

Nataly Kogan

press & speaking kit



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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.

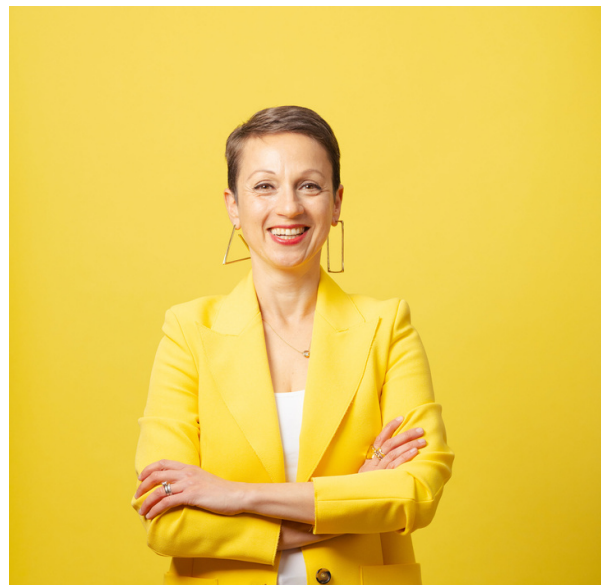
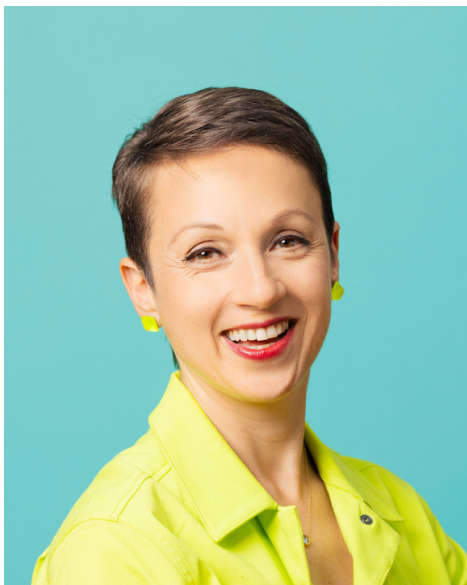
She is the founder of Happier, Inc. and has worked with hundreds of top companies, teams, and leaders through her Happier @ Work and leadership programs.

Nataly is the author of Happier Now, The Awesome Human Project, and The Awesome Human Journal, 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.

Headshots





Speaking topics

Nataly's transformative, virtual and in-person keynote presentations will activate your audience with accessible, science-backed skills, inspiring leadership insight, and her incredible life story brought to life on stage with her vibrant energy, humor, and creativity.

Unlocking Confidence

Bust through self-doubt to make big leaps and realize your potential

Thriving Through Change

From change anxiety to positive energy and mindset of possibility

Unleash Your Awesome Human!

Break free from daily burnout and thrive in work and life

Emotionally Fit Leadership

Optimizing your ability to lead people to thrive

Success Is What You Give

Leading with greater purpose

The Happier Method

5 science-backed skills to live with more joy and aliveness

UNLEASH YOUR AWESOME HUMAN!

Break free from daily burnout and thrive in work
and life!

with Nataly Kogan



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

We are all experiencing unprecedented levels of stress and burnout. Leaders are depleted and according to a recent Deloitte survey, 77% of employees say they've experienced burnout at their current job. We're in desperate need of a new path forward.

With her signature mix of personal storytelling, humor, and scientific research, Nataly shares her own journey through burnout and simple, immediately applicable practices to strengthen your emotional fitness skills, manage your energy, and reduce overwhelm so you can live and work with more joy and purpose, even during challenging times.

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

Key takeaways

- Common symptoms of daily burnout and tangible strategies to address them
- What is emotional fitness and daily practices to strengthen it
- A fresh take on self-care as the skill of fueling your energy and what holons teach us about the unselfishness of taking care of yourself

THRIVING THROUGH CHANGE

From change anxiety to positive energy and
mindset of possibility

with **Nataly Kogan**



When we encounter change, our first instinct is to resist it. The human brain prefers comfort and familiarity, while change brings an avalanche of uncertainty. And yet, change is a constant in our work and our lives.

In this immediately-actionable keynote, Nataly shares the neuroscience of change and her science-backed T.H.R.I.V.E. blueprint to activate audience members to shift from resisting to embracing change. Participants will learn how to manage anxiety around change, tell a more empowering story about change, and harness the power of gratitude, acceptance, and their sense of purpose to move through change with greater resilience, enthusiasm, and mindset of possibility!

Key takeaways:

- The neuroscience of change and uncertainty
- T.H.R.I.V.E. Blueprint: 6 science-backed strategies to create a positive change mindset, manage stress, and use change as an opportunity to grow
- The role of meaning and purpose in your ability to thrive through adversity



SUCCESS IS WHAT YOU GIVE

Leading with greater purpose

with Nataly Kogan

Our definition of success is broken and it's breaking us. We're overworking in hopes of receiving external rewards, promotions, and recognition, but they don't bring us the fulfillment we seek. Instead, 77% of employees in the US report feeling burned and 64% are disengaged at work.

In this powerful keynote, Nataly boldly redefines success: It is not what you achieve, but what you give. Success comes from sharing your unique gifts in the service of others.

Nataly shares her powerful journey of coming to the US as a refugee, achieving the highest levels of seeming success, burning out, and finding genuine success by elevating and helping others. Using her signature mix of storytelling, humor, and science-backed tangible practices, Nataly activates the audience to work and lead with a greater sense of purpose and authentic motivation by shifting their lens from "How much can I accomplish?" to "How do I share my gifts in the service of others?"

Key takeaways:

- The "curse of the moving baseline" and how the brain's adaptability makes it impossible to experience lasting fulfillment from external achievements
- How to identify your unique gifts and amplify ways to share them with others
- How aligning sharing your gifts in the service of others unlocks a deep sense of meaning, authentic motivation, and lasting fulfillment

UNLOCKING CONFIDENCE

Bust through self-doubt to make big leaps and
realize your potential

with Nataly Kogan



From coming to the U.S. as a refugee when she was a teenager to becoming a venture capitalist at 25, being the only woman in the room for most of her career as a tech and finance executive, starting several start-up companies, writing two best-selling books, and becoming an artist at 40, Nataly is no stranger to having to overcome self-doubt and fear.

Weaving in vulnerable and powerful lessons she has learned on her journey, Nataly shares neuroscience insights and a fresh take on how anyone can release the limiting beliefs that hold them back, tap into their authentic inner strength, and boost their courage to go after what they want. This energizing and insightful keynote challenges the audience members to move beyond their comfort zone and empowers them with super-actionable skills and practices so they can succeed!

Key takeaways:

- The neuroscience of self-doubt and fear
- A powerful science-backed technique to edit self-defeating and limiting beliefs
- How to use your Bigger Why to shift from fear into courageous action
- How to reframe risk to strengthen your courage to do new and challenging things



THE POWER OF EMOTIONALLY FIT LEADERSHIP

Optimize your ability to lead people 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 executive in tech, finance, and start-up companies. But 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 team.

With vulnerability, humor, and neuroscience research, Nataly shares lessons she learned and simple-yet-surprisingly-powerful practices to activate leaders to improve their emotional fitness, awareness, and ability to authentically motivate their teams to thrive.

Key takeaways:

- What is emotional fitness and why neuroscience teaches us that it's an essential leadership skill, especially during adversity and change
- An innovative concept of the Emotional Whiteboard, and practices to improve leaders' emotional awareness and openness to prevent burnout from "surface acting" (pretending to be positive) and fuel their team's psychological safety
- Reframing self-care as the skill of fueling your energy and as the leader's responsibility to the team

THE HAPPIER METHOD

5 science-backed skills to live with
more joy and aliveness

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 or seeking perfection 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" and how she finally made the mindset shifts that enabled her to live with more self-compassion, joy, and meaning.

Nataly redefines happiness as a skill that anyone can cultivate, and activates the audience to practice 5 core happier skills based on her science-backed Happier Method™. Audience members will be elevated, inspired, and armed with simple practices that can immediately fuel their joy.

Key takeaways:

- Happiness is a skill you can improve
- Learn the 5 happier skills: Acceptance, Gratitude, Self-Care, Intentional Kindness and the Bigger Why and simple yet surprisingly powerful ways to practice them in your daily life and at work

Contact info



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