

**Michelle
Cederberg**
speaker • coach • consultant



2026 SESSION DESCRIPTIONS



Health and Productivity Expert

Michelle Cederberg, MKin, BA Psyc, CEP, CPCC
Hall of Fame Speaker, CSP, Certified Coach, Best Selling Author

The Success Energy Equation

Understanding the Science of Success to Work and Lead with Confidence.

In this high-energy, laugh-out-loud keynote, High Performance Coach and Author Michelle Cederberg shares research from her latest book *The Success-Energy Equation*. After years of studying top-in-class professionals in multiple industries, she's uncovered remarkable truths about what drives success, health, happiness at every level, and offers up a new view on what it takes to optimize high performance in today's stress-filled world.

Michelle delivers a powerful combination of scientific facts, surprising truths, and real-world strategies that when implemented, will set you apart from the average ambitious individual and help you solve your own personal formula for success in profound ways.

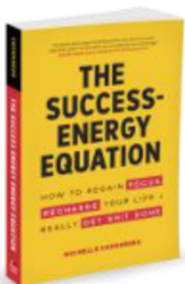
KEY OUTCOMES & AUDIENCE IMPACT

- Develop a better understanding (and newfound sense of humor) about where your energy is being drained and gained, and learn how to navigate the toughest days.
- Gain clarity around what success means to you, how to define it for yourself, and why this will help you drive personal and professional growth.
- Explore innovative success strategies that will significantly impact how you approach goal setting and productivity.
- Learn ways to stoke your physical, mental, and emotional "Success-Energy" to drive your daily output, team connection, and leadership capabilities to new levels.



★ THE "PERFORMANCE IGNITER"

Geared towards high-performers, leaders, and those in busy professions, this keynote delivers action-ready strategies and science-backed principles that help audiences curate their own next personal best.



ABOUT THE BOOK

"The Success-Energy Equation - How to Regain Focus, Recharge Your Life + Really Get Sh!t Done" debuted as a bestseller and continues to attract the attention of success-driven, health-conscious professionals who are using the research-backed strategies to drive production, engagement, and retention in corporate and leadership settings. Ask about bulk-order discounts.

Energized for Excellence

Mastering Small Shifts That Create Extraordinary Results

To succeed in any professional environment, you need a strong work ethic and a high-performance mindset to stay the course. But at advanced levels of performance, excellence isn't built by doing more, it's built by using energy, focus, and effort more intentionally. Abundant energy remains at the core of success in work and in life, but how that energy is directed makes all the difference.

When you're Energized for Excellence, you show up with greater clarity, confidence, and control. You take on meaningful challenges without burning out. You manage stress more effectively and make smarter daily decisions that protect your capacity - mind, body, and spirit - even in demanding environments. What's possible from there?

Through humor and storytelling, High Performance Coach Michelle Cederberg reminds us that there is a masterpiece in all of us that is revealed not through dramatic overhauls, but through focus, discipline, and intentional refinement. This keynote challenges the "go big or go home" mindset and replaces it with a more effective truth: excellence is built through small, precise *chisel strokes* repeated consistently.

KEY OUTCOMES & AUDIENCE IMPACT

- Recognize where excellence already exists in your work and life, and how building on those strengths creates momentum and confidence.
- Strengthen mental focus, emotional energy, and daily prioritization so effort is directed where it matters most and not spread thin across everything.
- Commit to 'Everyday Excellence' through habit architecture, and discover how to replace more effort with sharper leverage through small, intentional habits that compound over time.
- Identify the subtle energy, time, and focus leaks that limit performance, and learn practical strategies to reclaim the extra 5% that separates good from exceptional, without adding more to an already full plate.



In a world where many professionals feel overextended and under-resourced, this session educates, inspires, and equips audiences to make smarter choices that lead to meaningful, sustainable progress.

★ THE DIFFERENCE MAKER:

This high-energy, inspirational keynote helps teams move beyond effort alone and toward precision, clarity, and energized excellence. It reveals what's possible when success is built thoughtfully, one intentional decision at a time.

Future-Proofing Productivity

Thriving in a Hyper-Digital World Without Losing Your Mind, Health, or Humanity

The world of work has transformed at lightning speed, and our digital landscape shows no signs of slowing down. Every new platform, notification, update, and AI breakthrough brings both opportunity and overwhelm. Combine that with increased workloads, constant change, and evolving workforce expectations, and it's clear: the future of work demands a different approach to how we manage technology, energy, and attention.

In this timely and thought-provoking session, Health and Productivity Expert Michelle Cederberg cuts through the noise to explore how we can embrace the tools of the digital age without sacrificing well-being or performance. She reveals why digital overload is draining our energy and fragmenting our focus, and she shares practical, science-backed strategies to help individuals and teams stay energized, adaptable, and effective in a world that's always "on."

Because the future of work isn't just about adopting new technology. It's about building the human capacity – *physically, mentally, and emotionally* – to use it wisely.

KEY OUTCOMES & AUDIENCE IMPACT

- Gain a deeper understanding of how technology has woven itself into every part of our lives, the hold it has on our time, energy, and focus, and how intentional use can turn it into a force for good.
- Explore the effects of life in an ever-digital world – from device addiction to tech overwhelm, to the impact of dopamine overload on attention span and emotional health – and learn how to manage it.
- Learn future-proofing strategies like digital boundary-setting, focus tools, and healthy tech habits, to reduce stress and burnout on your team and witness higher job satisfaction and lower turnover.

★ THE REALITY CHECK

Created for forward-thinking individuals and organizations who recognize that while technology is essential for growth and innovation, it will always be energized, focused, and healthy humans who drive meaningful productivity—now and in the future of work.



The Strong Side of Stress

Harnessing Everyday Pressure to Transform Stress into Success

In today's fast-paced, demanding world, stress is often viewed as a negative force to be avoided, but what if we could transform it into a driver of growth and success? The Strong Side of Stress offers a fresh perspective on how stress, when managed effectively, can be an invaluable tool for personal and professional advancement.

In this revealing session, Health and Productivity Expert Michelle Cederberg addresses the science behind stress, delves into how it impacts the brain and body, and shares why some stress can actually improve cognitive function and focus. She will help you reframe stress as a catalyst for pushing boundaries, building resilience, and igniting high performance.

KEY OUTCOMES & AUDIENCE IMPACT:

- Understand the physical impact that stress has on your body, mind and long-term health, and learn how to recognize the subtle (and not so subtle) signs of increasing stress.
- Learn why stress should push people out of their comfort zones, *and* when managed effectively, how that can foster personal and professional development, and help you face future challenges with greater confidence.
- Discover how strategically navigating stress can strengthen mental and emotional resilience, heighten focus, sharpen decision-making skills, and enhance overall productivity.
- Learn the surprising science behind good stress and bad stress, and the simple strategies you can deploy to get more of the GOOD.

Whether you're dealing with deadlines, major life challenges, or everyday responsibilities, this session will equip you with actionable strategies to withstand stressful times, and in fact, come out the other side more focused, confident, and resilient.

★ **THE “PERSPECTIVE SHIFTER”:** Redefine your relationship with stress and turn pressure into progress. Side effects include greater employee morale, corporate cost-saving, and long-term personal wellbeing.



The “Busy” Breakthrough

Work-Life Balance in an Unbalanced World

For many of us “being busy and getting things done” is exactly where we strive to be. On a good day this feels like high productivity, great time management and lots of creative thinking as we challenge ourselves to conquer more goals, more accomplishments, more responsibilities. Until we’re too busy to eat, too busy to sleep and too busy to tend to the areas of our life that actually matter the most.

Inevitably, busy turns to “burned out”, and productivity grinds to a halt. Deadlines get delayed and details get missed as we try to keep up with the pressure and unrealistic expectations brought on by the tyranny of busyness.

Comedic, practical, and incredibly insightful, “The Busy Breakthrough” is a crowd favorite that debunks the myth of work-life balance and helps audiences recalibrate the definition of “busy” into healthier, more manageable, and sustainable practices for success.

KEY OUTCOMES & AUDIENCE IMPACT:

- Increase productivity, efficiency, and fulfillment by recognizing (and removing) the unnecessary stressors that may be slowing you down.
- Identify your biggest distractions and time-wasters, and effectively prioritize your day to be truly focused and productive.
- Develop strategies to move forward with greater clarity, workday energy, and life balance.
- Accomplish more while doing less. Learn how to create a greater sense of success and stability (and by example, encourage your teams to do the same).



★ **THE “RECALIBRATOR”:** Teams, managers and performance-based professionals will benefit from the key insights and emerging trends that Michelle shares during this paradigm-shifting keynote. Give audiences the freedom to step back and recognize how effective (or **not**) their efforts to ‘stay busy’ have really been, and improve workplace morale, performance, and productivity in the process.

May I Have Your Attention Please?

How to Reclaim Focus and Productivity in a Distracted World

With technological demands, digital overwhelm and 24/7 connectedness at an all-time high, it's a true skill if you can set boundaries, alleviate distractions, and laser your focus. There are so many 'shiny things' competing for our attention every moment of every day.

In this eye-opening session, Author, Coach, and Health & Productivity Expert Michelle Cederberg helps you zero-in on your attention (or lack of) by examining the science and social implications of multitasking, digital distraction, and lack of focus.

KEY OUTCOMES & AUDIENCE IMPACT:

- Gain a new understanding of how our digital dependence impacts concentration and daily output, not to mention what it does for our mental and emotional health.
- Explore the signs of 'auto-pilot living', why it happens, and how to get off it.
- Look at how multitasking impacts creativity and productivity, what's happening in your brain when you juggle too much, and why it hinders learning and memory.
- Learn effective ways to manage distractions and be more mindful and focused when it matters most.

Don't worry, you won't have to give up your phone or sacrifice the things you love for the sake of accomplishing your goals. Instead, you'll learn how to reclaim your focus, and prioritize like a pro no matter what is happening around you.

★ **THE "EFFICIENCY OPTIMIZER":** Walk away with awareness tools and simple strategies that will turn distracted teams and overwhelmed employees into results-driven superstars.



Unleashing Impact Program

Using Four Cs to Move from Insight to Action

This highly interactive, half or full-day workshop brings Michelle's teachings to life through her proven 4Cs Impact Framework - *Clarity, Capability, Commitment, and Capacity* - helping participants identify exactly where their effort is paying off... and where energy, focus, or follow-through may be quietly leaking.

Designed as a practical extension of the keynote or as a stand-alone program, this workshop moves beyond insight into action. Participants complete a personal Impact Audit to assess the strength of their four Cs, then work individually and in small groups to uncover patterns, diagnose gaps, and identify high-leverage upgrades they can apply immediately in their day-to-day work.

Rather than generic productivity tactics, this workshop focuses on the real drivers of sustainable performance: clear priorities, confident skill application, disciplined follow-through, and the energy to support it all.

The result is a shared language for impact, meaningful peer learning, and a concrete plan participants can actually execute.

By the end of this session, participants will:

- Gain clarity on what's really driving (or draining) their performance by diagnosing strengths and weaknesses in their current habits, systems, and workday strategies using the 4Cs framework.
- Pinpoint one critical constraint and one powerful amplifier; the specific "C" that most limits results right now, and the one that can create the greatest momentum when strengthened.
- Build practical strategies to strengthen all four Cs, with targeted attention on weaker areas so effort translates into progress, not just busyness.
- Leave with a focused 30-day Impact Action Plan, including a clear priority, commitment contract, and habit-tracking approach to turn insight into sustained growth.



This session doesn't ask participants to work harder. It shows them how to work smarter, protect their energy, and apply it where it makes the biggest difference, individually and as a team.

I make it my mission to entertain, engage and enlighten.

As a Certified Speaking Professional, Hall of Fame Speaker and trusted advisor to high performing organizations, I make it my mission to entertain, engage and enlighten. Beyond well-researched, current content, I bring the right balance of energy and laughter to my presentations.

I also love engaging with attendees before and after my session; at meet and greet events, book signings, or during event meals.

If you're curious what working together could look like, let's have a chat.



Michelle Cederberg

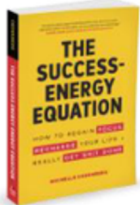
Health and Productivity Expert, MKin, BA Psyc, CEP, Hall of Fame Speaker, Certified Speaking Professional, Coach and Best Selling Author

For over 20 years, Health and Productivity Expert Michelle Cederberg has captivated audiences across across the globe with her empowering and humorous messages that educate busy, driven professionals about how to set chase worthy goals, revive energy, and ignite high performance.

As an in-demand author, coach, and consultant, she believes that success is directly influenced by how well we harness the physical, mental, and emotional capacity we each have within us. She enthusiastically calls on science to help people boost that capacity, so they can work and lead with confidence, and create the life and career they want.

★ BEST SELLING AUTHOR & CHANGE IGNITER:

Michelle is the author of four books. Her latest publication "The Success-Energy Equation" debuted as a bestseller — helping to revolutionize the idea that burnout and stress don't have to be part of success.



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