

# Nataly Kogan

Founder of Happier, Inc. and Author of Happier Now

Nataly Kogan is a leading global expert 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* and *GRATITUDE DAILY*.



Nataly is a highly-sought after international keynote and TEDx speaker, who has appeared in hundreds of media outlets, including *The New York Times*, *The Wall Street Journal*, and *The Dr. Oz Show*.

After years of chasing a non-existent state of nirvana in the corporate and startup worlds, Nataly was not only unfulfilled, she suffered a debilitating burnout that led her to find a new way to live and work. Today, she helps hundreds of thousands of people struggle less and thrive more through speaking, Happier @ Work training programs, virtual leadership programs, online courses, and her books.

Nataly came to the US as a refugee with her family when she was 13 years old, and one of her greatest accomplishments was learning how to speak English by watching Alyssa Milano on the classic 80s sitcom, *Who's The Boss?*

Nataly lives outside of Boston with her husband and daughter, and when she isn't speaking or teaching, can be found painting colorful abstract art and cooking up a storm in her kitchen.