



# The Power of Emotional Health @ Work During Challenge and Uncertainty

*Virtual keynote and Q&A  
with Nataly Kogan*

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## **How to manage stress, avoid burnout, and strengthen your emotional fitness skills during difficult times**

Uncertainty and workplace challenges are leading to all 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.

Engaging the minds and the hearts of participants with her vulnerability, warmth, and humor, Nataly reveals insights about the human brain and simple, yet transformative mindset shifts to struggle less so you can bring your full capacity to your work and inevitable challenges that arise.

Nataly shares straight talk, research in neuroscience and psychology, and her powerful, personal story of success and burnout to activate audience members to practice their emotional fitness skills using the science-backed Happier Method™. Employees and leaders leave with immediate, super-practical ways to reduce stress, feel uplifted, boost their resilience, and foster a greater sense of connection with their colleagues (even when working remotely).

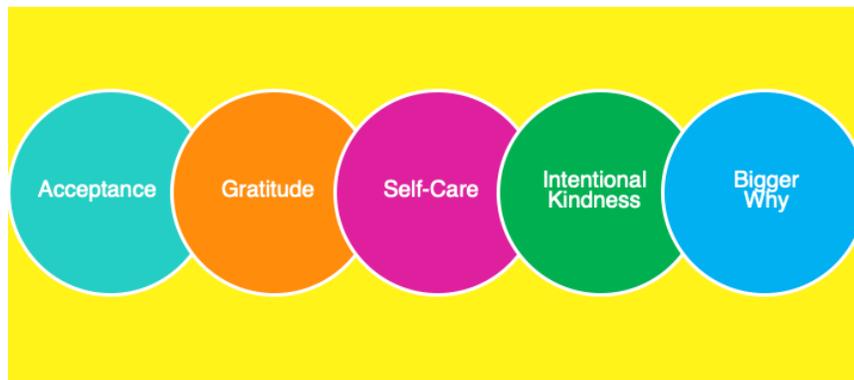
***This virtual keynote will support and elevate your people now!***

**In this 30 to 60-minute practical and powerful talk with Q&A, Nataly will cover:**

- Research on how the human brain reacts to challenges and uncertainty
- Proven skills and practices to reduce stress and overwhelm, and find moments of joy and ease during this challenging time
- Realistic strategies to make self-care a daily priority
- Practices and rituals to help strengthen a culture of openness, kindness, and gratitude

*For every virtual session we conduct for a company, we give a free session to medical workers. Help us do more good by doing good for your employees!*

## 5 Emotional Fitness 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 appreciate 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.

**SELF-CARE:** Treating yourself as a friend by intentionally fueling your emotional, mental, and physical energy.

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.

**INTENTIONAL KINDNESS:** Being intentionally kind and compassionate towards 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 your bigger goals, help others, or contribute to something greater than yourself.

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.