

Nataly Kogan

Happiness Expert, Venture Capitalist & Successful Tech Entrepreneur; Author of Happier Now

Please contact a GDA agent for information.

Topics

- Entrepreneur
- Human Resources / Workforce Issues
- Personal Growth
- Productivity
- Work-life Balance

About Nataly Kogan

Nataly Kogan is one of the leading global experts in optimizing your 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 and GRATITUDE DAILY.

Nataly is a highly sought-after international keynote 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 5 startups and tech companies.

But all of this overachievement came at a huge cost of stress and overwhelm, which was the catalyst for Nataly to give it all up to start her company, Happier, with this mission:

To help millions of people thrive in work and life by improving their emotional fitness with science-backed skills and practices.

Today, tens of thousands of people cultivate their emotional fitness and Elevated Leadership skills through Happier @ Work and virtual leadership programs, online courses, and other learning tools.

Nataly came to the US as a refugee with her family when she was 13 years old, and one of her greatest accomplishments was learning how to speak English by watching Alyssa Milano on the classic 80s sitcom, Who's The Boss?

Nataly lives outside of Boston with her husband and daughter, and when she isn't speaking or teaching, can be found painting colorful abstract art and cooking up a storm in her kitchen.

Select Keynotes

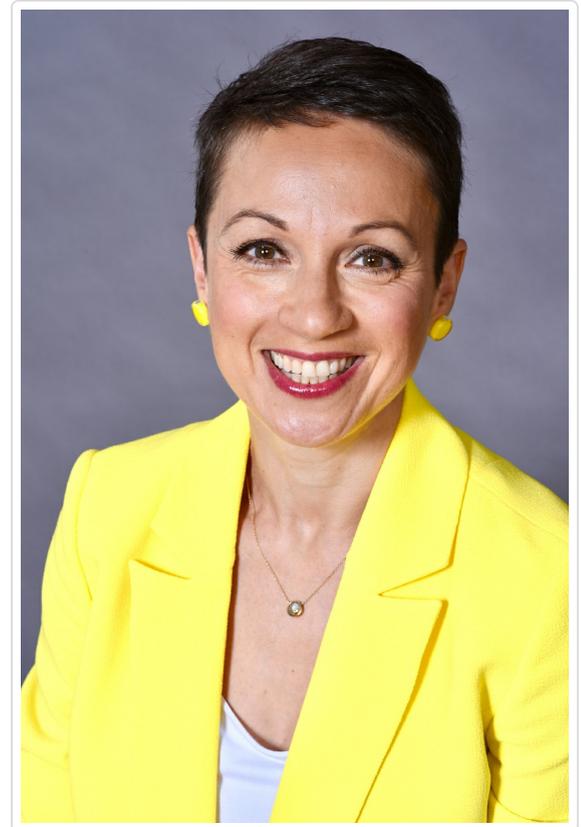
- **UNLOCKING CONFIDENCE: Bust Through Self-Doubt to Make Big Leaps and Realize Your Potential**

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!

- **THRIVING THROUGH CHANGE: From Change Anxiety to Positive Energy and Mindset of Possibility**

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!

- **UNLEASH YOUR AWESOME HUMAN!: Break Free From Burnout and Thrive in Work and Life**

Based on Nataly's best-selling book, *The Awesome Human Project*, this keynote will energize and activate you to break free from daily burnout, struggle less, and thrive more in work and life!

With her signature mix of vulnerability, humor, and scientific research, Nataly shares her journey as a refugee who achieved immense career success, suffered a debilitating burnout, and discovered how changing her relationship with herself and her mindset fueled not only her well-being, but her ability to unleash her full awesome potential. This keynote won't just inspire you, but arm you with Nataly's signature simple yet surprisingly powerful practices to manage their energy, edit your thoughts, and live and work with greater joy and purpose.

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

- **SUCCESS IS WHAT YOU GIVE: Leading with Greater Purpose**

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 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?"*

- **THE POWER OF EMOTIONALLY FIT LEADERSHIP: Optimize Your Ability to Lead People to Thrive**

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 awareness and openness, fuel their energy, and authentically motivate their teams to thrive.

- **THE HAPPIER METHOD: 5 Science-Backed Skills to Live with More Joy and Aliveness**

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.

Select Book Titles

- **2022:** The Awesome Human Project
- **2018:** Happier Now: How to Stop Chasing Perfection and Embrace Everyday Moments (Even the Difficult Ones)

Select Testimonials

"Nataly's background and experience on what really drives a happier existence at work & home was very well received. She brings a lot of credibility to the topic as she is very honest about her own experiences. It was refreshing to hear. I can't recommend enough adding an element of Happier to a company event."

— Gillette

“As the keynote speaker at our biggest event of the year, Nataly immediately captivated our audience of entrepreneurial young professionals. Her witty sense of humor, genuine passion for her work, and real world stories gave us inspiration (and many head nods and laughs!). Her positive energy is infectious, and our audience left feeling ready to take their careers to the next level thanks to her unique advice and words of wisdom. I'd highly recommend her as a speaker at any event.”

– *Young Women in Digital*