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## Emotional Health @ Work During Challenge And Uncertainty

How to strengthen your emotional fitness skills during difficult times.

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## Leading Through Adversity

Practical emotional fitness skills to help you struggle less and optimize your team's capacity to thrive.

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## Elevating Women Leaders

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

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## The Power of Resilience

Science and skills to help you positively adapt amidst adversity.

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## The Case for Compassionate Leadership

How leading with compassion increases resilience, human connection, and performance.

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## Happiness is a Skill

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

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## The Science of Gratitude

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

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## 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\**

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

- 45 to 75-minute keynote with Q&A
- 60 to 75-minute workshops for teams and leaders
- Talent and leadership development series
- Diversity initiative, leadership summit, 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.**



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**The CEO of Happier, Nataly Kogan** is one of the leading global experts in optimizing your emotional fitness 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.

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### Happier @ Work talks and workshops

have been featured at leading companies such as Capital One, SAP, Sleep Number, Allstate, GE Capital, Vanguard, and Comcast, and for women's and diversity initiatives at Google, Bank of America, Johnson & Johnson, Cisco, and Fidelity.



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### 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.”



“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.”



“Nataly’s story inspired our organization and energized our employees. Her enthusiasm was contagious and action provoking - we could have listened to her speak for hours.”

Nataly and Happier have been featured in:

The New York Times

TIME

The Washington Post

Forbes

WALL STREET JOURNAL