



# Leading Through Adversity

with Nataly Kogan

A 3-month virtual learning experience to help leaders struggle less through challenges they are facing *right now*, avoid burning out, and lead through uncertainty with more energy, clarity, and compassion.

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**Leaders will learn a science-backed method to strengthen their emotional fitness and leadership skills, and boost their own and their team's emotional health, resilience, and ability to not just survive, but grow through challenges and uncertainty.**

During the program, leaders will:

- Understand research-backed benefits of strengthening their emotional fitness skills and improving their and their team's well-being
- Learn and practice the 5 Core Emotional Fitness skills of Acceptance, Gratitude, Self-Care, Intentional Kindness, and the Bigger Why (individually and with their team)
- Practice proven strategies to avoid burnout, reduce overwhelm, and fuel their energy and sustainable work practices
- Actively course-correct the brain's negativity bias and fear of uncertainty to reduce stress, doubt, and overwhelm (and help their team members to do the same)
- Communicate with compassion and clarity, even during toughest challenges
- Strengthen emotional awareness (a huge contributor to performance) and help their team develop emotional openness
- Introduce team rituals practices to create a positive work culture of gratitude, psychological trust, and kindness

## Leading Through Adversity Program Summary

Over the course of 3 months, leaders will participate in 7 live interactive learning sessions. Each 75-minute interactive learning session will be led by Nataly, include specific skills and practices, and have time for Q&A. Here are the program components:

**1. 3-Month LIVE Virtual Learning Experience with Nataly Kogan:** More than 11+ hours of immersive learning together, including small group breakouts and Q&A during sessions.

**2. Access to the Recordings for All 7 Learning Experiences:** We will send out the recording immediately after every session and you will have access to all of the recordings for 12 months.

**3. Session Notes and a Library of Tools and Practices:** Detailed session notes, practice outlines, and other reference materials to download and keep.

**4. A Private Online Community for Leaders:** A dedicated community exclusively for Leading Through Adversity participants to ask questions and get support throughout the program.

### Successful graduates of the program have included:

- SVP of Solutions Engineering
- Director of Physician Well-Being
- Sr. Director of Corporate Compliance
- Engineering Manager
- Director of Talent Acquisition
- Engagement Lead
- EVP of Operations
- Product Manager
- Assoc Director of Human Resources
- Client Support Specialist

Organizations that have sponsored their leaders to participate in Leading Through Adversity have included technology, financial services, educational, and pharmaceutical companies, hospitals, universities, non-profit organizations, and start-ups.

### About Nataly Kogan

Nataly Kogan is one of the leading global experts in optimizing your emotional fitness and elevating your leadership. She's the creator of the Happier Method™, founder and CEO of Happier and Happier @ Work, and author of *Happier Now*. Nataly has worked with leaders and teams from hundreds of leading companies, including SAP, Juniper, Capital One, Google, GE Capital, and many others, empowering them with science-backed skills to optimize their emotional fitness and create a positive work culture that boosts engagement and performance.

Before Happier, Nataly held top positions at McKinsey and Microsoft, was a Managing Director at a venture capital fund, and founded or served on the senior teams of 5 startups and tech companies. Nataly is a highly sought-after international keynote speaker and has been featured in hundreds of media outlets, including The Washington Post, The New York Times, and The Wall Street Journal.

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**Leading Through Adversity starts on April 1st and space is limited!**

**For more details and to enroll, please visit: [www.happier.com/leading-through-adversity](http://www.happier.com/leading-through-adversity)**

*\*\*Special program fees available for groups of 5 or more employees from the same company.\*\**

Email [team@happier.com](mailto:team@happier.com) for details!