

# TESTIMONIALS

## Sylvia Inks

Financial Coach and Cash Flow Specialist, Raleigh NC

*I didn't realize how unproductive my days were until I took Marcey's Work Well. Play More!® Crash Course workshop. I had an "aha" moment when Marcey shared that every email introduction takes us 15-25 minutes to re-focus. No wonder I was staying up well past midnight working on my business and replying to emails. After the workshop, I immediately implemented three of her productivity tips, and was able to go accomplish more in three days than I had in two weeks...all while going to bed two hours earlier! If you are feeling overwhelmed by the emails in your inbox and are working more hours in your business than you'd like, then take this workshop and hire Marcey for an intensive power plan. Once you do, you'll quickly realize you wished that you had found her sooner!*

*This workshop is very practical with changes that are easy to implement and make a positive impact quickly. As we spend a lot of our work lives in meetings, it is crucial that we use this time efficiently and effectively. This workshop will undoubtedly help.*

*Marcey has provided three great health and productivity workshops with my leadership team and North American group. I have benefitted immensely regarding my effectiveness. Marcey is an outstanding trainer!*

## Robert Joseph

Head of Global and Consumer Safety, Chapel Hill, NC

## Louis Magliaro

Vice President, Group Publisher, The BTN Group

*Marcey was the perfect speaker for our Business Travel Summit. She was super upbeat and knew how to engage the audience with authentic and real solutions to help travelers stay healthy and productive when traveling for business.*

*Amazing presentation and one of the best we've had at the American Underground. Marcey blew it out of the water. It's a pretty tough crowd and she held everyone's attention until the very end!*

## Michael Hourigan

Marketing Director, Shoeboxed

## Pam Chanfrau

CEO, ACP Resources, INC.

*The time management steps to better productivity were so useful. As CEO, I'm already feeling I have more time in my day by not allowing the email tool to dictate my schedule. My team said it was a fun, interactive way to learn new skills and think differently. I feel so much more connected to my team after this session. The investment was a total win.*

*Marcey's enthusiasm for wellness and productivity radiated and inspired a room of entrepreneurs. Her encouragement about not sitting while you work and implementing walking meetings literally made me stand up during her presentation. Knowledge and willingness to improve my health worked right on the spot.*

## Kyle Robinson

Co-Founder, Wellzesta, Inc

## Mrs. Abigail George

Certified Etiquette  
Consultant,  
George School of Protocol

After hearing Marcey speak, I changed my web offering of an initial one-hour, face-to-face consultation to a 20-minute phone call. This is something I've been wanting to do for a long time but needed the permission to do it. I now feel relief.

Marcey asked great questions to assess our needs, pre-surveyed the participants for their insights, and developed a customized program matching our expectations. Her Health and Personal Productivity series were appropriate and applicable to many different levels in our firm. As a professional, Marcey exudes confidence and energy in her delivery and instruction while bringing fresh and exciting perspectives to motivate our associates.

## Karen McManus

HR Senior Manager, Training  
& Development, Cherry  
Bekaert, LLP

## Stan Phelps

Customer Experience  
Specialist & Author, Purple  
Goldfish

Marcey Rader is just a ball of energy. I love how she has simple ways you can stay healthy on the road. It's really changed the way I travel and I hack the mobile lifestyle.

Marcey cracks me up. She is so funny and so knowledgeable about all of her travel experiences and how to live a happier, healthier life, even while you're on the road.

## Karin Wilberg

Founder, Writer, Editor, Clear  
Sight Books

## Carol Linden

Founder, Speaker, Author,  
Effective with People

She was funny, engaging, creative and had great stories to tell. The audience clearly resonated with her. What she says about how business travel affects your health is right on.

Marcey was fun and entertaining and provided a tremendous amount of good information for those of us traveling in business. There's no excuses for not staying in shape on the road.

## Sally Orcutt

Marketing Coach, Stretch 4  
Success

## Evan Carroll

Professional Speaker,  
Author, Marketing  
Technologist

Marcey was phenomenal onstage and absolutely killed it!

