
Emotional Health @ Work During Challenge And Uncertainty

How to strengthen your emotional health skills during difficult times.

Happier @ Work

Science-backed skills that transform team culture and help employees thrive.

Elevating Women Leaders

How women can connect to their best selves, lean into fear, and unlock their true potential.

Happiness is a Skill

Strengthen your emotional health skills with science-backed practices for more joy and greater resilience!

Challenge is Constant, Struggle is Optional

Avoid burnout, manage stress, and achieve long-term growth and success!

The Power of Resilience

Science and skills to help you thrive during change, challenge, or disruption.

The Science of Gratitude

Cultivate a human-centered culture of gratitude to boost engagement and performance.

Embracing the Bigger Why

Skills and practices to leverage purpose and meaning to help everyone flourish at work.

All of our talks can be delivered virtually

These Happier @ Work topics can be delivered in different formats, based on your needs:

- 45 to 90-minute virtual keynote or training
- 45 to 75-minute live keynote with Q&A
- 1 to 2-hour interactive live workshop
- Diversity initiative, leadership retreat, or national meeting

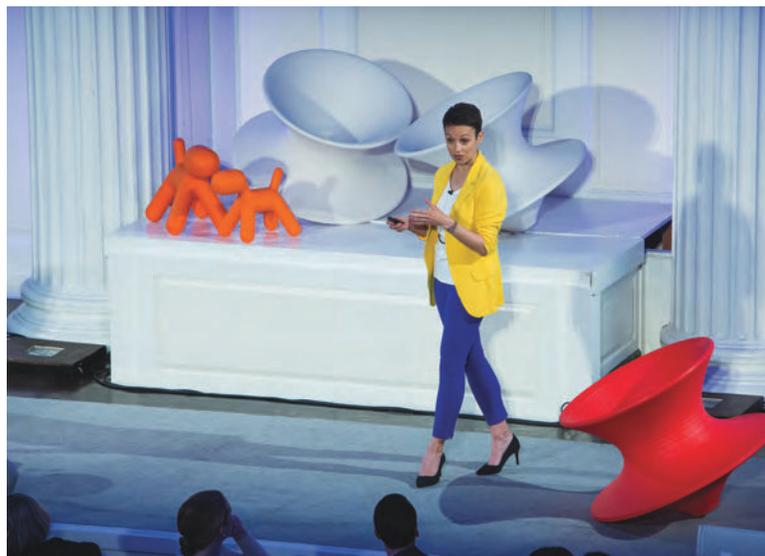
Leaders, teams, and audiences walk away with easy-to-implement, science-backed practices that improve emotional health, company culture, and every aspect of performance.



The CEO of Happier, Nataly Kogan is one of the leading global experts in optimizing your emotional health and elevating your leadership. A sought-after keynote and TEDx speaker, she has given memorable talks at leading conferences and events, including Workhuman, SXSW, Pendulum Leadership Summit, Conferences for Women, Million Dollar Round Table, Girls in Tech, and MIT, Harvard, and Wesleyan Universities.

Happier @ Work talks and workshops

have been featured at leading companies such as SAP Concur, Bristol-Myers Squibb, Sleep Number, GE Capital, Louis Vuitton, and Comcast, and for women's and diversity initiatives at Workhuman, Cisco, Johnson & Johnson, and Fidelity.



workhuman*

“Nataly brings a rare combination of authenticity and vibrancy to any stage. She showcases a plethora of life-changing insights and surrounds them with her amazing personal journey. I highly recommend her.”



GE Capital

“Nataly was the perfect keynote speaker and her ability to connect with our employees – in the room or by video from across the globe – was amazing.”

SAP Concur

“Nataly and her team absolutely poured everything they had into our Happier @ Work events. They took time to get to know our people and culture, and infused that into teaching us happiness as a skill.”

Nataly and Happier have been featured in:

The New York Times

TIME

The Washington Post

Forbes

WALL STREET JOURNAL