

HARNESS YOUR ENERGY TO NAVIGATE CHANGE

HOW TO UNLOCK YOUR ENERGY TO PLAY A BIGGER GAME IN LIFE AND BUSINESS WITH LESS STRESS

Are you always at the top of your game?
Are you living the life you desire, with the sense of fulfilment and wellbeing?
Do you always have positive, high-level energy firing you up?
Don't you want to have more free time to do what you truly want,
having financial freedom and less stress?



Change is the only constant. Energy is the key ingredient to change.

"Natalya's story changed mine" | YouTopia

In this experiential keynote Natalya will explain:

- Why energy is a game-changer in life and business and how to manage it
- A path to greater success and how to accomplish more with less effort and time How to elevate your life, team and business while reducing stress, and having more time and energy.
- How to harness and channel energy to navigate change, reach new heights, effective leadership and wellbeing.
- How to stay in balance, flow, peace and have a sense of satisfaction and fulfillment

Unlock big changes in your life and business, and use your energy to accelerate growth.

TESTIMONIALS



"With warm delivery and accessible content, Natalya provides practical ways for entrepreneurs and other leaders to tap into the types of energy that propel them to their highest levels of success."

Evan Neirman, CEO Red Banyan (EO Florida)



"Truly inspirational. Natalya transferred her energy and passion to improve the lives of other people!"

Robert Pflaum (EO Germany)



"Natalya's passionate, engaging speech left me feeling inspired and motivated to take action, be more mindful when working with my own energies for success at work or home."

Kate Hancock (EO CA, USA)

"Interesting, captivating, sincere and above all energizing. She speaks from her heart. I look forward to attending the full workshop with her!
Fantastic speaker."

Raul Cristian Aguirre, EO Barcelona

EO REFERENCES: [Speaker Page](#)

[EO NanoLearning Series](#)

[GSA KeyNote](#)

[MyEOWomen Summit](#)

BRANDS I'VE WORKED WITH



TESTIMONIALS

"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 (EO India)

"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 (EO Barcelona)

"Natalya is an unforgettable speaker, coach, facilitator and leader. The participants are sure to leave with lots of rich takeaways, new connections, deep insights, and clear action plan for bettering their lives."

- Anna Lecat, CEO, Streamline Alliance (EO Paris)

"It was extremely valuable experience for all members, especially considering the challenging pandemic times we were living in. Natalya is a great speaker and true inspiration! Can't wait for another great session with her!"

- Maria Gergova (EO South Europe)

OTHER TALKS & PROGRAMS

- 10x Leadership & Well-being
- Create healthy & happy relationships without conflict
- How to get what you want without the stress
- 360 Energy Leadership Assessment +Team Deep Dive
- Holistic Transformational Retreat

NATALYA BERDIKYAN

Natalya reinvented herself many times. Her life story is empowering in not only surviving but thriving through change.

She combines speaking, coaching, yoga, and breathwork certifications with her experience having lived and worked around the world, mastering the wisdom of different countries, cultures, languages and industries, to help individuals and organizations grow beyond borders and boundaries increasing their energy, well-being and leadership ability. Her holistic approach is transformational.

Read more about Natalya's journey [here](#)



"This is the topic that Natalya has deep knowledge on, she delivered it with insights from her own personal journey. I would recommend this talk to anyone who wants to learn how to unlock their energy to play a bigger game in life and business".

- Dhiren Harchandani (EO UAE, Dubai)

"Natalya's journey of change is inspiring. She has so much energy to do so many things and is always available to help. She practices what she preaches. Natalya got me to think of what was sucking my energy and where to prioritize my energy."

- Angela Gaspar (EO Barcelona)

"Natalya's edge is gently guiding you to learn to manage your energy and the impact it has on those around you. Compelling speaker, vulnerable and strong at the same time."

- Luis Cortes (EO Boston)



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