

## What She Speaks On

Natalia teaches how to use the face as a tool to regulate the nervous system – not just to look more vibrant, but to change how you feel and function.

She works with people who are exhausted from self-correction, performance pressure, and the constant need to “improve” themselves – and offers practical tools that restore clarity, dignity, and real internal safety.

### The face is a dashboard of the nervous system.

It doesn't just reflect stress – it reinforces it.

Natalia teaches how to read and shift state through the face in real time.

## Signature Keynotes



### The Face as a Dashboard

A talk about stress physiology, decision-making under pressure, and the quiet cost of perfectionism. Introduces the concept of the face as a dashboard of the nervous system - and how facial tension directly impacts clarity, communication, and performance. Audiences learn simple resets to shift state in real time, especially in high-pressure environments.

#### 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

SIGNATURE TALK



### A Woman Is Not a Renovation Project

A keynote about how constant self-correction quietly drains energy and confidence. This talk reframes beauty pressure as a nervous-system pattern of performance. Instead of asking women to care less, it shows how to shift from fear-driven improvement to choice-driven self-care – without lowering ambition or standards.

#### 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



### Hostages of Beauty

A keynote on beauty pressure as a cultural and nervous-system phenomenon. Audiences leave with a practical “panic filter” for recognizing shame triggers, resetting self-talk, and choosing dignity over performance - without losing ambition or standards.

#### 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

## Why Organizations Book Natalia

- You'll know what state your body is in – instantly.
- You'll learn how to shift it in under 2 minutes.
- And your face will stop reinforcing the very stress you're trying to escape.

## What Audiences Leave With

- Simple face-based resets that reduce overwhelm in under 2 minutes
- Language that replaces self-criticism with grounded choice
- A clear lens on how beauty pressure drains confidence and attention
- A felt sense of capability – not just inspiration

## Ideal For

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

## Credibility

- 15+ years in body-based & somatic education
- Author of 3 books
- Extensive live stage and media experience
- Long-running education practice – taught thousands

## Formats

Keynote  
30-60 min

Panel  
30-45 min

Fireside / Live Interview  
30-120 min

PREFERRED

Workshop + Q&A  
75-120 min

## SELECT AUDIENCE FEEDBACK

“People don't just feel inspired – they feel capable and grounded.”

“I expected information, but I left with energy.”

“The shift was immediate – lighter, calmer, clearer.”

“This became a foundation I'll rely on long-term.”

## ETHICS & FIT

- No fear-based marketing.
- No body shaming.
- No miracle claims.
- Educational and cultural insight - not medical advice.

## Contact

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