

THRIVING THROUGH CHANGE

Growing through change with a mindset of
purpose and possibility

with Nataly Kogan



We're living in a time of constant change and uncertainty. AI is accelerating the pace of change and creating seismic shifts in the way we work and live. It's no longer an option to resist change. We must learn how to embrace and thrive through it.

Having come to the US as a refugee when she was a teenager, Nataly had no choice but to embrace uncertainty and learn how to thrive through it. She used her refugee mindset of possibility and hopefulness to excel through constant change during her 20 year career as a serial entrepreneur and tech and finance executive.

In this perspective-shifting keynote, Nataly shares her science-backed T.H.R.I.V.E. blueprint and activates the audience members to reframe change as an opportunity to grow and share more of their unique abilities in the service of others.

Participants will be inspired to tell a more empowering and expansive story about change, connect to their sense of purpose and value learning over safety. They will

Key takeaways:

- The neuroscience of change and uncertainty
- T.H.R.I.V.E. Blueprint: 6 science-backed strategies to create a positive change mindset, fuel hopefulness, and grow and evolve though change
- How connecting to your sense of purpose empowers you to grow through change with more courage