THRIVING THROUGH CHANGE

Science-backed blueprint to thrive through adversity

with Nataly Kogan

Challenge and change are constant. Struggle is optional.

Change is hard. It brings uncertainty and uncertainty is extremely difficult for the human brain to handle. So the human brain responds by increasing stress and over-focusing on everything that could go wrong, which drains our energy and prevents us from using our fullest capacity to move through change with a sense of purpose and possibility.

In this immediately actionable keynote, Nataly shares her science-backed T.H.R.I.V.E. blueprint for how to use emotional fitness skills to help your brain -- and yourself! -- struggle less so you can thrive and grow through adversity and change.

Key takeaways:

- The neuroscience of change (and why it's so difficult for the human brain)
- 6 specific strategies to not just make it through, but thrive through change
- Powerful activational questions to move through change with more clarity, compassion, and a mindset of possibility