Marcey Rader believes that health powers productivity. She’s a multi-certified health, productivity, and digital wellness expert, award-winning global speaker, creator of the Powered-Path Playbook™, and 3-time author. As the founder of the comprehensive productivity company RaderCo, she helps companies and individuals banish burnout and move forward through practical, tailored tools, healthy, sustainable habits, and accountability.

Sought after by Fortune 100 companies, startups, and everyone in-between, Marcey’s spoken for more than 100,000 people across five continents – from North Dakota to Dubai. Recognized as one of only 850 Certified Speaking Professionals® worldwide, she's a top 1% speaker who trains her audiences to improve their focus, maximize their energy, conquer the calendar, master tasks, and extinguish their email.

singular topics & series available:

- Guardrails Empowerment
- Email Extinguisher
- Power-Up Series
  - Time Power-Ups
  - Focus Power-Ups
  - Meeting Power-Ups
- Work Well Remotely Series
  - Work Well Remotely
  - Manage Well Remotely
- Everyday Energy
**PERFECT FOR PEOPLE:**
- Easily distracted or pulled in multiple directions
- Overwhelmed by communications, information, and media
- Having trouble setting communication boundaries
- Experiencing pressure to answer emails, and FOMO (fear of missing out)
I’ve seen major improvements after attending the Email Extinguisher workshop. I left feeling validated, with tangible tools to help improve my day-to-day work. Your workshop felt like church to me, saying "Amen" & "Hallelujah" after each statement.

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

Tired of feeling chained to your inbox?
Dread checking your email or get distracted when your phone pings?
It’s time to take back your workday and shrink the inbox!

Explore practical strategies to reduce email-related stress while setting guardrails to improve productivity. In an always-on culture, it’s not about work-life balance. It’s digital wellness and tech-life balance.

Don’t let your inbox dictate your day. Take back your agenda!
Ask about our systems-specific training for Microsoft Teams or Gmail!

LEARN HOW TO:

- Manage digital distractions and reduce decision fatigue
- Organize your inbox with easy rules and shortcuts
- Change your behavior to minimize unnecessary email ping-pong

PERFECT FOR PEOPLE:

- Relying heavily on email
- Constantly checking notifications
- Overwhelmed by the volume of email

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

-Melinda McKee
Founder, Memento and Muse

Glued to your work devices, feeling like you’ve worked all day but got nothing done? Losing yourself in the vortex of emails, messages, notifications, and endless scrolling?

Stop feeling frazzled and fragmented, and prioritize your time, energy, and focus. Say goodbye to the busy badge and hello to an intentional and more productive you! Walk away with actionable strategies to reset and restore your brain and body, paving the way for a more balanced and focused approach to your work and personal life.

Invest in your well-being and ACHIEVE YOUR FULL POTENTIAL!

LEARN HOW TO:

- Erect guardrails by digital downsizing to respect your time & headspace
- Establish time and focus blocks, helping you to 'name it to tame it'
- Prepare for vacations & emergencies, empowering you to shut down your phone and recharge your personal energy batteries.

PERFECT FOR PEOPLE:

- Drowning in to-dos, commitments, and responsibilities
- Juggling multiple projects or roles in their professional & personal life
- Craving simple, effective systems to prioritize & focus on what matters most
- Seeking innovative ways to delegate or automate tasks both at work & home
focus power-ups
Manage Distractions, Set Guardrails, & Be More Present.

Phone buzzing like a pesky fly?
Inbox haunting you during precious family time?
Swamped even after a full day of work?

Ring, ping, buzz, knock! Distractions are lurking around every corner, ready to pounce on your attention. Fear not! You don’t need a secret hideout to gain control. With the right tech guardrails & supercharged habits, you can transform into the focus master you’ve always wanted to be!

Ditch the distractions & find your focus!

“Marcey’s presentation was eye-opening to how technology can work against us in our time management. Understanding how dependent & consumed we are with our devices was shocking. Marcey’s information & knowledge greatly helped me. I realized I needed to be more present with those around me instead of my phone.”

- Keith Hudson
President, Jim Hudson Automotives Group

LEARN HOW TO:

- Flex your willpower muscles to shrink digital distractions
- Build tech guardrails to slash communication overload & dodge costly errors
- Recharge your inner battery with low-sensory, screen-free power breaks

PERFECT FOR PEOPLE:

- Caught in a whirlwind of distractions
- Buried under a mountain of communication, information, and media
- Struggling to set communication boundaries
- Experiencing the suffocating grip of an always-on culture
Ever leave meetings wishing you could get that hour back? Tired of the never-ending meeting marathons & Zoom-zombie transformations?

Discover the hidden superpowers to transform mundane meetings. No more drained batteries & yawn-inducing engagement. You’ll be the ultimate meeting hero, saving the day - one meeting at a time.

Make meetings matter from the room to the Zoom and gain high return on the time you invest.

LEARN HOW TO:

- Craft a meeting foundation with a solid framework
- Harness technology to eliminate distractions, shorten meeting times, & keep your team laser-focused
- Be a one-to-one meeting maestro, making each interaction meaningful, insightful, & action-oriented with the Powered Path Method™

PERFECT FOR PEOPLE:

- Caught in a whirlwind of virtual, in-person, or hybrid meetings
- Wrestling jam-packed calendars that leave little time to conquer tasks
- Battling the dreaded video fatigue and dreaming of a better way

*Productivity, Focus, Time Management, Prioritization

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This is one of my favorite trainings ever. I so appreciated all the concrete examples and suggestions. I wish every training were this tangible!

- Mirin Greenberger
  Software Development Manager, IDEXX

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work well remotely
Healthy Habits at Home

Working long hours and having a hard time shutting down? Distracted by notifications and noise? Spending your day in kitchen-desk-kitchen marathons?

Working from home can be challenging, especially with distractions and temptations to overwork & under-move. Being productive, healthy, and focused doesn't have to be a fight against willpower. With the proper habits, you can get into the focus zone, keep your body moving, and work effectively at home.

Get the power-ups to find more balance, take care of yourself, and do your best work – virtually!

LEARN HOW TO:

- Set powerful boundaries that shield you from work interruptions and digital chatter
- Boost productivity with movement breaks & timed focus boosters
- Recharge your brain and body before & after your workday

Perfect for people:
- Managing their people or business from a remote location
- Working from home or remote locations
- Traveling for business

*Remote Work, Productivity, Distractions, Health

Your presentation to Work Well Remotely was fantastic. I got a lot of great key takeaways from it -- I even had my boyfriend and roommate watch the recording with me! We all walk around the house saying, "Marcy Rader says..." all the time.

- Jackie Angela
  Partner, JDarte Consulting

PLAY VIDEO

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Worried about keeping your team engaged on endless video calls? Are folks lost, communicating across a million different channels? Do you wonder if they’re working too little or too much?

Managing remotely can be a recipe for burnout for you & your team. Say goodbye to dull video calls & chaotic communication channels, and manage your remote employees without sacrificing your time, health, or productivity.

Lead from wherever you are & engage your team to work well together!

From a 3-day conference, this was one of two impactful sessions and left me with big takeaways.

- KayLynn Dalebout
  CPA, Worland, WY

LEARN HOW TO:
- Avoid distractions and laser-focus your team’s communication with streamlined strategies
- Build tech–life balance force fields to safeguard your team’s downtime and prevent burnout
- Ignite team spirit by establishing interactive & meaningful rituals that spark engagement & connection

PERFECT FOR PEOPLE:
- Managing people working in a remote or hybrid environment
- Managing business travelers
Done being tired and the endless pursuit of perfection? Overwhelmed by health gurus who only care if you look good naked?

Get Everyday Energy and an intro to the healthy habits you’ve been looking for. We’ll skip worrying about bikini bodies, trendy or tasteless diets, and running marathons.

Power-up now with simple, impactful ways to feel better!

“Marcey Rader’s session had very actionable tips. She was a dynamic presenter, kept my attention always, and inspired me to think differently about eating, sleeping, and caring for myself as a busy professional. I’m going home with tips to implement immediately.”

- Filomena Fanelli
CEO, Impact PR Communications

**LEARN HOW TO:**

- Kick "counterfeit energy" to the curb for better focus, focus & attention
- Say goodbye: "pancake butt" and hello: creative, collaborative life
- Sleep like a pro and wake up ready to conquer the world
- Unwind & de-stress without mountain retreats or meditation mastery

**PERFECT FOR PEOPLE:**

- Craving practical, relatable, and fun ways to improve their health & well-being
- Struggling with where to start to improve their health
- Intimidated, and spent by all the information & just give-up or are resorting to status-quo behavior
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!

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 & impactful, and taking care of our bodies through food, sleep & mindful behavior to ensure maximum productivity & 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.

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.

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

Melisa Galasso
Founder & CEO, Galasso Learning Solutions

Kurt Graves
Vistage International Executive Chair

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IN-PERSON & VIRTUAL EVENTS*

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- Keynote
- Virtual planning session
- Digital flyer
- Power Tips sheet
- Go-To Guide
- Licensing to host recording
- Breakout session

max EXCLUSIVE

high-powered

- Keynote
- Virtual planning session
- Digital flyer
- Power Tips
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standard

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WHAT is a CSP®? A Certified Speaking Professional® is a designation granted by the National Speakers Association. Approximately 450 speakers in the US and 850 worldwide are bestowed with this honor.

WHY does this matter to YOU? Partnering with a CSP® mitigates risk and provides peace of mind for your event because they’ve met the requirements it takes to receive this award.

WHY does this matter to ME? Speaking is a craft of continuous improvement, and achieving this allows me to be part of a reputable group to learn from & mastermind.

*Company trainings include tailored actions. Please contact us for details!
“The Email Extinguisher presentation was the talk of our meeting! Our team instantly worked to implement the strategies Marcey shared and is now looking at how they work differently and more efficiently. Marcey made a lasting impact on our group.”

Scott Santoro, Vice President, Delta Air Lines