

# UNLOCKING CONFIDENCE

Craft an empowering inner narrative, bust through doubt, and create the impact only you can have

with Nataly Kogan



From coming to the U.S. as a refugee when she was a teenager to becoming a venture capitalist at 25, being the only woman in the room for most of her career as a tech and finance executive, starting several start-up companies, writing two best-selling books, and becoming an artist at 40, Nataly is no stranger to having to overcome self-doubt and fear.

Weaving in vulnerable and powerful lessons she has learned on her journey, Nataly shares neuroscience insights, powerful mindset shifts and highly actionable strategies that audience members can use to break through limiting beliefs, create an empowering inner narrative, and boost their courage to do what feels deeply aligned with their purpose.

## Key takeaways:

- The neuroscience of self-doubt and fear and how to shift from survival fear-mode and into the calm, centered, confident version of yourself
- A powerful science-backed technique to edit negative fear-based thoughts and limiting beliefs
- How to use your Bigger Why to shift from fear into courageous action