



Emotional Health @ Work During Challenge and Uncertainty

*Virtual keynote and Q&A
with Nataly Kogan*

Change is constant in today's workplace, but the Coronavirus has brought about a fundamentally new level of challenge and uncertainty, causing increased stress, anxiety, and fear.

During this difficult time, it is essential that organizations prioritize the emotional health of their employees. While this should always be a priority, empowering employees with tools and practices to manage stress and increase well-being during times of crisis and uncertainty is a non-negotiable.

The great news is that emotional health and happiness are skills that can be improved and cultivated with practice — and they can help your employees not just cope, but even thrive during change and uncertainty.

This virtual keynote will support and elevate your people now!

Using the science-backed Happier Method™ and armed with research in neuroscience and psychology, Nataly shares the skills and practices to help employees reduce stress, feel uplifted, boost their resilience, and foster a greater sense of connection with their colleagues (including when working remotely).

In this 45-60-minute practical and inspiring talk, Nataly will cover:

- Research on uncertainty, happiness, and the human brain
- Proven skills and practices to reduce stress and overwhelm, and find moments of joy and ease during this challenging time
- Strategies to foster a sense of human connection and collaboration with colleagues while working remotely
- Practices and rituals to help strengthen a culture of openness, kindness, and gratitude

5 Emotional Health Skills



ACCEPTANCE: Acknowledging your feelings and the situation with clarity instead of judgment and using that as your starting point for moving forward.

When you actively accept your emotions and challenges, you're able to respond from an elevated place, as an observer, and choose the best next step, rather than reacting from a place of judgment or fear—and you can help your colleagues do the same. Practicing this skill in teams builds a foundation of trust, improves problem-solving, and reduces wasted energy and fear of openly sharing mistakes or failures.

GRATITUDE: Making an active choice to notice the small, positive moments in everyday life—even when times are challenging—and sharing your appreciation for other people with them.

When you practice gratitude, you derive more joy and satisfaction from your work, and increase your resilience and ability to be fully present with your colleagues. When you express gratitude towards others, you elevate them by helping them feel valued, you amplify what you want them to do more often, and you boost their enthusiasm, motivation, and resilience.

INTENTIONAL KINDNESS: Being actively kind to others with the intent to support or elevate them in some way, without expecting anything in return.

When you do something kind, you and the receiver experience positive emotions and feel less isolated and stressed. You cultivate open communication, civility, empathy, warmth, and helpfulness, while creating a ripple effect of kindness and belonging within your team, company, and customers.

THE BIGGER WHY: Regularly connecting with your sense of meaning and purpose by identifying how your daily activities and tasks support bigger goals, help others, or contribute to a cause you believe in.

When you connect to your Bigger Why, you unify and elevate goals, tasks, and projects, which helps you and the people on your team connect to a sense of purpose in your daily work. This increases motivation, productivity, job satisfaction, resilience, and the ability to get through challenges with less stress—for you and everyone around you.

SELF-CARE: Actively nurturing a kinder friendship with yourself by practicing self-compassion, learning how to rest and renew, and finding ways to fuel your mind, body, and soul.

Proactive self-care helps you feel and be at your best, and reduces overwhelm and the risk of burnout. When you share how you invest in yourself and encourage your colleagues to make self-care a priority, you amplify each other's ability to reduce stress and significantly improve well-being, resilience, and motivation.