



Natalia Cohen

Motivation - Authenticity - Growth - Inspiration - Connection

Natalia has an extraordinary story to share regarding the first all female team (the Coxless Crew) to row for 9 months across the Pacific Ocean!!

It is an inspirational journey that also has many transferable business implications (particularly within leadership, team and mental resilience).

A documentary made about the journey is going to be released in May this year.

Since returning to land Natalia has been speaking for women's networks, leadership conferences, partner meetings, schools, award ceremonies, sports dinners, a TEDx talk, charities and staff training days to name a few.

Past corporate clients include: B&Q, St James's Place, BBC Worldwide, the RGS, Future Leaders Trust and Exodus Travels.

Natalia loves to share her and indeed her team's journey and insights learnt to inspire and motivate varying networks and can provide a 45 minute Keynote speech or longer interactive sessions including beautiful images and video depending on the requirements.

Please find her biography below and a short video that will give you a good overview of the expedition:

With 15 years experience of living and working in over 60 countries, Natalia Cohen has chosen to follow an unusual and fascinating path. Her broad range of professional experience within the travel industry includes adventure tour leading, operations management, teaching/training, volunteer and project coordination, as well as working within the Super Yacht industry and Eco-lodge management, running a remote Safari lodge in Tanzania. Natalia is no stranger to being outside of her comfort zone and has made an art of embracing and adapting to change. Her understanding of team dynamics, the importance of a positive mindset and the ability to live in the moment led her to become part of the first all-female team to row unsupported across the Pacific Ocean.

Natalia and the crew completed this challenge in January 2016 setting two world records and gaining an international following. This was a journey of just under 9,000 miles from San Francisco, USA to Cairns, Australia in a 29ft ocean rowing boat. The expedition was not only a challenge of extreme conditions and perseverance but also a journey within to better understand the strength of human spirit, the importance of being aligned with your values, a positive mindset, the diversity within a team and enjoying the journey.

Natalia's vision is to empower others to reach their potential, push through their self-limiting mental boundaries and meet and overcome the challenges that life throws at them.

While she may have crossed her literal Pacific, we all have our own Pacific to cross.

This video should give you a good overview of the expedition.

<https://www.youtube.com/watch?v=tJJuhYKxwhQ>

The main topics Natalia is happy to discuss are:

- Effective Communication
- Teamwork - diversity and strength within a team
- Leadership
- Overcoming adversity
- Dealing with change
- Resilience / Perseverance
- Aligning with your value system
- Positive mindset / mental resilience
- Choice and connection
- Live in the NOW and enjoy the journey