

# **Nataly Kogan**

## **press & speaking kit**



- **"Official" bio**
- **Headshots**
- **Speaking topics**
- **Contact info**

[www.natalykogan.com](http://www.natalykogan.com)



# "Official" bio

A leading expert on emotional fitness and leadership, Nataly Kogan is an entrepreneur, best-selling author, and keynote speaker on a mission to activate millions of people to struggle less, thrive more, and embrace their Awesome Human!

Nataly immigrated to the US as a refugee from the former Soviet Union when she was 13 years old. Starting her American life in the projects and on welfare, she learned English by watching "Who's the Boss?" on repeat.

She went on to reach the highest levels of success at McKinsey and Microsoft, as a Managing Director at a venture capital fund, and as founder or executive at 5 startups and tech companies.

But after years of chasing a non-existent state of nirvana, Nataly suffered a debilitating burnout that led her to find a new way to live and work.

Nataly is a sought-after international keynote speaker and has appeared in hundreds of media outlets, including The Wall Street Journal, Harvard Business Review, The New York Times, TEDx Boston and SXSW.

She is the founder of Happier, Inc. and has worked with hundreds of top companies, teams, and leaders through her Happier @ Work and leadership programs.

Nataly is the author of HAPPIER NOW, GRATITUDE DAILY, and THE AWESOME HUMAN PROJECT and hosts The Awesome Human Podcast that people call their "best-self hour".

Nataly began painting when she turned 40 and is a self-taught abstract artist. She loves yellow, overuses the word "awesome", and is the funniest person in her family. (Just ask her husband and daughter, her favorite Awesome Humans.)

For more, please visit [natalykogan.com](https://natalykogan.com).

# Headshots





# Speaking topics

## **Embrace Your Awesome Human!**

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

## **Thriving Through Change**

Science-backed blueprint to thrive through adversity

## **The Power of Emotional Fitness @ Work**

Science-backed skills to fuel your energy, reduce stress, and handle challenges with greater resilience

## **Emotionally Fit Leadership**

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

## **Leading With Purpose**

Unlocking motivation, resilience, and our fullest potential

## **Happiness is a Skill**

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

For more details on Nataly's speaking, please visit [natalykogan.com/speaking](https://natalykogan.com/speaking).



# Contact info



## Email

nataly@happier.com

## Website

[natalykogan.com](https://natalykogan.com)

## Linkedin

<https://www.linkedin.com/in/natalykogan>

## Instagram

<https://www.instagram.com/natalykogan>