



# THE POWER OF EMOTIONAL FITNESS @ WORK

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

**with Nataly Kogan**

Exhaustion, stress, and burnout are at an all-time high. We're feeling less connected to ourselves, our work, and our colleagues. And constant change, uncertainty, and challenges have drained our energy reserves. But work doesn't have to be an emotional drain or cause of burnout. As Nataly shares in this powerful keynote, it can be a source of meaning, connection, and joy -- yes, even during change and challenges!

With her signature contagious energy, straight talk, and plenty of humor, Nataly shares research from neuroscience and psychology, and her powerful, personal story of success and overcoming burnout. Using her science-backed Happier Method™, she activates you to strengthen your emotional fitness by integrating simple practices into your daily routine (please don't call her a motivational speaker!)

## **Key takeaways:**

- Emotional fitness skills to reduce stress and avoid daily burnout
- How to create a daily gratitude practice to experience more joy and satisfaction at work
- A fresh take on self-care as a skill of managing your energy and realistic ways to fit into your busy schedule
- How practicing Intentional Kindness can help you feel more connected and happier at work

Nataly's science-backed method includes 5 Core Emotional Fitness Skills (Acceptance, Gratitude, Self-Care, Intentional Kindness, the Bigger Why) and she can focus her talk on a specific skill to best fit your organization's needs and goals.