

# RING PING BUZZ KNOCK






Marcey Rader

Are you always putting out fires, reaching for the low-hanging fruit and don't know where all your time has gone?

Are rings, pings, buzzes and knocks the shiny objects that distract your focus?

## The science behind telepressure and why multitasking doesn't work.

-  Efficient processing and communication of email
-  Eliminate distractions from notifications, remote work obstacles, and cubicle land
-  Schedule Get Stuff Done time and respect the line of genius

*The comprehensive information she provides can be applied immediately so you walk away from her presentation, not just with the knowledge of what to do, but with the plan and action steps to put it in place. Marcey's work is always top notch and she genuinely cares about the success of her clients and their business.*



- Noelle Ybarra

Wellness Coordinator, RTI International

## MEET MARCEY RADER



As founder of **Marcey Rader Coaching, LLC** and the **Work Well. Play More!® Institute**, Marcey Rader helps growing businesses, entrepreneurs, and corporate leaders all over the world maximize productivity, overcome limitations, and achieve their loftiest professional aspirations. Her roster of coaching clients covers the entire range of professionals from solopreneurs to Fortune 100 companies.

As a sought-after corporate speaker, Marcey has presented for major organizations including *Cisco*, *Biogen*, *Business Travel News*, *Syngenta*, and *Cherry Bekaert*. She is the best-selling author of two books – **Beyond Travel: A Road Warrior's Survival Guide**, and **Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!** and creator of the **Work Well. Play More!® Health and Productivity for High Achievers** online course.



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