

Ignite High Performance™

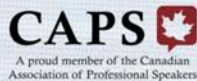
Michelle Cederberg, CSP

Professional Speaker | Coach | Author

Health and Productivity Expert

High Performance Optimizer

*Energizing people and organizations
to ignite their best performance
and productivity*



www.conversion-omics.com

more@conversion-omics.com 612.803.4512



**Michelle
Cederberg**
speaker • coach • consultant

THE MICHELLE CEDERBERG ADVANTAGE

For close to two decades, Health and Productivity Expert Michelle Cederberg has captivated audiences across North America 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 a in-demand speaker, author, coach and consultant, she believes that personal and professional 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.

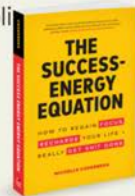
With burnout, stress, and mental health issues on the rise across North America, you need a speaker who can inspire change and drive results with easy-to-implement ideas to help your team recharge energy, subdue stress, and reconnect with the work they love.

★ 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. 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 public "Success-Energy Equation" debuted as a bestseller — helping to popularize the possibility 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

Beat Burnout. Harness Your Energy. Streamline Success.

Sidestep the struggle and move toward a far more fulfilling *and wildly successful* version of your own life, by getting ahead of the pack and optimizing your energy for success. From 'fail-proofing' your routines to recognizing the traps of distraction, 'The Success-Energy Equation' effortlessly delivers the key to streamlining, optimizing, and leveraging your energy.

2) Energized for Excellence

Go Beyond The Ordinary. Get Extraordinary Results.

There's a Masterpiece in all of us - but finding the clarity, energy, and focus to "Chisel our dreams" out of the mountains that lay in front of us is harder than it looks (otherwise we'd all be doing it). Uncover the secrets to get energized for excellence and transform ordinary efforts into extraordinary results.

3) Choosing Your Competitive Edge

The Leader's Guide to Peak Performance... in Everything

"Faster, better, stronger...*and more exhausted than ever!*" What if fatigue and stress don't have to be part of success anymore? Health is the ultimate competitive advantage. Focus on this, and everything else multiplies. Backed by cutting-edge research and 20+ years working with high-performers across industries, Michelle delivers a potent and powerful shortcut to success that's easier to integrate than you think.

4) 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!) Take a step back, and learn how to adopt 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 2023 and beyond.

A photograph of Michelle Cederberg speaking on stage. She is wearing a dark floral top and bright red pants, gesturing with her hands. In the background, a large screen shows a close-up of her face wearing glasses. The text 'Michelle Cederberg' is overlaid on the bottom left of the image, with 'KUS' in a red box next to her name. Below her name, it says 'speaker • coach • consultant' and 'MIBITS' in a red box.

Michelle
Cederberg

speaker • coach • consultant



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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™

Michelle Cederberg is a **top performer**, and a delight on and off the stage. She not only provides big value in her presentations, she does it with **passion** and **energy**. A keynote can make or break the opening to a convention, and she set the tone right away. The audience was fully engaged and **leaning in** to her every word. Michelle shares **current information** about strengthening leadership, taking care of yourself, and driving high performance. Her **no-nonsense message** comes with a **fun** and **humorous** delivery that provides a **memorable** experience for all.

Desiree Bombenon, Sure Call

Michelle's **straight-shooter style** and **humor** built rapport with our attendees right out of the gate, and folks were **laughing** while learning. Her high energy delivery, **research-backed takeaways**, and practical examples were exactly what we wanted to close our conference. If you want a speaker who educates, entertains, and inspires, don't hesitate to hire Michelle.

Ana Fuller, Local Government Management Association of British Columbia

I had the pleasure of working with Michelle on our yearly event for designers and design leaders. She was so **easy to work** with and took the time to meet with me to understand our needs. While we wished we could have had Michelle speak in person, she made the **virtual interaction top notch**, like we were right there with her! Michelle sent a personal signed copy of her wonderful book to each of our designers all across the U.S. as a gift from our company. I would gladly have Michelle back for a future event as an **inspiring, fun** and **engaging** keynote, and would highly recommend her to others.

Trisha Harp, Steelcase

Michelle did a **fantastic job** getting the attention of our group with her **lively** and **energized** presentation. Our post-event survey showed that >90% of the team were very satisfied by her presentation. Michelle really **exceeded previous guest speakers** we used in the past and Shell Retail would highly endorse her for any audience. speaker • coach • consultant

Michelle Watt & Anne-Sophie Branjon, Shell Retail Canada

**Michelle
Cederberg**

A woman with blonde hair, wearing a dark blue sleeveless dress and glasses, is seen from the back, speaking at a conference. She has a microphone clipped to her dress and is gesturing with her right hand. The background shows a large audience seated at tables in a dimly lit room with warm lighting.

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 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.

CONQUER BURNOUT. ENERGIZE YOUR SUCCESS. BOOK MICHELLE TODAY!

IN CASE YOU WERE WONDERING...

Q. Where does Michelle travel from?

A. Calgary, Alberta, CANADA, and sometimes Montana.

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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