

# EMBRACE YOUR AWESOME HUMAN!

**Break free from daily burnout, struggle less  
and thrive more in work and life**

**with Nataly Kogan**



*(Based on Nataly's best-selling book, THE AWESOME HUMAN PROJECT)*

Every single one of us has unique potential and capacity to create positive, meaningful impact -- at work and in life. But the only way we can unleash our full capacity to be a force of good without burning out is by making our emotional fitness a top, non-negotiable priority. As Nataly says in this powerful keynote: "You can't give what you don't have."

As a successful entrepreneur, executive and refugee, Nataly learned this lesson the hard way. For decades, she pursued a successful and meaningful career by pushing herself beyond her limits, wearing exhaustion as a badge of honor, and ignoring her emotional health. Until she burned out and almost lost everything that was meaningful to her, including the company she had founded.

With her signature straight talk, vulnerability, contagious energy, and humor, Nataly shares the essential mindset shifts, research, and super tangible practices to help you break free from daily burnout, struggle less and thrive more -- so you can embrace your Awesome Human!

## **Key takeaways:**

- Common symptoms of daily burnout and tangible strategies to address them
- Why emotional fitness is an essential ingredient in success and meaningful impact
- The Awesome Human Daily Checklist of 5 science-backed daily practices to reduce struggle, create a more supportive relationship with yourself, and thrive!

**Nataly can turn this keynote into a 90-minute interactive workshop, including her newly-released Awesome Human Journal for every participant.**