



The Power of Emotional Fitness @ Work During Challenge and Uncertainty

with Nataly Kogan

TALKS AND LEARNING EXPERIENCES

Arm your employees with science-backed emotional fitness skills so they can better manage stress, avoid burnout, and fuel their capacity to thrive through change and uncertainty

Increased uncertainty, constant change, and ongoing challenges are leading to 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.

During these learning sessions, Nataly shares straight talk, research in neuroscience and psychology, and her powerful, personal story of success and overcoming burnout to activate participants 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).

Engaging the minds and the hearts of participants with her vulnerability, positive energy, and humor, Nataly inspires them to make their well-being a priority and activates them to practice emotional fitness skills so they can struggle less and thrive more, even through difficult times.

These talks and learning experiences will support and elevate your people now!

Nataly covers:

- Research on how the human brain reacts to challenges and uncertainty
- Proven skills and practices to reduce stress and overwhelm, and find moments of joy, ease, and meaning, even during tough times
- Tangible approaches to handle difficult feelings with more ease (and help others do it)
- Realistic strategies to make self-care a daily priority
- Practices and rituals to help strengthen a culture of openness, kindness, and gratitude

These talks and learning experiences can be delivered live or virtually as a:



- Standalone keynote or a talk that's part of your next company-wide meeting, conference, or client event
- 60 to 75-minute sessions for employees, leaders, or teams
- A series as part of your talent and leadership development initiatives
- 30 to 45-minute fireside chat or talk for your next virtual town hall or all-hands
- Talk or workshop for your summit, D&I initiative, women's leadership event, or employee resource group
- Webinar for small teams

Suggested topics: We will work with you to select the best emotional fitness skills to focus on and the most relevant topic based on your needs. Here are our most popular topics, which can also be found on [our website](#).

- **The Power of Emotional Fitness @ Work During Challenge And Uncertainty:** *How to manage stress, avoid burnout, and find more joy, ease, and sense of purpose, even when times are difficult*
- **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 and Magic of Gratitude:** *How the practice of gratitude can fuel you through tough challenges and uncertainty*
- **Embracing Your Awesome Human:** *Practical skills to help you struggle less and bring your full awesome capacity to your work and the people you care about*
- **The Power of Creativity:** *A hands-on learning experience to explore how creativity can help you break through mental blocks, quiet your inner critic, and fuel your energy*

"Life is full of challenges. But you can struggle less through those challenges and thrive more in work and life. This is what the Happier Method is all about."

~[Nataly Kogan](#)