

# Nataly Kogan

A leading expert on emotional fitness, Nataly Kogan is an entrepreneur, best-selling author, and keynote speaker on a mission to help millions of people struggle less and thrive more in work and life.

Nataly immigrated to the US as a refugee from the former Soviet Union when she was 13 years old. Starting her American life in the projects and on welfare, she went on to reach the highest levels of success at McKinsey and Microsoft, as a Managing Director at a venture capital fund, and as founder or executive at 5 startups and tech companies.



But after years of chasing a non-existent state of nirvana, 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 Awesome Humans live and work with more connection, joy, and meaning by sharing her science-backed skills and practices with hundreds of top companies and teams through her Happier @ Work and leadership programs.

Nataly is a sought-after international keynote speaker and has appeared in hundreds of media outlets, including *The New York Times*, *The Washington Post*, *The Wall Street Journal*, TEDx Boston, SXSW, The Harvard Women's Leadership Conference, and The "Dr. Oz Show."

She's the creator of the unboring Happier Method™, founder and CEO of Happier, host of the popular Awesome Human Podcast, and author of *HAPPIER NOW*, *GRATITUDE DAILY*, and *THE AWESOME HUMAN PROJECT* (Feb. 2022).

Nataly is also a self-taught abstract artist, currently working on her first NFT art collection of 100 Awesome Humans. Nataly lives outside of Boston with her husband and daughter, although she will always be a New Yorker at heart. [natalykogan.com](https://natalykogan.com)