

# MICHELLE CEDERBERG

MKIN, BA PSYC

*Live Out Loud*



- ▶ Life Balance Strategist
- ▶ Fitness Motivation Expert
- ▶ International Speaker

## Your REAL Power Suit is the Body *In It*: *Balancing Life and Energy to Optimize Success*

\*KEYNOTE or breakout session

**First impressions or lasting impact?** Your best business suit may get you noticed, but it's your *real* 'power suit' – *your physical body* – that will catapult your business practices to new levels. Fitness and Lifestyle Strategist, Michelle Cederberg draws on over *17 years* of experience and education to bridge what you already know in business with what you *should* be addressing with health. Learn ways to get *your* 'power suit' energized, and optimized. Energy feeds productivity, and if you've got more of it, your business will thrive. Michelle uses humour and expertise to cut to the chase with strategies and insights that will help even your top performers operate at a *higher* level – with less time and effort than you thought possible. If you're not making time for your health you're losing energy for your business!

### Book MICHELLE CEDERBERG...

*As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable **life balance**, time for **fitness**, heightened **stress 'defense'**, and the energy and confidence they bring!*

*To find out how to **hire Michelle** to speak for your organization, please contact her through the information below!*



Balance for REAL People

A realistic and humorous approach to getting more time, energy and enjoyment out of life!

