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NATALY KOGAN

A leading expert on emotional fitness, Nataly Kogan is an entrepreneur, best-selling author, and keynote speaker on a mission to help millions of people embrace their Awesome Human, struggle less, and thrive more in work and life!

Nataly Nataly immigrated to the US as a refugee from the former Soviet Union when she was 13 years old. Starting her American life in the projects and on welfare, she learned English by watching “*Who’s the Boss?*” on repeat.

She went on to reach the highest levels of success at McKinsey and Microsoft, as a Managing Director at a venture capital fund, and as founder or executive at 5 startups and tech companies.

But after years of chasing a non-existent state of nirvana, Nataly suffered a debilitating burnout that led her to find a new way to live and work.

Today, she helps Awesome Humans break free from daily burnout, unleash their full human potential, and experience more joy and meaning by sharing her unborning science-backed [Happier Method™](#) – and her signature positive energy!

Nataly is a sought-after international [keynote speaker](#) and has appeared in hundreds of [media outlets](#), including *The Wall Street Journal*, *Harvard Business Review*, *The New York Times*, *TEDx Boston*, and *SXSW*. She is the founder of Happier, Inc, and has worked with hundreds of top companies, teams, and leaders through her [Happier @ Work](#) and [leadership](#) programs.

Nataly is the author of [HAPPIER NOW](#), [GRATITUDE DAILY](#), and [THE AWESOME HUMAN PROJECT](#) and hosts the [Awesome Human Podcast](#) that people call their “best-self hour”.

Nataly began painting when she turned 40 and is a self-taught [abstract artist](#). She loves bright colors, overuses the word “awesome”, and is the funniest person in her family. (Just can ask her husband and daughter, her favorite Awesome Humans.)