



Emotional Fitness Skills workshops and keynote talks for your team or organization

with Nataly Kogan

***Support your employees with science-backed emotional fitness skills
so they can more effectively manage stress, avoid burnout, and fuel
their capacity to thrive through change and uncertainty.***

The research is unequivocal: Employee well-being and a human-centered culture improve employee thriving, engagement, and retention. Given increased uncertainty, constant change, and high levels of employee stress and burnout, embracing emotional fitness as an essential workplace skill isn't just smart – it's non-negotiable.

We would love to work with you to help your Awesome Humans (aka your employees) strengthen their emotional fitness skills so they can thrive!

During these innovative learning sessions and keynotes, 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 a clear understanding of how their emotional fitness directly impacts performance and easy-to-implement practices to better manage stress, avoid daily burnout, and feel more energized — at work and in life.

Key takeaways:

- Research on how the human brain reacts to challenges and uncertainty
- Fundamental mindset shifts around emotional fitness, resilience, and well-being
- Strategies to effectively manage your energy and avoid daily burnout
- Simple daily practices to reduce stress and overwhelm, and feel more meaningfully connected to yourself, your work, and your colleagues

Our workshops and talks can be delivered virtually or in-person!

Suggested topics: We will work with you to select the best emotional fitness skills to focus on and the most relevant talk topics, based on your needs. Here are our most popular topics:



Emotional Fitness Skills

- **The Power of Acceptance**
- **The Science of Gratitude**
- **Realistic Self-Care**
- **The Magic of Kindness and Compassion @ Work**
- **Your Bigger Why Is Closer Than You Think**

Keynote Talks

- **The Power of Emotional Fitness @ Work:** *Fuel your well-being, manage your energy, and find more joy and meaning daily*
- **Leaders, Stop Putting Yourself Last:** *How emotionally fit leadership propels you and your team to greatness*
- **Elevating Women Leaders:** *Bust through mental obstacles, struggle less, and realize your fullest potential*
- **Thriving Through Change:** *An unborning masterclass in inner change management*
- **The Awesome Human Project:** *Break free from daily burnout, struggle less and thrive more, in work and life*
- **Happier Now!:** *How to stop chasing perfection and embrace everyday moments (even the difficult ones)*

Details on additional topics, such as The Science of Gratitude, Realistic Self-Care, and Envisioning Your Best Self Through Creativity, can be found on [our website](#).

"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](#)