



# Talks and Workshops

*with Nataly Kogan*

## OUR MOST POPULAR TALKS AND WORKSHOPS

- **The Power of Emotional Health @ Work During Challenge And Uncertainty**  
*How to manage stress, avoid burnout, and strengthen your emotional fitness skills during difficult times*
- **Leading Through Change and Adversity**  
*Practical skills to help you struggle less and optimize your team's capacity to thrive through challenges*
- **Happiness Is a Skill**  
*Science-backed skills to help you struggle less and experience more joy and meaning!*
- **Women @ Work: Fire Up the Awesome and Unlock Your True Potential**  
*How to remove mental obstacles, struggle less, and achieve meaningful, sustainable success*
- **Challenge is constant. Struggle and burnout are optional.**  
*Science-backed skills to help you struggle less and thrive more—even during turbulent times*
- **The Science of Gratitude**  
*Cultivate a human-centered culture of gratitude to boost engagement and performance.*

## TALK AND WORKSHOP DESCRIPTIONS

*\*All of our talks can be delivered virtually\**

### **The Power of Emotional Health @ Work During Challenge And Uncertainty**

*How to manage stress, avoid burnout, and strengthen your emotional fitness skills during difficult times*

Uncertainty and workplace challenges are leading to all new levels of employee stress, overwhelm, and burnout. This is our collective wake-up call to recognize that our well-being has a direct impact on every aspect of work and performance and to make emotional fitness a non-negotiable priority as a workplace skill.

Engaging the minds and the hearts of participants with her vulnerability, warmth, and humor, Nataly reveals insights about the human brain and simple, yet transformative mindset shifts to struggle less so you can bring your full capacity to your work and inevitable challenges that arise.

Nataly shares straight talk, research in neuroscience and psychology, and her powerful, personal story of success and burnout to activate audience members to practice their emotional fitness skills using the science-backed Happier Method™. Employees and leaders leave with immediate, super-practical ways to reduce stress, feel uplifted, boost their resilience, and foster a greater sense of connection with their colleagues (even when working remotely).

### **Leading Through Change and Adversity**

*Practical skills to help you struggle less and optimize your team's capacity to thrive through challenges*

To be a great leader means to positively impact other people's capacity to thrive. And you can't positively impact others if you're burned out, overwhelmed, and ignoring your own emotional, mental, and physical well-being.

In this practical and inspiring session, Nataly Kogan, a leading expert on emotional fitness and leadership, shares research, straight talk, and her powerful personal story of burnout to activate leaders to make their emotional fitness their number one priority as a leadership skill.

Leaders will walk away with tangible takeaways and science-backed practices to improve their own emotional awareness and better manage stress. They will gain immediate strategies to help their team cultivate emotional openness, improve well-being, and create a culture of psychological safety and gratitude.

## **Happiness Is a Skill**

*Science-backed skills to help you struggle less and experience more joy and meaning!*

In this vulnerable and practical talk, nationally recognized emotional fitness expert Nataly Kogan shares her lifelong struggle of searching for the elusive “big happy” through achievements and how she finally made the essential mindset shifts that allowed her to live with more self-compassion, joy, and meaning.

Nataly redefines happiness as a skill that anyone can cultivate and using her science-backed Happier Method™, shares simple yet transformative skills and practices — used by more than one million people! — to help you experience more joy in everyday moments and get through tough times with greater ease. Stop saying “I’ll be happy when...” and use the proven practices Nataly shares to feel happier today.

## **Women @ Work: Fire Up the Awesome and Unlock Your True Potential**

*How to remove mental obstacles, struggle less, and achieve meaningful, sustainable success*

In this powerful and honest talk, Nataly fuels women to break through mental barriers that hold them back, cultivate their true purpose, and tap into their full potential so they can lead from an authentic place of strength, regardless of the obstacles.

Having spent her career in male-dominated industries of venture capital, finance, and technology, Nataly offers frank personal stories with vulnerability and humor, while acknowledging the significant challenges women face in the workplace. She shares insightful research and reveals powerful mindset shifts and strategies to help women get out of the perfection trap, achieve sustainable success, and unlock their full capacity to lead, thrive, and grow.

## **Challenge is constant. Struggle and burnout are optional.**

*Science-backed skills to help you struggle less and thrive more—even during turbulent times*

Change and challenges are constants in our modern work environment and with them comes increased stress, overwhelm, and risk of burnout. Two thirds American employees report feeling burnout at least sometimes and in 2019, the World Health Organization officially recognized it as an occupational phenomenon.

But work doesn’t have to equal burnout! There are science-backed skills you can practice to reduce struggle, manage your energy, and find more meaning and satisfaction in your work.

In this practical and powerful talk, Nataly shares hard-fought personal lessons from her journey of coming to America as a refugee, her career success as a business executive, leader, and entrepreneur, and subsequent burnout. Using the science-backed Happier Method™ and armed with research in neuroscience and psychology, she offers emotional fitness skills and simple practices that leaders and employees can immediately use to help break free from daily burnout, reduce stress and struggle, and make emotional health a realistic priority at work.

## The Science of Gratitude

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

An overwhelming amount of research has shown that cultivating a culture of gratitude, kindness, and trust has a dramatic positive impact on productivity, creativity, innovation, resilience, and ultimately, on the performance of an organization as a whole.

Nataly has helped hundreds of thousands of people and companies develop a daily gratitude practice with transformational results. In this practical and inspiring talk, Nataly shares mindset shifts, hard-hitting research, and easy-to-implement practices that employees and teams can do in only minutes a day to help them improve their emotional fitness, increase resilience, and derive fulfillment from their contribution at work.

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## TALK AND WORKSHOP FORMATS

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

These virtual learning experiences can be delivered as a:

- 30 to 60-minute keynote for your company or conference
- 60 to 75-minute virtual learning experience for teams and leaders
- 30 to 45-minute webinar for teams or small businesses
- Talk or workshop for your summit, women's leadership event, nonprofit, or educational organization
- Training series as part of your talent and leadership development initiatives
- All formats include interactive Q&A

To learn more about our Happier @ Work Talks and Workshops, visit [www.happier.com/speaking](http://www.happier.com/speaking) or email [team@happier.com](mailto:team@happier.com).