

Speaker, Consultant, Coach, Author...

MICHELLE CEDERBERG

MKIN, BA PSYC

Live Out Loud



Are you READY to GET TO IT?

- Life Balance
- Stress Management
- Increased Productivity ... **NOW, more than ever!**

Michelle Cederberg MKin, BA, CEP

"Your 'Getting to It' Guru"

Michelle Cederberg leads the industry for life balance, health, and stress management programs, resources, and tools that *actually* conquer procrastination, fatigue, and loss of motivation. Her expansive education and experience combined with her unique products, platform skills and messaging will ensure individuals and corporations understand that **"It's not the *doing* that's tough, it's GETTING TO IT!"** and she helps you figure out how. With a Masters in Kinesiology, a BA in Psychology, and a specialization in Health and Exercise Psychology, Michelle combines mind, body, and practicality to inspire change! She has built her career since 1990, as a college educator, personal trainer, fitness coordinator, author, and business owner. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. Michelle knows her energy has fueled her business success! Today, through her products and presentations she motivates you to take small steps toward BIG changes, so you can *actually* **GET TO** the good things – even with a busy schedule!

Contact Michelle today to discuss keynote or seminar options. Ask her about half and full day programs as well.



Your 'Getting to It' Guru

Keynotes and seminars providing a realistic and humorous approach to getting more time, energy, and enjoyment out of life!



International Federation For Professional Speakers
Advancing the Professional Speaking Community Worldwide

p. 403.850.5589 | e. info@michellecederberg.com | w. www.michellecederberg.com

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What people are saying about Michelle's presentations:

Very entertaining, but really very inspiring! Michelle provided good reminders and insights through out her presentation. *This will change my life!* **Penni Wilson** *University of Lethbridge, Academic Assistant*

Michelle closed our two day Health Canada Admin conference with her 'Exposing the Myth of Life Balance' keynote. She was masterful at gently taking charge of the room without a lot of time to do so. I enjoyed her personal approach: sharing a bit about her story and the highs and lows along the way. She is a great story teller (and comic if I might add). The challenge with workshops, if they are successful, is that inspiration felt at that time is hard to sustain once people get back on the job. Having said that, this group has really put in an effort to continue building their community of practice, which is an excellent outcome for the workshop. Many of our staff listed her session as the highlight of our two day event. I look forward to working with Michelle again soon. **Kathleen Hunter, Health Canada**

Michelle is an exciting and knowledgeable speaker who has a unique way of keeping her listeners' attention. I really enjoyed the session! **Kirby Huculak** *County of Two Hills, Assistant Agricultural Fieldman*

Michelle's 'Exposing the Myth of Life Balance' presentation was *very upbeat*. She presented to our diverse group at a realistic level and shared real life experiences you could relate to. **Louis Lalonde** *Nexen Canada Inc. Manager, Upstream Accounting*

I love the enthusiasm and joy evident in Michelle's presentations. I definitely will be able to make a commitment to a small daily change to improve my health and well being. 10 minutes it is! **Renae Espey** *Canadian Pacific Railway*

Michelle provided a spectacular keynote at our annual CLN conference in April 2007. I have seen so many motivational speakers and unfortunately I seldom hear a session that delivers a message in a way that I feel really connects. Michelle's session was *truly REAL* and she found all the right notes and delivered a practical, *funny*, truly motivational session on **Exposing the Myth of Life Balance** that did not fall into the usual trite *traps* that so many other speakers get themselves into. She really did *live her message* when, just prior to her session, she got on her hands and knees and took on the formidable task of disconnecting, then re-wiring the media cart so that the projector and mike could be moved. She was calm and helpful and I was impressed with her *'can do'* attitude in dealing with that particular hurdle. Cheers to Michelle and a great session. **Valerie McGillivray** *Community Learning Network Manager*

Michelle presented at the Ultimate Pajama Party in Jasper in 2003 and she was a hit! She is now a regular part of my presenting team and is one of our most popular presenters. I can wholeheartedly say that based on our evaluations, Michelle is *always* a huge hit. She's joined us in Bermuda, Whistler, Victoria, Lake Louise, and Jasper! **Helene Oseen, Founder, The Pajama Party**



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