

THE HAPPIER METHOD

5 science-backed skills to live with
more joy and aliveness

with Nataly Kogan



Based on Nataly's best-selling book HAPPIER NOW

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.

Key takeaways:

- Happiness is a skill you can improve
- Learn the 5 happier skills: Acceptance, Gratitude, Self-Care, Intentional Kindness and the Bigger Why and simple yet surprisingly powerful ways to practice them in your daily life and at work