



# marcey rader

PRODUCTIVITY & HEALTH SPEAKER



[helloraderco.com](http://helloraderco.com) | [marceyrader.com](http://marceyrader.com)





NOW BOOKING:  
KEYNOTES, BREAKOUTS, WORKSHOPS



Marcey Rader believes in health-powered productivity. She's a multi-certified health, productivity, and digital wellness expert, **multi-award-winning global speaker**, and 3-time author. Sought after by Fortune 100 companies, start-ups, and everyone in between, Marcey's spoken for more than 100,000 people across five continents. Partner with Marcey to inspire your audience to improve focus, maximize energy, conquer calendars, prioritize tasks, and extinguish their email.

ENGAGEMENTS INCLUDE:

FEATURED IN:



**"practical"** **"funny"** **"high-value"**  
**"no-fluff"** **"thought-provoking"**



**"Marcey is the dream presenter.** She is a rock star on the stage, and you know the attendees will have a great session. Planning events with new content and presenters can be risky. **Marcey is the person you book to balance that risk.** She is consistently excellent."

Linda Dodd - Learning Specialist NCACPA

EXPERTISE:

- Productivity
- Time & Focus Management
- Remote Work
- Digital Wellness
- Health & Wellness

# creating guardrails: presence in a hyper-connected world



*Feeling disconnected from people but connected to your device?  
Can't remember the last time you took an unplugged vacation?*

Say **goodbye to an 'always-on' culture** and hello to intention and meaning. We don't have to relinquish our phones or experience a digital detox. Downsizing our tech can **reset and restore the brain and body** and help us return from time off feeling recharged.

**It's time to be present in a hyper-connected world!**

## “peace of mind”

*The peace of mind last night was amazing – hardly any “Sunday scaries” thinking about what was lurking in my inbox!*

**- Kerri Gaoutte**  
Director of Learning & Development  
BEAM Therapeutics

### LEARN HOW TO:

- ✓ Establish **guardrails** with digital downsizing
- ✓ Establish **screen-free** and low-sensory time to **calm the mind**
- ✓ Prepare and **return from time off - recharged**

PLAY VIDEO



### PERFECT FOR PEOPLE WHO:

- Need help setting healthy tech boundaries
- Have fear of missing out
- Don't feel they can unplug during their time off



# elevate your focus: defeat distractions for peak performance



*Reach the end of the day low on willpower and feeling decision fatigue?*

*Afraid you're missing the people, places, and experiences happening before you?*

Ring, ping, buzz, knock! Distractions are lurking around every corner, ready to pounce on your attention. Fear not! You don't need a secret hideout to gain control. With the right **tech guardrails and supercharged habits**, you can become the focus pro you've always wanted to be!

## Ditch the distractions and live in the moment!

### “I want to be more present”

*Marcey's presentation on how technology can work against us was eye-opening. Understanding how dependent & consumed I am with my devices was shocking. I want to be more present with those around me instead of my phone.*

- Keith Hudson

President, Jim Hudson Automotives Group

### LEARN HOW TO:

- ✓ Set up your tools and apps to **shrink digital distractions**
- ✓ Single-task to get **more done with more energy**
- ✓ Reset with **low-sensory power breaks**

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### PERFECT FOR PEOPLE WHO:

- Feel like they're caught in a **whirlwind of distractions**
- Are buried under a mountain of communication and media
- Struggle to **be present** wherever they are

# break free from busy: simple to-do-list solutions



*Feel like you've worked all day but got nothing done?*

*Aren't sure how to prioritize and feel like everything is urgent?*

Break free from the never-ending to-do list!

Stop feeling frazzled & fragmented, and prioritize your time, energy, and attention. Create time blocks to batch, theme, and focus on your tasks.

Enter your day, week, or month with a clear plan.

## Own your agenda instead of it owning you!

**“I can face Q4  
with energy &  
excitement”**

*Today I took a 'should' off my plate that has been a mental burden for MONTHS. I feel like I can face Q4 with energy and excitement instead of dread.*

**- Melinda McKee**  
Founder, Memento and Muse

### LEARN HOW TO:

- ✓ Name & claim your calendar **for focused work**
- ✓ **Reflect, Plan, and Prioritize with the Powered Path Method™**
- ✓ Incorporate video to **free up time**

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### PERFECT FOR PEOPLE WHO:

- Are **drowning in to-dos**
- **Juggle multiple projects** or roles
- Crave a **simple system** to prioritize

 **SCHEDULE YOUR  
CONNECTION CALL**

# find your meeting mojo: minimize drain and maximize impact



*Leave meetings wishing you could get that hour back?*

*Tired of video marathons and feeling like a Zoom zombie?*

Discover the hidden superpowers to **transform mundane meetings**. No more drained batteries and **yawn-inducing engagement**. Instead, you'll be the **ultimate hero**, saving the day - one meeting at a time.

**Make meetings matter from the room to the Zoom and gain a return on the time you invest.**

**“I wish every training were this tangible”**

*This is one of my favorite trainings ever. So appreciated all the concrete examples and suggestions. I wish every training were this tangible!*

**- Mirin Greenberger**  
Software Development Manager, IDEXX

## LEARN HOW TO:

- ✓ Craft a **meeting foundation** with a solid framework
- ✓ Eliminate distractions, shorten meeting times, and **keep your team laser-focused**
- ✓ Make every 1-to-1 **meaningful, insightful, and action-oriented**

## PERFECT FOR PEOPLE WHO:

- Participate in a whirlwind of virtual, in-person, or hybrid meetings
- Wrestle with jam-packed calendars that leave little time for tasks
- Battle video fatigue

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# email extinguisher: put out the fires & rescue your time



*Overwhelmed by the flood of messages?*

*Dread checking email or get distracted when your phone pings?*

In a world where your laptop feels like a ball and chain, and email pings are your arch-nemesis, it's time for a change. We're your ticket to inbox liberation to transform your digital life!

**Don't let your inbox call the shots—seize control today!**

**“...like church to me saying "amen" & "hallelujah" after each statement”**

*I've seen major improvements and left feeling validated, with tangible tools to improve my day-to-day. Your workshop felt like church to me saying "amen" & "Hallelujah" after each statement.*

**- T.M.**

SR. Clinical Trial Manager, Vertex Pharmaceuticals

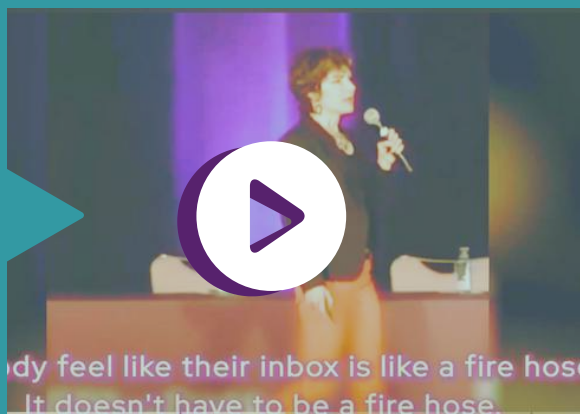
## LEARN:

- ✓ Proven tips to **conquer digital distractions**
- ✓ Rules & shortcuts to **save time**
- ✓ Behavior shifts to **end unnecessary email ping-pong**

## PERFECT FOR PEOPLE WHO:

- Live and breathe email
- Are at the mercy of notifications
- Feel buried under an email avalanche

PLAY VIDEO



# work well remotely: healthy habits at home



*Working long hours and having a hard time shutting down?  
Barely getting steps in between your kitchen and desk?*

Working from home can be challenging, especially with distractions and temptations to **overwork and under-move**. Being productive, healthy, and focused doesn't have to be a **fight against willpower**. You can get into the **focus zone, keep your body moving, and work effectively at home** with the proper habits.

**Get the power-ups to find more balance, take care of yourself, and do your best work - virtually!**

**“I got a LOT out of this course”**

*I expected this to be preachy or cliché, but I got a LOT out of this course that I will use regularly.*

**- Jay Voss**  
CFO, Sterling Cut Glass

## LEARN HOW TO:

- ✓ **Set guardrails** from work interruptions & digital chatter
- ✓ **Increase energy** with movement breaks and timed focus boosters
- ✓ **Prepare your brain & body** before & after your workday

PLAY VIDEO



Marcey Rader : [www.marceyrader.com](http://www.marceyrader.com)

## PERFECT FOR PEOPLE WHO:

- Work remotely
- Travel for business



# manage well remotely: leading your team through the screen



*Wonder if your team is working too little or too much?*

*Using 1-to-1s as status updates instead of growth opportunities?*

Managing remotely can be a **recipe for burnout** for you and your team. Say **goodbye to dull video calls** and chaotic communication channels, and manage your remote employees **without sacrificing your time, health, or productivity.**

**Lead from wherever you are, engaging your team to work well together!**

**“...big takeaways  
to work with my  
global team”**

*From a 3-day conference, this was one of two impactful sessions and left me with big takeaways to work with my global team.*

**- KayLynn Dalebout**  
Founder, Clockwork Accounting

## LEARN HOW TO:

- ✓ **Streamline communication** with a charter & rubric
- ✓ **Safeguard downtime** to prevent burnout
- ✓ Establish a framework for **meaningful one-to-ones**

PLAY VIDEO



## PERFECT FOR PEOPLE WHO:

- Manage people in a remote or hybrid environment
- Manage business travelers

# everyday energy: healthy habits for every body



*Done with being tired and the endless pursuit of perfection?*

*Overwhelmed by health gurus who only care if you **look good naked?***

Skip worrying about bikini bodies, trendy or tasteless diets, and running marathons. Everyday movement, eating habits, sleep tips, and energy resets are yours with tricks that work in the office and at home.

**Power up now with simple ways to feel better!**

**“inspired me to  
think differently”**

*Session had actionable tips and kept my attention. Inspired me to think differently about eating, sleeping, and caring for myself as a busy professional.*

**- Filomena Fanelli**  
CEO, Impact PR Communications

## LEARN HOW TO:

- ✓ Say goodbye to **"pancake butt"** and **"counterfeit energy"**
- ✓ Wake up ready to **conquer the world**
- ✓ **Unwind** without needing a mountain retreat

**PLAY VIDEO**



## PERFECT FOR PEOPLE WHO:

- Crave practical, relatable ways to improve their well-being
- Struggle with knowing where and how to start
- Feel intimidated & quickly give up on change