



EMOTIONALLY FIT LEADERSHIP

Optimize your ability to positively impact
other people's capacity to thrive

with Nataly Kogan

You are a leader if you positively impact other people's capacity to thrive. And you can only do this if you positively impact your own capacity to thrive, first.

For 15 years, Nataly was a successful leader in tech, finance, and start-up companies. But, as she shares in this powerful keynote, by trying to be a servant leader she became a martyr leader, a mistake that not only caused her own burnout, but hurt her ability to be a compassionate, authentic leader who could successfully empower her teams to succeed.

Nataly shares specific lessons she learned and tangible, immediately actionable practices for leaders to improve their emotional fitness and optimize their ability to positively impact their teams' capacity to thrive.

Key takeaways:

- Research about the direct relationship between leader well-being and their team's well-being and performance
- An innovative concept of the Emotional Whiteboard, and practices to improve emotional awareness and psychological safety
- A fresh take on self-care as a skill of managing energy and how to make it a realistic daily priority