

THRIVING THROUGH CHANGE

Harnessing change as a catalyst for growth

with Nataly Kogan



In today's world, change isn't just constant—it's accelerating. AI and other technologies are reshaping the way we work and live at a breathtaking pace. In this environment, resisting change is no longer an option. The key to success lies in learning how to embrace and thrive through it.

Nataly knows this firsthand. Arriving in the U.S. as a teenage refugee, she had no choice but to navigate uncertainty and find a way to thrive. Drawing from her "refugee mindset" of possibility and hope, Nataly excelled through constant change during her 20-year career as a serial entrepreneur and executive in tech and finance.

In this eye-opening keynote, Nataly shares her science-backed T.H.R.I.V.E. blueprint, empowering audiences to reframe change as an opportunity for growth, envision new possibilities, reconnect with their purpose, and lead with authenticity.

Key takeaways:

- The neuroscience of change and uncertainty—what happens in our brains and how to work with it.
- T.H.R.I.V.E. Blueprint: 6 science-backed strategies to grow through change, manage discomfort, prioritize learning over perfection, and lead with vulnerability.
- How to shift from resisting change to using uncertainty as a catalyst for curiosity, expanded perspectives, and new skills.