

Are you ready to host your top-rated event of the year?

Looking for an entertaining speaker to inspire your audience with an experience rather than a lecture?

Looking for actionable takeaways that motivate attendees to change?

Marcey Rader is a recognized productivity and health expert committed to engaging your audience to Work Well and Play More® through systems, tools, and behavioral shifts to declutter their mind, body, and inbox, one habit at a time. Partner with Marcey to make your event a success and the one they remember.

Popular Keynote and Workshop Topics

- | | | |
|--|---|--|
|  Hack the Mobile Lifestyle |  Task Mastery |  Conquer the Calendar |
|  Energy Escalators |  Ring, Ping, Buzz, Knock |  Meeting Mastery |
|  Email Extinguisher |  Outsource It |  Work Well. Play More! ® |

“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

It's a pretty tough crowd, and she **held everyone's attention** until the very end.

- Mike Hourigan

Marketing Manager, Shoeboxed



“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, Cherry Bekaert

MEET MARCEY RADER



Marcey Rader: Not. Like. The Others. Sure, an accomplished corporate climber, entrepreneur, coach, and speaker. Yes, founder of Marcey Rader Coaching, LLC and the Work Well. Play More!® Institute.

Indeed, 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. And yep – regularly featured in lifestyle and training media outlets

Marcey hearts healthy, balanced productivity. But more importantly, she's going to be in your corner backing you up as you reach your personal and professional greatness.



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HACK THE MOBILE LIFESTYLE

Travel to Work Well and Play More!®



Travel doesn't have to be an excuse for setting back your health.

Road Warrior and bestselling author of **Beyond Travel: A Road Warrior's Survival Guide** and **Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!®**, Marcey knows first-hand that business travel isn't part of your job, it's a lifestyle.®

C Movement opportunities in airports, hotels, and even the car

C Sleep and transition behaviors to recharge for performance

C Solutions to the #1 mistake business travelers make when it comes to eating

Outstanding! Very engaging, entertaining, and well-polished presentation that made people laugh. It kept the topic light hearted but also emphasized the eventual repercussions if people don't change their bad travel habits. Good use of slides and offering gifts throughout kept everyone on their toes. I highly recommend this to all the other GBTA chapters or ANY company that wants to improve the health and reduce the stress of their road warriors. Great presentation and well worth the cost!

“ ”

- Kendra Gleason

Texas Business Travel Association

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ENERGY ESCALATORS

Health behaviors to amp up performance.



Marcey Rader

Do you need an energy boost?

Power up your productivity, creativity, and health by learning simple ways to improve performance, power, and alertness.



Eliminate glute amnesia
while increasing productivity, creativity, and collaboration



Remove counterfeit energy and **improve decision-making**



Sleep techniques to **optimize dream time** and **stress-relievers** that create transitions from work to home

*The concept of **Movement Opportunities** carried over from exercises into other areas. I used to **procrastinate** on projects because I felt like I needed to have a large chunk of time to work on them. Now, I incorporate the **theory of movement opportunities** even when working, knowing that even a little bit at a time counts. Small things do have an impact and I no longer wait to do it all at once.*

“

- Clarissa Rainer

Park Scholar, NC State University

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EMAIL EXTINGUISHER

Simple steps to shrink the inbox.



Marcey Rader

Play More!®

Do you have an inbox full of emails and don't know where to start?

Do you use your inbox as your task list?

Get the tools you need to break out of email jail.



Overcome email **anxiety** and **addiction**



Shrink your inbox with rules, filters, and newsletter organization



Communicate **effectively** to shut down with **Inbox Zero**.

By using your tips, I reduced my unread email from 3,247 to 98 and consolidated 57 folders to 22 in two hours. I'm so relieved to have been able to make so much progress in such a short amount of time. My success is because of you. I'm a believer!

- Tammy Ice

Site and Patient Solutions Lead, UCB Biosciences

“

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TASK MASTERY

Techniques to optimize,
prioritize, and perform.



Marcey Rader

Work Well.

Play More!®

Do you have trouble prioritizing and focusing on income-generating activity?

Do you need ways to be more efficient at work and home to have more free time?

Stop procrastinating and get it done.



Prioritize your list to
**focus on tasks that
move the needle**



Professional and
personal outsourcing
for **every budget**



Automation to rest the
brain, reduce anxiety, and
focus on what matters



I get done in three hours what used to take me all day!

- Amy Howard



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.

- Melinda McKee
Memento and Muse

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RING, PING, BUZZ, KNOCK

Eliminate distractions to work in
your line of genius.



**Are you always putting out fires, reaching for low-hanging fruit, and wondering
where your time goes?**

Stop the madness. Increase control.



Process email efficiently
and effectively



Eliminate distractions
from tech, teleworking,
and cubicle land



Schedule Get Stuff Done
time and **respect your
focus zone**

*The comprehensive information provided can be **applied immediately** so you can walk away from the presentation with the **knowledge of what to do** and 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

“

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OUTSOURCE IT!

Virtual, Personal, and Digital
Assistants to free up your time.



Marcey Rader

**Do you have so many balls in the air you feel like you're at the circus?
Do you think only fancy-pants people get assistants?**

Stop doing those \$10 tasks. Outsource and automate.



Find, hire, interview, and train an assistant



Creative outsourcing for every budget



Subscription services to set it and forget it

*Marcey transformed my past behavior of hiring any warm body into a **systematic and targeted** recruiting and interview process that has generated **four strong candidates** in a matter of a week.*

- Stephanie Scotti

Professionally Speaking

“

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More! Health and Productivity for High Achievers online course. And yep – regularly featured in lifestyle and training media outlets

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CONQUER THE CALENDAR

Manage your time to find your genius.



Work Well.

Play More!®



Marcey Rader

**Do you have a calendar filled with meetings without a purpose?
Do you have trouble working on your projects because you spend all day on
the phone or putting out fires?**

Make meetings matter and allow for genius time.



Stop the **brick wall to decision-making**



Eliminate the distractions and schedule deep focus time



Boost meeting **creativity and collaboration**

*This practical workshop gives ideas that are **easy to implement** and make a **positive impact quickly**. It will undoubtedly help since we spend a lot of our work lives in meetings where it's crucial we use the time efficiently and effectively.*

“

- Robert Joseph

Global Head of Operator and Consumer Safety, Syngenta

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MEETING MASTERY

Curb the coffee. Increase the creativity.



Marcey Rader

Play More!®

Are you wasting your time doing ineffective one-to-ones?

Do you leave meetings feeling drained and tired instead of jazzed and excited?

Make your time matter and live by your own calendar.



Get out of the coffee shop boardroom and stand out in the crowd



Boost meeting **creativity and collaboration**



Automate the impersonal to spend time on the **personal**

“

*I've always loved brainstorming with others to solve challenges and come up with new business ideas. During Marcey's keynote, we had a **walking meeting** instead of a traditional sit-around-a-table session, that was a **refreshing and energizing** change of pace. I **worked through a challenge** that had been plaguing me for two years, and I'm now implementing a solution to serve a new market.*

- Nika Stewart

CEO, Streambank Media

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WORK WELL. PLAY MORE!®

Crash course for productivity
and health.



Marcey Rader

Play More!®

Talk Doesn't Cook Rice.

Don't just talk about being healthy and productive. Do it.

Three steps to eliminate distractions, increase creativity, and work in your line of genius.



**Eliminate
telepressure to
reduce the FOMO**



Create Get Stuff Done time
to **increase focus and
concentration**



Forget the stimulants and
boost energy with **Movement
Opportunities**

*Marcey's program was **amazingly helpful!** As a busy person of many years, I thought I had it all figured out. Her ideas have changed the way I operate day-to-day. I was even **applying tips** she gave right during the program! Work is flowing. I'm getting more done and feel at ease while doing it.*

“

- Troy Stende

Professional Speaker, Stende Inspirations

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