

# Natalia Cohen

## Know Your Facilitator

Over the last 20 years, Natalia has been deeply involved in situations that have required her to deal with change and challenge. None more so than her 9-month odyssey rowing across the Pacific Ocean. The insights she learnt out at sea and during her unique expedition have been bizarrely useful for dealing with the global pandemic as well as with the peaks and troughs of life in general.



## Spotlight Areas:

A few themes Natalia Cohen touches upon include:

- ▶ Effective Communication
- ▶ Teamwork – diversity and strength within a team/high-performing teams
- ▶ Authentic leadership
- ▶ Positive mindset / Mental resilience
- ▶ Overcoming adversity
- ▶ Dealing with change
- ▶ Resilience / Perseverance
- ▶ Aligning with your value system
- ▶ Choice and connection
- ▶ Live in the NOW and enjoy the journey



**Timelimit**  
60-90 Minutes



**Group size**  
15-500



**Customisation**  
Available

## Is this Masterclass right for my team?

If you are looking for a passionate, engaging storyteller, who gives practical and tangible tools to help your teams see a different perspective, grow as individuals and be inspired, do explore this Masterclass.