

"I invite people to feel at home in their bodies."

A keynote speaker exploring how beauty pressure and performance culture shape women's nervous systems.

For women exhausted by self-correction and chronic self-monitoring.

Natalia delivers practical mind-body tools that restore clarity, dignity, and internal safety — without shame-based motivation.

Most women don't have a confidence problem — they have a safety problem.

Appearance culture trains hypervigilance, self-correction, and exhaustion — and Natalia shows how to opt out without opting out of ambition.

Signature Keynotes

Three signature talks (customizable for format and audience)



Hostages of Beauty

How beauty pressure quietly fuels anxiety, compliance, and burnout — and how to opt out without shame.

AUDIENCE LEAVES WITH:

- A clear lens on how appearance culture trains hyper-vigilance
- Language to replace self-criticism with grounded choice
- Simple resets to reduce overwhelm and self-monitoring
- A brand-safe way to discuss beauty without fear tactics

SIGNATURE TALK



From Survival to Growth

A nervous-system-safe framework to move from constant self-correction to clarity, dignity, and sustainable confidence.

AUDIENCE LEAVES WITH:

- A simple model: survival vs. growth state (and how to shift)
- Practical tools to downshift pressure in real time
- Better decisions under stress — without "performing" confidence
- A felt sense of capability, not just inspiration



A Woman Is Not a Renovation Project

Beauty without fear in a culture of correction — shifting from "fixing" to self-trust.

AUDIENCE LEAVES WITH:

- A new lens on "fix / prevent / erase" messaging and its hidden cost
- A quick pause framework: fear-based vs. care-based choices
- More energy reclaimed from self-surveillance
- A dignity-first approach that strengthens agency and presence

Why Organizations Hire Natalia

- **Founder & CEO** of an international holistic beauty school and natural skincare brand
- **Immediate relief, not hype** — audiences feel steadier during the session
- **Practical tools** people use the same day
- **Psychologically safe:** no shaming, no fear-based motivation
- Audiences report feeling visibly calmer and clearer within the session itself.
- Bilingual delivery: EN / RU

Ideal For

Women's conferences • Founder events • Corporate wellness & culture summits

Credibility

15+ years in body-based education

Author of 3 books

International stage & media experience

Taught thousands across live and online programs

Formats

Keynote

30-60 min

Workshop + Q&A

75-120 min

Panel / Fireside

Flexible

PREFERRED

SOCIAL PROOF

"People didn't just feel inspired — they felt steadier and more capable the same day."

"I expected information. I left with energy."

ETHICS

- No fear-based marketing
- No body shaming
- No miracle claims

Contact

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