

# Biographies

## Bio - Long Form 176 words, 1218 characters

Marcey Rader is a keynote speaker, trainer, coach, and author who champions health-powered™ productivity. Once driven by the relentless pursuit for more – more certifications, more endurance races, and more promotions – Marcey faced a preventable medical diagnosis that shifted her perspective on success.

As the founder of RaderCo, she's sought after by Fortune 500 companies, startups, and organizations worldwide, inspiring over 100,000 people across five continents. She's a multi-award-winning speaker, one of only 850 Certified Speaking Professionals® globally, a Virtual Master Presenter®, and a TEDx speaker.

She's authored three books, created the ultimate reflection, planning, and prioritization course, The Powered Path Program, and has been featured in major publications, including Money, Inc., Shape, and Prevention magazines.

Marcey's mission is to teach well-intentioned individuals and companies to discover what truly matters to them, enabling them to create a life, job, and organization they love. By instilling sustainable habits that declutter the mind, body, and business, one habit at a time, she guides people to reclaim their workday, work well, and play more!

Learn more at [marceyrader.com](http://marceyrader.com) and [helloraderco.com](http://helloraderco.com).

## Bio - Short Form 67 words, 499 characters

Marcey Rader is an award-winning keynote speaker, trainer, coach, and author focused on health-powered™ productivity after a preventable medical diagnosis shifted her relentless pursuit of more.

As the founder of RaderCo, she's inspired over 100,000 people across five continents. As a Certified Speaking Professional®, Virtual Master Presenter®, and TEDx speaker, Marcey helps individuals and companies discover what truly matters, fostering sustainable habits to reclaim their workday, work well, and play more!

Learn more at [marceyrader.com](http://marceyrader.com) and [helloraderco.com](http://helloraderco.com).

## Bio 2-sentence - 34 words, 259 characters

Marcey Rader, founder of RaderCo and an award-winning keynote speaker, trainer, coach, and author, champions health-powered™ productivity. A Certified Speaking Professional® and TEDx speaker, she helps individuals and companies create sustainable habits to reclaim their workday, work well, and play more!

## General Introduction of Marcey Rader

*(Rader is pronounced Raydur...not RadAr, and her company is RaderCo, not Rader Company)*

Marcey Rader believes that health powers productivity. As the founder of RaderCo, she helps teams banish burnout through practical tools and sustainable habits. Marcey is a multi-certified and multi-award-winning health and productivity expert, a digital wellness practitioner, four-time author, has spoken on five continents, and is part of the 1% of speakers worldwide with the distinguished Certified Speaking Professional® designation. Her book *Work Well. Play More!* Was named a Top Three book for 2023 by *The Brainy Business*. Her next book, *Reclaim Your Workday: Sustainable Productivity Strategies for the New World of Work* will be released in January 2025.

Off-camera, Marcey is married to Kevin, a professional drummer and drum teacher. She can be found in Raleigh, doing walking meetings, drinking iced coffee, or eating Brussels Sprouts named after her at Mookie's New York Deli.

## Street Cred

### Awards

Toastmasters International Multiple Awards  
NCACPA Terry R. Alexander New Speaker Award  
myCPE award for Most Impactful Woman Leader  
myCPE award for Most Promising Personality  
Emerging Women of North Carolina

### Certifications and Education

Certified Speaking Professional® by National Speakers Association  
eSpeakers Master Virtual Presenter®  
Digital Wellness Institute Digital Wellness Practitioner  
Productive Environment Institute Alumni  
National Academy of Sports Medicine Personal Fitness Trainer  
National Academy of Sports Medicine Nutrition Coach  
National Academy of Sports Medicine Fitness Nutrition Specialist  
National Academy of Sports Medicine Behavior Change Specialist  
National Academy of Sports Medicine Weight Loss Specialist  
Integrative Nutrition Health Coach  
Integrative Nutrition Gut Health Specialist  
International Health Coach  
Science of Well-Being Certification Yale University  
Bachelor of Science in Exercise Science and Wellness  
Masters of Education in Health Promotion Health Management

### Other Cool Stuff

Work Meaningful Foundation Board Member  
National Small Business Association Leadership Council  
Small Business Association Woman-Certified Small Business  
Co-Chair of the CSP Summit  
Former Upward Women Leadership Team  
Creator of the 25 in 25® and 10 by 10® Exercise Challenges  
Former contributing writer to Money Inc., Best Kept Self, Agency 100 and North Carolina 100  
Former Vistage member and speaker  
Former board member of City Club Raleigh  
Former advisory board member of Raleigh Founded

