

THE EMOTIONALLY FIT LEADER

Unlocking clarity, resilience, and high performance in a world of constant change

with Nataly Kogan



In today's volatile, high-pressure environment, strategy alone isn't enough. The leaders who perform at their best — and bring out the best in their teams — share one essential skill: emotional fitness.

Grounded in cutting-edge neuroscience and real-world leadership, this keynote reveals why emotional fitness is the non-negotiable foundation of high performance. When leaders strengthen their emotional fitness, they unlock their ability to:

- Make clear, strategic decisions under pressure.
- Lead through constant change with confidence and calm.
- Inspire resilience and engagement in their teams — even in uncertainty.
- Sustain their own energy and well-being so they can perform at their best without burning out.

With her signature mix of science, powerful storytelling, and practical tools, Nataly Kogan shares her journey from refugee and tech executive to debilitating burnout — and the breakthrough that emotional fitness brought to her leadership, impact, and joy.

This is not a “soft skill” talk. It is a performance multiplier session, equipping leaders with simple, actionable practices to reset under pressure, fuel their energy, and lead with clarity through the toughest challenges.

Key takeaways:

- Neuroscience behind emotional fitness and its impact on decision-making, resilience, and high performance.
- The “Fit vs. Unfit Leader” framework — how your state directly drives your team's capacity to thrive.
- Science-backed practices to reset in minutes and perform at your best in uncertainty.
- Why emotional fitness is the new leadership superpower for building thriving, adaptable teams.