

## **h** Happier @ Work

The Science-Backed Skills That Transform Team Culture and Help Employees Thrive

## **h** Using the Science of Gratitude to Optimize Performance

Cultivate a Workplace Culture Rooted in Gratitude to Boost Team Cohesion, Engagement, and Results

## **h** Sustainable Success

Empower Employees to Navigate Stress and Boost Energy at Work with Science-Based Self-Care Tools

## **h** Work with Purpose

Connect to a Greater Sense of Purpose and Meaning to Help You Flourish at Work

## **h** Resilience During Change & Disruption

Boost Resilience and Psychological Safety to Help Employees Thrive During Change

## **h** Building a Culture of Civility

Encourage Genuine Human Connection at Work to Improve Engagement and Job Satisfaction

## Select Topics for Women @ Work Groups & Leaders

### **h** Fire Up the Awesome

How Women Can Connect to Their Best Selves, Lean Into Fear, and Unlock Their True Potential

### **h** Women @ Work

Proven Strategies to Effectively Manage Stress and Work Through Obstacles to Achieve Meaningful Success

### **h** Women in Tech

How to Navigate the Unique Challenges That Women in Technology Face, From a Tech Veteran

These Happier @ Work topics can be delivered in different formats, based on your needs:

- 60 to 90-minute talks with Q&A
- 2-hour interactive workshops
- Diversity initiatives, leadership retreats, and national sales meetings

Teams, leaders, and group participants walk away with easy-to-implement, science-backed practices that improve emotional health, company culture, and every aspect of performance.



**Nataly Kogan** is a TEDx speaker, who has given keynotes at dozens of conferences and national meetings, including HUBWeek, Massachusetts Conference for Women, Pendulum Leadership Summit, Harvard Women’s Leadership Conference, Million Dollar Round Table, Girls in Tech, and MIT, Harvard, and Wesleyan Universities.



Happier @ Work talks and workshops have been delivered at leading companies such as Gillette, Atrium Innovations, Louis Vuitton brands, and MediaMath, and for Women’s and Diversity initiatives at Fidelity, Cimpres/VistaPrint, and Globoforce, among others.



“Nataly was the highlight of an all-day offsite meeting for our group. I can’t recommend enough adding an element of Happier to a company event.”

“We first met Nataly almost a year ago and have actively implemented practices she taught us to bring more happiness into the workplace. My team calls her their hero.”

“I saw Nataly speak at a business conference and her effect on me personally was so powerful that I brought her in to do a corporate program for our employees, who experienced their own transformations.”

Nataly and Happier have been featured in:

The New York Times

TIME

The Washington Post

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WALL STREET JOURNAL