

UNLEASH YOUR AWESOME HUMAN!

Fuel your emotional fitness, struggle less, and
thrive more in work and life

with Nataly Kogan



Based on Nataly's best-selling book, *The Awesome Human Project*, this keynote will activate you to prioritize your emotional fitness, fuel your energy, and show up as your best, thriving self in every aspect of your work and life.

With her signature mix of vulnerability, humor, and scientific research, Nataly shares her journey as a refugee who achieved immense career success, suffered a debilitating burnout, and discovered how changing her relationship with herself and strengthening her emotional fitness not only improved her well-being, but her ability to unleash her full awesome potential.

This keynote won't just inspire you, but empower you with Nataly's signature simple yet surprisingly powerful practices to manage your energy, edit negative thoughts, and live and work with greater joy and purpose.

Key takeaways:

- What is emotional fitness and simple daily practices to strengthen it
- A fresh take on self-care as the skill of fueling your mental, emotional, and physical energy
- Powerful mindset shifts on how improving your relationship with yourself unlocks your full potential and capacity to lead with compassion