


Are you checking email out of boredom or feeling telepressure on the road?  
Do your travelers have brain fog from jet lag, late nights, and early meetings?  
Could you be automating or outsourcing to free up your time at home?




**Brought to you by the North Carolina Business Travel Association**

See full details here



 Morton's Steakhouse  
Uptown Charlotte  
Carillon Tower, 227 W Trade St #150  
Charlotte, NC 28202

 5:00 - 7:30PM

-  Tame the telepressure
-  Tackle the jet lag
-  Outsource creatively



## MEET MARCEY RADER

**MARCEY RADER:** Not. Like. The Others. Sure, an accomplished corporate climber, entrepreneur, coach, and speaker. Yes, founder of **Marcey Rader Coaching, LLC** and the **Work Well. Play More!® Institute**. Indeed, the best-selling author of two books - **Beyond Travel: A Road Warrior's Survival Guide** and **Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!** and creator of the **Work Well. Play More! Health and Productivity for High Achievers** online course. And yep – regularly featured in lifestyle and training media outlets.

Marcey packs presentations with actionable advice and real-world wisdom earned over 15 years of high-intensity, high-travel corporate life and now as a business owner. Her #1 mantra? You **can** reach peak productivity without sacrificing your health to get there.

Outstanding! Very engaging, entertaining, and well-polished presentation that made people laugh. It kept the topic light hearted but also emphasized the eventual repercussions if people don't change their bad travel habits. Good use of slides and offering gifts throughout kept everyone on their toes. I highly recommend this to all the other GBTA chapters or ANY company that wants to improve the health and reduce the stress of their road warriors. Great presentation and well worth the cost!


**KENDRA GLEASON**

Texas Business Travel Association



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