

PRODUCTIVITY & HEALTH SPEAKER

marcey rader



**WATCH
MARCEY
SPEAK** 



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NOW BOOKING: KEYNOTES, BREAKOUTS, WORKSHOPS

“practical” “funny” “high-value”
“no-fluff” “thought-provoking”

Marcey Rader is a multi-award-winning speaker, consultant, coach, and author focused on **health-powered™ productivity** after a preventable medical diagnosis shifted her relentless pursuit of more. As the founder of RaderCo, **she's inspired people across five continents**. As a Certified Speaking Professional®, Virtual Master Presenter®, and TEDx speaker, Marcey helps individuals and companies **discover what truly matters, fostering sustainable habits to reclaim their workday, work well and play more!**



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ENGAGEMENTS
INCLUDE:



FEATURED IN:



EXPERTISE:

- Productivity
- Time & Focus Management
- Prioritization
- Remote Work
- Digital Wellness
- Healthy Behaviors

"Marcey is THE dream presenter. She is a rock star on the stage, and you know the attendees will have a great session. Planning events with new content and presenters can be risky. Marcey is the person you book to balance that risk. She is consistently excellent."

Linda Dodd - Learning Specialist NCACPA

MARCEYRADER.COM/SPEAKING

SCHEDULE YOUR
CONNECTION CALL



Creating Guardrails:

presence in a hyper-connected world

*Feeling more connected to your device than the people around you?
Can't remember your last unplugged vacation?*

Say **goodbye to an 'always-on' culture** and hello to intention and meaning. We don't have to give up our phones or go on a digital detox. Downsizing our tech can **reset and restore the brain and body** and help us return from time off feeling recharged.

It's time to be present in a hyper-connected world!

“peace of mind”

The peace of mind last night was amazing – hardly any “Sunday scaries” thinking about what was lurking in my inbox!

- Kerri Gaoutte

Director of Learning & Development
BEAM Therapeutics

LEARN HOW TO:

- ✓ **Establish guardrails** with digital downsizing
- ✓ Establish **screen-free** and low-sensory times to **calm the mind**
- ✓ Prepare and **return from time off - recharged**

PLAY VIDEO



PERFECT FOR PEOPLE WHO:

- Need help setting healthy tech boundaries
- Have fear of missing out
- Struggle to unplug during their time off



Elevate Your Focus:

defeat distractions for peak performance

*Reach the end of your day low on willpower?
Feel decision fatigue from constant multitasking?*

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.

Supercharge your habits and become a focus pro!

“I want to be more present”

It was shocking to understand how dependent and consumed I am with my devices. I want to be more present with those around me instead of using my phone.

- Keith Hudson

President, Jim Hudson Automotives Group

LEARN HOW TO:

- ✓ **Shrink digital distractions** with optimal settings
- ✓ Single-task to get **more done with less energy**
- ✓ **Reset** with low-sensory power breaks

PERFECT FOR PEOPLE WHO:

- Feel overwhelmed by a **whirlwind of distractions**
- Are buried under a mountain of communication and media
- Struggle to **be present** in the moment

PLAY VIDEO





Break Free From Busy:

simple to-do list solutions

Feel like you've worked all day but got nothing done?

Unsure how to prioritize and overwhelmed by urgent task?

Stop feeling frazzled and prioritize your time, energy, and attention. Create time blocks to batch, theme, and focus on your tasks. Start your day, week, or month with a clear plan.

Break free from the never-ending to-do list!

**“I can face Q4
with energy &
excitement”**

Today I took a 'should' off my plate that has been a mental burden for MONTHS.

I can face Q4 with energy and excitement instead of dread.

- Melinda McKee
Founder, Memento and Muse

LEARN HOW TO:

- ✓ Name & claim your calendar **for focused work**
- ✓ **Optimize your energy** with task and time-blocking
- ✓ **Reflect, Plan, & Prioritize with the Powered Path Method™**

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PERFECT FOR PEOPLE WHO:

- Are **drowning in to-dos**
- **Juggle multiple projects** or roles
- Crave a **simple, effective system** to prioritize & focus

 **SCHEDULE YOUR
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Find Your Meeting Mojo:

minimize drain & maximize impact

Leave meetings wishing you could get that hour back?

Tired of virtual marathons and feeling like a video zombie?

Discover the hidden superpowers to **transform mundane meetings**. No more drained batteries and **yawn-inducing engagement**. Instead, you'll be the **ultimate hero**, saving the day - one meeting at a time.

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

“I wish every training were this tangible”

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

- Mirin Greenberger
Software Development Manager, IDEXX

LEARN HOW TO:

- ✓ Craft meetings with a **solid framework**
- ✓ Reduce distractions, shorten meeting times, and **keep your team laser-focused**
- ✓ Make every 1-to-1 **meaningful, insightful, and action-oriented**

PERFECT FOR PEOPLE WHO:

- Juggle virtual, in-person, or hybrid meetings
- Wrestle with packed calendars that leave little time for tasks
- Battle video fatigue

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Email Extinguisher:

put out the fires and rescue your time

Overwhelmed by the flood of messages?

Dread checking email or get distracted when your phone pings?

In a world where the influx of emails and messages **seems never-ending**, it's time for a change to conquer the digital distractions and **take back your agenda**.

Time for your inbox liberation!

“...like church to me saying "amen" & "hallelujah" after each statement”

I've seen major improvements and left feeling validated, with tangible tools to improve my day-to-day. Your training felt like church to me saying "amen" & "Hallelujah" after each statement.

- T.M.

SR. Clinical Trial Manager, Vertex Pharmaceuticals

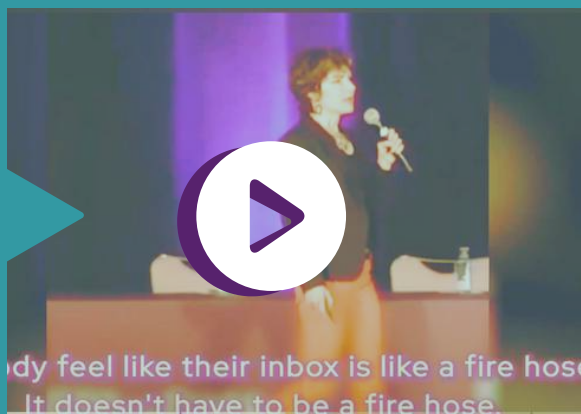
LEARN TO:

- ✓ **Conquer** digital distractions
- ✓ Manage your inbox with **proven tips & shortcuts**
- ✓ Shift behavior to **end the email ping-pong**

PERFECT FOR PEOPLE WHO:

- Live and breathe email
- Are at the mercy of notifications
- Feel buried under an email avalanche

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Work Well Remotely:

healthy habits at home

*Struggling to shut down after long hours?
Barely getting steps between your kitchen and desk?*

Working from home can be tough with distractions and temptations to **overwork and under-move**. Productivity, health, and focus don't have to be a **fight against willpower**. With the right habits, you can **get in the zone, stay active, and work effectively at home**.

Get the tools to take care of yourself, and do your best work - virtually!

“This class opened my eyes”

Detailed advice that can boost productivity and focus today! Marcey outlined the science behind her solutions and why and how they can work for you. I will definitely be signing up for future classes.”

- Marsha Morales

Co-Founder, Humble House Foods, Inc.

LEARN HOW TO:

- ✓ **Set guardrails** to limit work interruptions & digital chatter
- ✓ **Increase energy** with movement breaks and timed focus boosters
- ✓ **Prepare your brain & body** before and after work

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Marcey Rader | www.marceyrader.com

PERFECT FOR PEOPLE WHO:

- Work remotely
- Travel for business



Manage Well Remotely:

leading your team through the screen

Wonder if your team is working too little or too much?

Using 1-to-1s as status updates instead of growth opportunities?

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

Lead from wherever you are, engaging your team to work well together!

“...big takeaways to work with my global team”

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

- KayLynn Dalebout
Founder, Clockwork Accounting

LEARN HOW TO:

- ✓ **Streamline communication** with a matrix
- ✓ **Safeguard downtime** to prevent burnout
- ✓ Establish a framework for **meaningful one-to-ones**

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PERFECT FOR PEOPLE WHO:

- Manage people in a remote or hybrid environment
- Manage business travelers



Everyday Energy:

healthy habits for every body

***Done with being tired and the endless pursuit of perfection?
Overwhelmed by health gurus who only care if you look good naked?***

Skip worrying about bikini bodies, trendy or tasteless diets, and running marathons. Everyday movement, eating habits, sleep tips, and energy resets are yours with tricks that work in the office and at home.

Power up now with simple ways to feel better!

“inspired me to think differently”

This session had actionable tips and kept my attention that inspired me to think differently about eating, sleeping, and caring for myself as a busy professional.

- Filomena Fanelli
CEO, Impact PR Communications

LEARN HOW TO:

- ✓ Ditch **"pancake butt"** and **"counterfeit energy"**
- ✓ Wake up ready to **conquer the day**
- ✓ **Unwind** without needing a mountain retreat

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PERFECT FOR PEOPLE WHO:

- Crave practical, relatable health improvements
- Struggle with where to start
- Feel intimidated by change and new routines