

MARCEY RADER

PRODUCTIVITY AND HEALTH SPEAKER

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



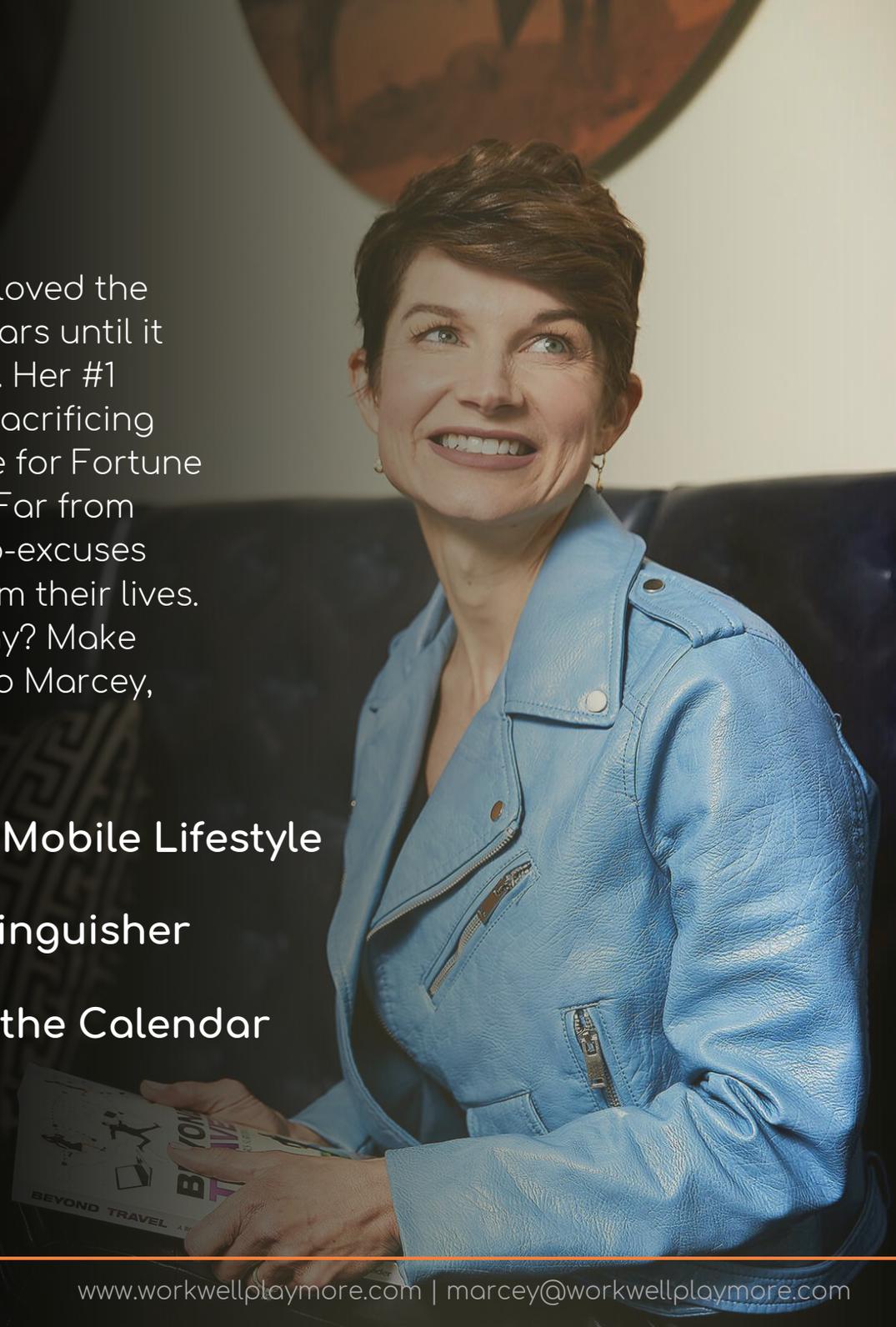
MARCEY RADER

Marcey Rader. Not. Like. The. Others. She lived and loved the high-intensity, high-travel corporate game for 15 years until it burned her out and triggered autoimmune disease. Her #1 mantra? You can reach peak productivity without sacrificing your health to get there. Her speaking roster's alive for Fortune 100 companies, startups, and everyone in between. Far from some same-old speaker, Marcey presents no-BS, no-excuses stories and strategies that help audiences transform their lives. Want your attendees to get a swift kick in the energy? Make your next event The One They Remember: say hey to Marcey, and get ready to rock.

- ✔ What's Your Joe Joe?
- ✔ Hack the Mobile Lifestyle
- ✔ Energy Escalators
- ✔ Email Extinguisher
- ✔ Task Mastery
- ✔ Conquer the Calendar

Keynotes, Breakouts, and Workshops

www.workwellplaymore.com | marcey@workwellplaymore.com



WHAT'S YOUR JOE JOE[®]?

Giving up to get better

Inspirational, Life Challenges, Burnout Prevention

Does what you feel on the inside match what others see on the outside? Do you feel pulled in a million directions, not giving 100% at home or work, and afraid people are going to see through the facade? Is it time to change and you aren't sure you have the courage to make it happen?

MARCEY GAVE UP LIVING A HIGH-STRESS LIFESTYLE TO GAIN HER HEALTH AND LIFE BACK.

FORMAT: 30-45 MINUTE KEYNOTE.

- ✓ Determine what you need to **give up to get better**
- ✓ Identify your **Joe Joe** or symbol of loss
- ✓ **Become super**, without feeling like you need to be Superman or Superwoman

This program is perfect for people who:

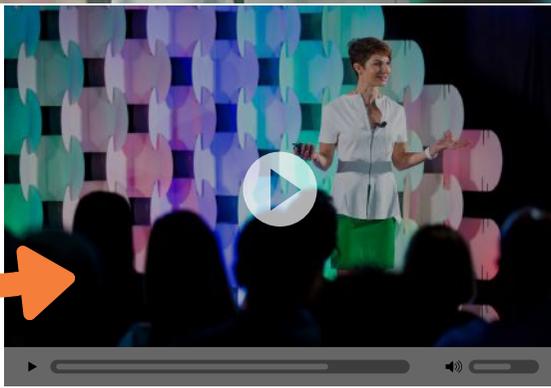
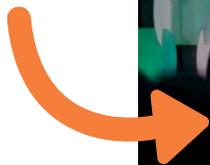
Are experiencing life issues due to health crises, overwhelm, and/or burnout.

Our health is an important asset to long-term success in our roles but is far from guaranteed. Using powerful life experience, Marcey Rader will inspire and provoke you to make the changes you need to make to go the distance.

- Eric Syfrett Executive Pastor, King's Park International Church



Play Me



ENERGY ESCALATORS

Health behaviors to amp up performance



Health, Stress Management, Exercise, Nutrition

Power up your productivity, creativity, and health by learning simple ways to improve performance at work and home.

DO YOU NEED AN ENERGY BOOST?

FORMAT: 45-60 MINUTE KEYNOTE OR UP TO HALF-DAY WORKSHOP.

- ✓ Eliminate **glute amnesia** while increasing creativity and collaboration
- ✓ Remove counterfeit energy and **improve decision-making**
- ✓ Optimize sleep and **employ** stress relievers to Work Well and Play More

This program is perfect for people who:

Want to incorporate healthy behaviors that are simple and effective with maximum impact at work and home.

Play Me



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

TASK MASTERY

Get the right things done to Work Well and Play More!®

Productivity, Prioritization

LIFE IS MORE THAN CHECKING BOXES.

FORMAT: 45-60 MINUTE KEYNOTE OR UP TO TWO-HOUR WORKSHOP.

This program is perfect for people who:

- Have trouble setting boundaries, prioritizing, and procrastinating
- Have multiple professional or personal projects or roles
- Need innovative ways to outsource or automate at work and home



Prioritize your list to focus on tasks that move the needle



Outsource creatively within your personal and professional budget.



Automate to rest your brain and reduce anxiety



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. So many good principles/tips today thank you!

- Melinda McKee Memento and Muse



HACK THE MOBILE LIFESTYLE

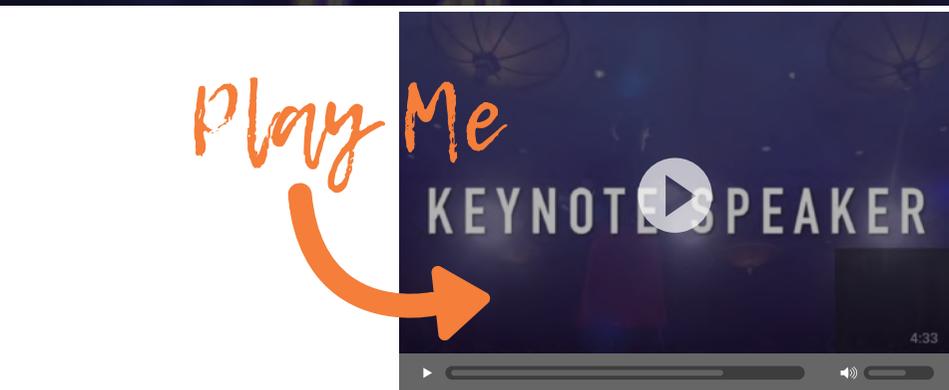
Travel to Work Well and Play More!®

Healthy Travel, Productive Travel

Whether you travel or serve the traveler, learn ways to hack the mobile lifestyle without sacrificing health, productivity, and relationships while on the road.

TRAVEL DOESN'T HAVE TO BE AN EXCUSE FOR SETTING BACK YOUR HEALTH.

FORMAT: 45-60 MINUTE KEYNOTE OR UP TO 2-HOUR WORKSHOP.



- ✓ Create **movement opportunities** in airports, hotels, and even the car
- ✓ **Recharge for performance** with sleep and transition behaviors
- ✓ Learn the solution to the **#1 mistake** business travelers make when it comes to eating

This program is perfect for:

- Business Travelers
- Travel Managers
- The Hospitality Industry

Outstanding! Very engaging, entertaining, and well-polished presentation that made people laugh. It kept the topic lighthearted 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

Hack the Mobile Lifestyle

EMAIL EXTINGUISHER

Simple steps to shrink the inbox

Productivity, Distraction

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 NEEDED TO BREAK OUT OF EMAIL JAIL.

FORMAT: 45-120 MINUTE WORKSHOP.

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

This program is perfect for people who:

Rely heavily on email

Play Me



I have seen major improvements in the last month after attending the Email Extinguisher workshop. I left feeling validated and with tangible tools to help improve my day-to-day work. Your workshop felt like church to me, saying "amen" and "Hallelujah" after each statement.



- T.M. Senior Clinical Trial Manager, Vertex Pharmaceuticals

CONQUER THE CALENDAR

Manage your time to find your genius

Productivity, Time Management, Prioritization

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.

FORMAT: 45-60 MINUTE WORKSHOP.

This program is perfect for people who:

- Run or attend multiple meetings
- Have multiple projects
- Are overburdened with their personal schedule
- Have trouble setting boundaries

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



The speaker feedback for Marcey was some of the best I've ever received for our organization. She nailed the time planning issues many of us had and gave solid, specific strategies that we were able to implement immediately. She has a dynamic personality that fills the room.



- Jean Hedges Women's Council of Realtors

Conquer the Calendar