



The Power of Emotional Fitness @ Work

with Nataly Kogan

TALKS AND LEARNING EXPERIENCES

Arm 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

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 a clear understanding of how their emotional fitness directly impacts performance and super-practical ways to manage stress, improve resilience, and avoid daily burnout.

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
- Powerful mindset shifts around well-being and its direct impact on performance
- Proven skills and practices to reduce stress and overwhelm, and find moments of joy, ease, and meaning, even during challenging times
- Common causes of daily burnout (it's not just too much work) and how to reduce them
- Strategies to effectively manage your energy on a daily basis
- 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 Awesome Human Project:** *Break free from daily burnout, struggle less and thrive more, in work and life*
- **The Power of Emotional Fitness @ Work:** *How to manage stress, avoid burnout, and find more joy, ease, and sense of purpose, even when times are difficult*
- **Leading Through Change:** *Science-backed skills to help you lead with awareness, compassion, and clarity*
- **Women @ Work: Fire Up the Awesome and Unlock Your True Potential:** *Bust through mental obstacles, struggle less, and achieve meaningful, sustainable success*
- **How to do the work you love without burning out:** *Science-backed skills to boost your emotional fitness and manage your energy*
- **Happier Now!:** *How to stop chasing perfection and embrace everyday moments (even the difficult ones)*

"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](#)