



NATALY KOGAN

THE POWER OF EMOTIONAL FITNESS @ WORK DURING CHALLENGE AND UNCERTAINTY

MAY 25, 2022 | 9:00 A.M. – 4:00 P.M

Uncertainty and workplace challenges are dramatically increasing employee stress, overwhelm, and burnout. Not only have you probably seen this continue to increase, but you have likely experienced it yourself. That’s because leaders face an exponentially greater level of stress as you lead your organization and teams through uncertain times—it can be overwhelming and lonely.

This is your wake-up call to recognize that well-being has a direct impact on every aspect of work and performance and to make emotional fitness a non-negotiable priority as a workplace and leadership skill. The research is unequivocal: Employee well-being and a positive work culture rooted in trust, gratitude, compassion, and sense of purpose dramatically improve performance and increase productivity, problem solving, creativity, and resilience during uncertainty and change.

The awesome news is that emotional fitness is a SKILL that you can strengthen!

So, as leaders, how do you manage stress, avoid burnout, and strengthen your emotional fitness -- your own and your employees’ -- during difficult times? This session will focus on the science-backed skills and practices to help you navigate through constant change and challenges in a sustainable way. You will leave this program with immediate, super-practical ways to reduce stress, feel uplifted, boost your resilience, and foster a greater sense of connection with your team and colleagues (even when working remotely).

Nataly will engage your mind and heart with her vulnerability, warmth, and humor, and more importantly will reveal insights about the human brain and simple, yet transformative mindset shifts so you can bring your full capacity to your work when inevitable challenges arise. She also shares straight talk, research in neuroscience and psychology, and her powerful, personal story of success and burnout to activate you to practice your emotional fitness skills using the science-backed Happier Method™.

This program will help leaders:

- Understand how the human brain reacts to challenges and uncertainty and how to find moments of joy, ease, and meaning, even during tough times.
- Apply proven skills and practices to reduce stress and overwhelm, and to strengthen your emotional fitness, resilience, and ability to perform under pressure without burning out.
- Implement practices and rituals to help the people you lead better manage stress and cultivate a culture of openness, kindness, and human connection, even while working remotely.

Competencies Addressed: Being Resilient, Courage, Drives Results, Self-Development, Situational Adaptability

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Nataly Kogan is one of the leading experts in optimizing emotional fitness and elevating your leadership. She’s the creator of the Happier Method™, founder and CEO of Happier and Happier @ Work™, and author of *Happier Now*, *Gratitude Daily*, and *The Awesome Human Project*. Nataly is a highly sought-after international speaker and has been featured in hundreds of media outlets, including The Washington Post, The New York Times, and The Dr. Oz Show. By the age of 37, Nataly held top positions at McKinsey and Microsoft, was a Managing Director at a venture capital fund, and started or was a member of the senior team at five startups and tech companies. Today, she helps hundreds of thousands of people struggle less and thrive more through speaking, Happier @ Work training programs, virtual leadership programs, online courses, and her books.



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