day to recharge or relax

THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

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



***Healthy Travel, Productive Travel**

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.

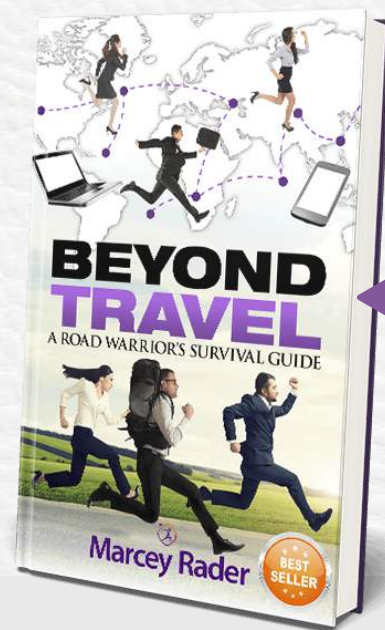
Outstanding! Very engaging, entertaining, and well-polished presentation that made people laugh. It kept the topic lighthearted but also emphasized the eventual repercussions if people don't change their bad travel habits. I highly recommend this to ANY company that wants to improve the health and reduce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

- Kendra Gleason

Texas Business Travel Association

format:

- Keynote, Workshop
- 45 to 90 minutes



READ MORE

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 VIDEO

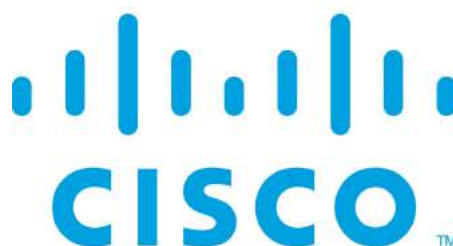


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of International
Certified Professional
Accountants®

VISTAGE



moderna

 **featured in:**

Inc.

BTN
BUSINESS TRAVEL NEWS



Authority Magazine

Tatler
HONG KONG

SHAPE

THE TRAVEL 100
Stories and videos on destinations near and far

THRIVE  GLOBAL

Eat This, Not That!

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



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



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

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📍 helloraderco.com

📍 marceyrader.com



super-powered

- Tailored presentation
- Promotional flyer
- Digital Go-To guide
- 100 autographed book copies
- Virtual follow-up *Ask the Expert* session
- Masterclass giveaways (value \$970 per person)

vital

- Tailored presentation
- Promotional flyer
- Digital Go-To guide
- 50 book copies
- Virtual follow-up *Ask the Expert* session

standard

- Standard presentation
- Promotional flyer
- Digital Go-To guide

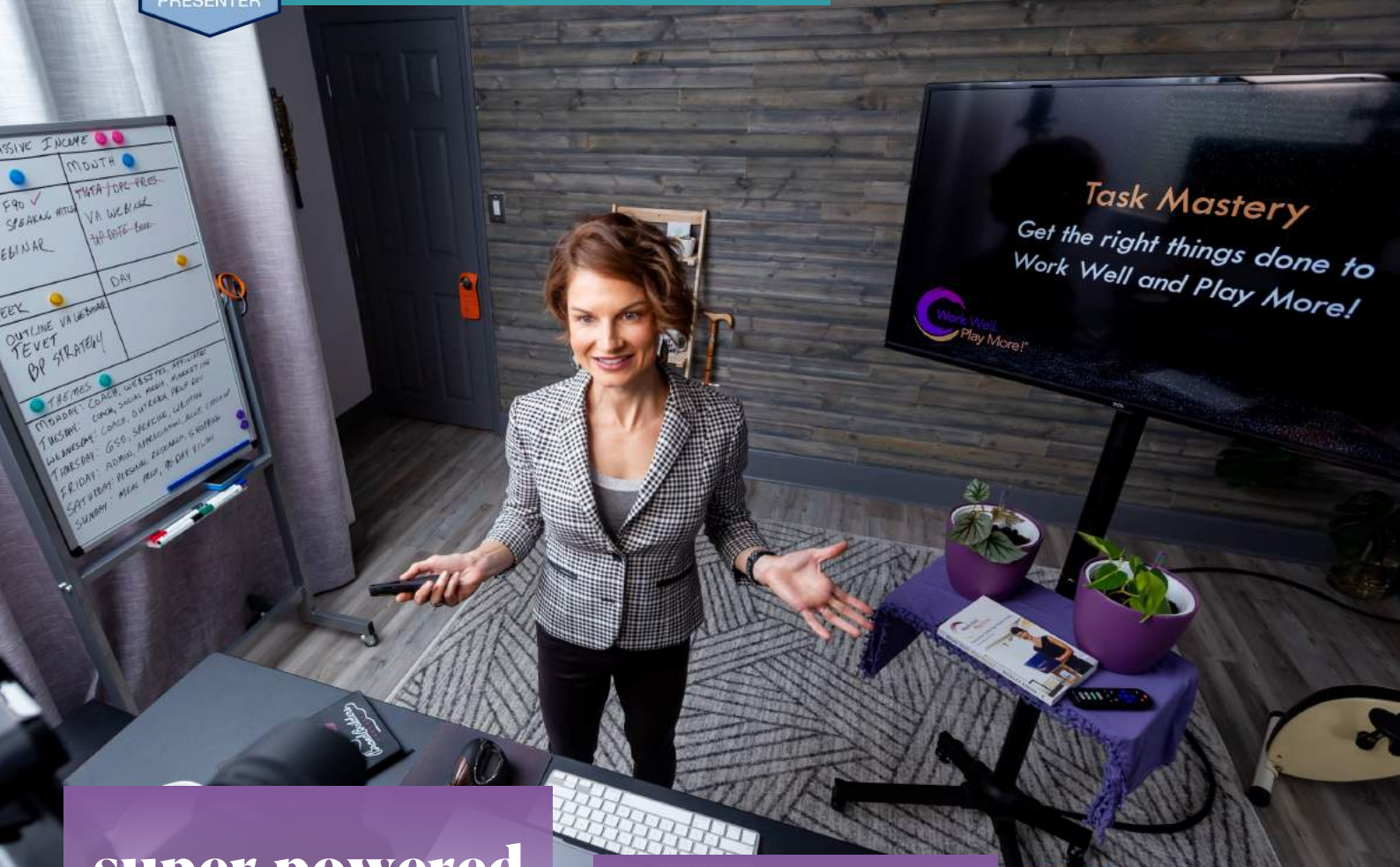




marcey rader



VIRTUAL EVENTS



super-powered

- ◆ Tailored presentation from a professional studio
- ◆ Promotional flyer
- ◆ Digital Go-To guide
- ◆ 100 Kindle or Audible books
- ◆ Virtual follow-up *Ask the Expert* session

vital

- ◆ Tailored presentation
- ◆ Promotional flyer
- ◆ Digital Go-To guide
- ◆ 50 Kindle or Audible books
- ◆ Virtual follow-up *Ask the Expert* session

standard

- ◆ Standard presentation
- ◆ Promotional flyer
- ◆ Digital Go-To guide

