

*Ignite High Performance™*

## ENERGIZING TEAMS FOR THE FUTURE OF WORK

Using science-based strategies to eliminate burnout,  
increase engagement, and ignite high performance

*with Health and Productivity Expert*

**Michelle Cederberg**, MKin, BA Psyc, CEP, CPCC  
Hall of Fame Speaker, CSP, Coach, Author



Inducted into the  
Canadian Speaking  
Hall of Fame



A proud member of the Canadian  
Association of Professional Speakers



**Michelle Cederberg**  
speaker • coach • consultant

## THE MICHELLE CEDERBERG ADVANTAGE

**For over 20 years**, Health and Productivity Expert Michelle Cederberg has captivated audiences across North America with her **empowering** and **humorous** messages that teach busy, driven professionals how to eliminate burnout, increase engagement, and ignite high performance.

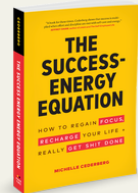
As an **in-demand speaker**, author, coach and consultant, she knows that **success** is directly influenced by how well we harness the physical, mental and emotional capacity we each have within us. She calls on **science** and **common sense** to help people boost that capacity, so they can **work** and **lead with confidence**, and get energized for the **future of work**.

With burnout, stress, and mental health issues on the rise across North America, you need a speaker who can **inspire change** and **drive results** with easy-to-implement ideas to help your team recharge energy, subdue stress, and **reconnect with the work they love**. The result is greater performance, productivity *and* employee retention when it's needed most.

ABOUT MICHELLE: Michelle holds a **Masters** in Kinesiology, a BA in Psychology, specialization in Health & Exercise Psychology, is a **Certified Speaking Professional**, Certified Exercise Physiologist, and a High-Performance Coach. In 2023 she was inducted into the prestigious **Speaking Hall of Fame**. Her life's work is about combining *mind, body and practicality* to powerfully ignite change.

RECENT BEST-SELLER: Michelle is the author of four books. Her latest publication "The Success-Energy Equation" debuted as a **bestseller**, helping to revolutionize the idea that fatigue and stress don't have to be part of success.

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## KEYNOTES THAT IGNITE HIGH PERFORMANCE

### 1) The Success-Energy Equation

Embracing 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, she's uncovered remarkable truths about what drives success, health, happiness at every level, and offers a new view on what it takes to optimize high performance in today's success-driven world.

### 2) The Strong Side of Stress

Harnessing Pressure to Transform Stress into Success

In this revealing session, Michelle 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 enhancing performance.

### 3) Energized for Excellence

How to Own Your Excellence and Take it to the Next Level

There's a Masterpiece in all of us - but finding the clarity, energy, and focus to "Chisel our dreams" out of the mountains in our path isn't always easy (otherwise we'd all be doing it). Uncover the secrets to get energized for excellence and transform ordinary efforts into extraordinary results.

### 4) Future-Proofing Productivity

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

In this timely and thought-provoking keynote, Michelle 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 shares practical, science-backed strategies to help individuals and teams stay energized, adaptable, and effective in a world that's always "on."

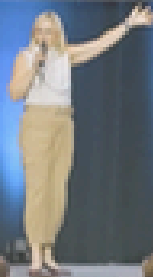
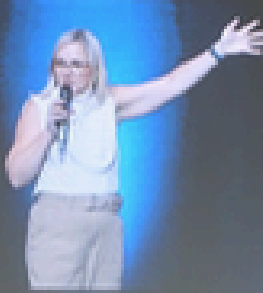
### 5) The "Busy" Breakthrough

Work-Life Balance for Today's Overachiever

"Busy" used to be a badge of honor. Today it's an indicator that we struggle to balance ambition with priorities (and an endless stream of distractions!) Embrace new models of success that integrate the powerhouse effect of good health, great relationships, and a modernized notion of what a balanced life looks like in this new world of work.

And ask about Michelle's newest workshop **The Leadership X Factor**

2023



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## GROUPS WHO LOVE WORKING WITH MICHELLE

### EXECUTIVES AND MANAGERS IN FAST MOVING INDUSTRIES

You love your job and you do it well, but you're busy and at risk of being stressed out, maxed out and burned out. You need tools to maintain high performance and the capacity to hit it out of the park with everything you do. Michelle's straight-shooter style cuts to the punch with ideas and strategies that even busy people can get behind.

### ANY AUDIENCE WHOSE PRIMARY JOB IS TO TAKE CARE OF OTHERS

If you're in education, healthcare, human resources, payroll, administration, health & safety, emergency services, recreation – any career where it's your job to take care of everyone else and everything else before yourself – Michelle's sessions provide information and motivation to help you refocus and recharge.

### GOVERNMENT GROUPS, BUSINESS TEAMS, GROWING ORGANIZATIONS

If you're looking for ways to improve productivity, team performance, employee happiness, work-life capacity, and your business bottom line, Michelle's sessions are backed by research, her methods are developed through years of hands-on experience, and her approach is inclusive and engaging.



## WHAT CLIENTS ARE SAYING ABOUT MICHELLE

*Ignite High Performance®*

We were delighted to have Michelle as a keynote speaker at our national CERC conference. From our very first conversations, I knew she would bring the **perfect mix of energy, humor, and audience interaction** to deliver a **powerful message** to help us perform at our best. Michelle collaborated closely with us through the planning process, taking time to understand the unique work our members do in relocating employees and families. Her presentation was **dynamic, insightful, and engaging**—capturing the audience's attention from start to finish and leaving delegates **inspired and motivated**.

Stephen Cryne, Canadian Employee Relocation Council

Michelle was an **incredible find** and an **outstanding speaker** for our inaugural Rising Leaders event. A colleague had seen her speak at another conference and knew she would be the **perfect fit** to inspire our next generation of leaders. She delivered an **impactful opening keynote** that set the tone for the entire event, followed by a breakout session that kept attendees **engaged and motivated**. Her ability to connect with the audience and deliver valuable insights left a **lasting impression**. Michelle's contributions were **truly invaluable** and played a key role in the success of our event.

Rachel Rodean, Exhibition Services & Contractors Association, Dallas, TX

Michelle was one of our keynote speakers at our Safety startup meeting. Her **positive energy** was awesome. She delivered on **lighting up the room** and gave effective information for our guys to use at work and in their personal lives. I would certainly recommend her for your next event. Again, thank you Michelle for taking the time to brighten our day.

Mike Kirk, Kehoe Construction, Inc. - Philadelphia, PA

I had the pleasure of working with Michelle at our Financial Services Institute's Advancing Women in Leadership workshop, during our OneVoice2025 event and **I can't recommend her enough!** Her session, "Energized for Excellence," was a **game-changer**—packed with **insights, humor, and real-world strategies** that helped attendees rethink productivity and leadership. The **feedback was incredible**, and her message truly resonated. If you're looking for a dynamic, engaging, and inspiring speaker, Michelle Cederberg is an excellent choice!

Michelle Allgauer, Financial Services Institute, Washington, DC

Michelle kicked off our Connect + Inspire company event with her Success-Energy Equation keynote. As a room full of engineers and scientists, we all love a good equation. Michelle delivered **unmatched energy** and **enthusiasm** that lifted the crowd. Her engaging style offered **valuable insights** and **practical take aways** for our audience. Her message **fit perfectly** with the conference theme and was a **major contributor** to the event's success.

John Flewelling, CBCL Engineering, Halifax, NS

A photograph of Michelle, a woman with blonde hair, wearing a dark blue dress, speaking at a conference. She is seen from the side, gesturing with her right hand towards the audience. The background shows a large room with many people seated at tables, and a digital clock displaying '9:12 am'.

# TOP REASONS WHY LEADERS BOOK MICHELLE

## 1 - **Up-to-date, credible expertise**

Michelle brings over 30 years of education and experience, to all she does. She holds degrees in Kinesiology (MKin) and Psychology, is a Certified Exercise Physiologist, and a Certified Coach. Her credentials require annual continuing education, so her information is always cutting-edge.

## 2 - **Experience and professionalism**

Michelle is a Hall of Fame Speaker (HoF) and Certified Speaking Professional (CSP) who has been speaking professionally for over 20 years. Her keynotes are expertly delivered and provide a memorable, laugh-out-loud audience experience. Her engaging stories and strategies empower busy, driven professionals to flip the switch on burnout and fatigue, to more fully ignite high performance.

## 3 - **An expert who walks her talk**

Michelle's in-the-field career and coaching experiences inform what she shares from the stage, so you get ahead of the trends and get to solutions faster. As a health and high performance coach, she practices what she preaches, sharing information and ideas that are tried and true, with practical methods for implementation.

## 4- **Ridiculously easy to work with**

With all you've got to take care of for your event, your speaker shouldn't be one them. Michelle prides herself on being ridiculously easy to work with. She's timely with her deliverables, organized, on-time and always ready to help.

## 5 - **Fun, funny, and thought-provoking**

Michelle approaches every program with the mission to engage, entertain and enlighten. Her programs are interactive, high-energy, and a lot of fun. And research suggests that humor produces psychological and physiological benefits that help people learn better and retain more after the event.

IGNITE HIGH PERFORMANCE. FUTURE-PROOF YOUR TEAMS. BOOK MICHELLE TODAY

## IN CASE YOU WERE WONDERING...

### **Q. Where does Michelle travel from?**

A. Calgary, Alberta, CANADA.

### **Q. What does Michelle need on event day?**

A. Michelle is easy to work with. A lav or headset mic, a projector and screen, and a table for her books and she's ready to go.

### **Q. Is Michelle available for more than just her keynote?**

A. Absolutely! Michelle likes to provide value for investment. She's happy to join your pre-event meet and greet, sit on a panel (or facilitate one), do a book signing, or even a pre-break stretch session for attendees.

### **Q. Does Michelle ever emcee events?**

A. Yes, for an extra fee, Michelle can add fun and energy to your program, reduce your stress, and elevate the experience for you and your audience.

### **Q. How can we extend the impact of Michelle's message post-event?**

A. Michelle is a Certified Professional Coach and can provide 1:1 and small group coaching as an add-on. Ask her about bulk-order book discounts too!



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