

HAPPINESS IS A SKILL

5 science-backed skills to fuel your well-being and joy

with Nataly Kogan



(Based on Nataly's best-selling book HAPPIER NOW)

We've all gotten stuck in the "I'll be happy when..." trap, believing that achievements, big life changes, or seeking perfection in ourselves and our lives will bring us happiness. In this vulnerable and practical keynote, Nataly, the founder of Happier, a company that has helped more than one million people live happier lives, and author of the best-selling book *Happier Now*, shares her lifelong struggle of searching for the elusive "big happy" through achievements and how she finally made the essential mindset shifts that allowed her to live with more self-compassion, joy, and meaning.

Nataly redefines happiness as a skill that anyone can cultivate. Using her science-backed Happier Method™, shares simple yet powerful skills and practices to activate the audience to experience more joy in everyday moments and get through tough times with greater ease.

Key takeaways:

- A fresh new mindset of seeing happiness as a skill you can practice and improve
- Introduction to the 5 happier skills, based on Nataly's Happier Method™
- The power of gratitude to fuel joy and reduce stress
- How kindness and compassion can fuel your happiness by cultivating a deeper sense of human connection
- Strategies to be happier at work, even amidst challenges and constant change