

# KINDNESS TO GREATNESS

Elevating performance through kindness and  
self-compassion

with Nataly Kogan



What does top performance have to do with kindness and self-compassion?

Everything, according to growing mountains of scientific research.

In this dynamic keynote, the audience will discover the transformative -- and surprising! -- impact of kindness and self-compassion on peak performance as Nataly shares compelling research and real-life stories. She delves into how self-compassion and kindness are pivotal in unlocking your full potential, mastering challenges, and fostering trust.

Audience members will walk away with a profound mindset shift around kindness and compassion as being “soft skills” and immediately actionable practices to enhance self-compassion and cultivate leadership grounded in kindness and empathy. In our age of AI and growing disconnection from each other, this keynote offers essential learnings and activation to top performers with purpose.

## Key takeaways:

- The science of self-compassion and its impact on your ability to tap into your full potential, overcome setbacks and grow through challenges
- How practicing kindness improves relationships, increases trust, and leads to better client outcomes
- Practices to improve self-compassion, create an empowering inner narrative, and lead with kindness in team and client relationships