



Questions for Marcey Rader

Here are some sample questions to kick things off, but feel free to adapt or create your own. To hear more from Marcey, check out her podcast appearances on this [Spotify playlist](#).

1. What inspired you to write **Reclaim Your Workday**, and how does it reflect your own journey in productivity?
2. Can you share a few key strategies from the book that readers can immediately implement to improve their productivity?
3. How do you define 'Health-Powered Productivity,' and why is it essential in today's work environment?
4. In your book, you discuss the pitfalls of multitasking. What are some effective techniques to combat distractions and enhance focus?
5. You mention the concept of 'Design Days.' How can organizations incorporate this practice to foster deeper work and innovation?
6. How has the shift to remote or hybrid work influenced the productivity challenges individuals and teams face today?
7. What role do healthy habits play in maintaining productivity, and can you provide an example of a habit you've successfully integrated into your routine?
8. Your book includes a variety of frameworks for managing tasks and projects. Which framework do you personally find most effective, and why?
9. How can leaders create a more supportive and productive team culture, especially in a remote setting?
10. What do you hope readers take away from **Reclaim Your Workday** that they can apply in their personal and professional lives?

Click for Marcey's [Media Kit](#).