Natalya Berdikyan

LIFE BY DESIGN ACADEMY

THE RESILIENT LEADER THRIVE UNDER PRESSURE

Master your state. Lead with clarity.
Perform through uncertainty.

KEY TAKEAWAYS

BUILD RESILIENCE
Navigate pressure, uncertainty and setbacks while staying effective.

MANAGE YOUR STATE & ENERGY
Shift from stress and reactivity to clarity and conscious action.

RESET & RECOVER FASTER
Recover quickly and sustain your energy without burning out.

LEAD OTHERS UNDER PRESSURE
Create the conditions for trust, collaboration and better performance.



EXPERIENCE, NOT JUST THEORY
Practical, experiential tools participants can apply immediately — to themselves, their teams and their leadership.

Formats:
- ✓ *Keynote (45–60 min)*
- ✓ *Workshop (2–3 hrs)*
- ✓ *Retreat Module*
- ✓ *Executive Coaching*

To see more details & book Natalya, visit **lifebydesign-academy.com/speaking**



MEET

NATALYA BERDIKYAN

Natalya Berdikyan is an entrepreneur, ICF PCC Executive Coach, leadership facilitator, international speaker, and Partner at the Institute of Leadership and Negotiation. With over 20 years of international business experience, including as General Manager and co-owner of a multimillion-euro manufacturing company, she helps founders and executives strengthen leadership, improve performance, and lead with greater impact.

Combining executive coaching, negotiation expertise, neuroscience, and evidence-based wellbeing practices, Natalya equips leaders with practical tools to make better decisions under pressure, build stronger relationships, and create resilient, high-performing organizations. She also coaches at IESE Business School in Persuasive Communication and Negotiations.

TRUSTED BY Entrepreneurs' Organization · GROWTH INSTITUTE · WORLD HAPPINESS FEST beCREATION · fractional PROFESSIONALS ASSOCIATION · IABC International Association of Business Communicators Dallas

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TESTIMONIALS

WHAT AUDIENCES SAY

"Natalya provides practical ways for entrepreneurs to tap into the types of energy that propel them to their highest levels of success."

EVAN NIERMAN
CEO of Red Banyan

"Natalya is an excellent orator. Her in-depth knowledge, combined with humour and real-life experiences share in an eloquent manner in what makes her stand out from the crowd."

SHREANS DAGA
Founder of Shreans Daga Foundation

"Natalya´s class was thoughtful and attentive, full of resources and a great experience to live, on top of thefantastic knowledge. It was really great having you"

MARC CATALÀ
Partner - Creative Director, WEAREMUCHO

"Natalya's story made me immerse in it as in a movie. But the best of all is that the shared message went directly to my heart and stayed there long after the presentation was over."

EVGENY PREDEIN
CEO, Apiumhub

MORE TESTIMONIALS >>