

DARE YOURSELF LIVE™

An interactive, art-fueled workshop to break through inner blocks and spark bold, aligned action!

with Nataly Kogan



We all have something extraordinary within us.

But too often, it stays hidden behind hesitation, overthinking, or limiting beliefs about ourselves.

In this powerful workshop, Nataly Kogan — artist, speaker, serial entrepreneur, best-selling author, and creator of the REINVENT•ABILITY™ Framework — guides participants through a transformative journey to uncover what's been holding them back and translate that breakthrough into bold, meaningful action.

Grounded in neuroscience and real-world application, Dare Yourself LIVE™ helps participants reconnect to their confidence, creativity, and capacity for growth.

Participants will:

- Identify inner blocks and self-limiting beliefs
- Reframe those beliefs into constructive, fueling narratives
- Reconnect to their Zone of Greatness: the intersection of what they love, what they are great at, and where they want to have a positive impact
- Envision new possibilities for growth and contribution
- Declare their personal Dare: one meaningful action to move forward and bring it to life through a powerful creative exercise

All of the participants' dares become part of the Dare Yourself Collective Installation. Every participant receives a digital print of this powerful artwork, a reminder that you don't have to take bold steps alone.

What participants experience:

- Renewed activation energy, confidence, and momentum
- Shift from self-doubt to mindset of possibility
- A deeper sense of connection: with themselves, their team, and their vision for how they want to expand and grow

Each participant receives a custom Dare Yourself journal featuring Nataly's artwork and a digital print of the Collective Artwork created during the session. These become lasting reminders to keep daring boldly long after the workshop ends.

DARE YOURSELF LIVE is designed for:

- Leadership teams seeking momentum, creativity, and stronger connection
- Organizations that want an activating experience for offsites or retreats
- Conference or summit audiences ready for something participatory and memorable
- Creators, innovators, and changemakers who want to expand beyond what feels comfortable

Format options

- 90-minute immersive session
- Half-day team experience
- Full-day retreat with art-based expansion and guided reflection
- Available in-person at Nataly's Boston art studio (max 20 participants), on-site at your offices or event, or virtually

Dare Yourself LIVE is an unborring, interactive, creative experience that will leave people buzzing with energy, clarity, and the momentum to act!

