










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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Why hire another boring speaker when you can hire an experience with results? The Work Well. Play More!® Institute designs interactive, engaging programs that leave attendees with actionable steps they can take to change their behavior. All sessions can be offered live or virtually and there are no maximum attendees.

✓ **HACK THE MOBILE LIFESTYLE**

- **Movement opportunities** in airports, hotels, and even the car
- Sleep and transition behaviors to **recharge for performance**
- Solutions to the **#1 mistake** business travelers make when it comes to eating

✓ **ENERGY ESCALATOR**

- **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

✓ **EMAIL EXTINGUISHER**

- Overcome email **anxiety and addiction**
- **Shrink your inbox** with rules, filters, and newsletter organization
- Communicate **effectively** to shut down with **Inbox Zero**.

✓ **TASK MASTERY**

- Prioritize your list to focus on **tasks that move the needle**
- Professional and personal outsourcing for **every budget**
- **Automate and outsource** to rest your brain and reduce anxiety

✓ **RING PING BUZZ KNOCK**

- **Process email** efficiently and effectively
- **Eliminate distractions** from tech, teleworking, and cubicle land
- Schedule Get Stuff Done time and **respect your focus zone**

✓ **OUTSOURCE IT**

- **Find, hire, interview,** and **train** an assistant
- **Creative outsourcing** for every budget
- Subscription services to **set it and forget it**

✓ **CONQUER THE CALENDAR**

- Stop the **brick wall to decision-making**
- **Eliminate the distractions** and schedule deep focus time
- Boost meeting **creativity and collaboration**

✓ **MEETING MASTERY**

- 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**

✓ **WORK WELL. PLAY MORE!®**

- **Eliminate telepressure** to reduce FOMO
- Create Get Stuff Done time to **increase focus and concentration**
- Forget the stimulants and boost energy with **Movement Opportunities**