



# Meet Natalie.

**Natalie BOUDOU**

Founder, HumanForce

## **A key note speaker.**

**Natalie is a sought-after speaker, specialising in emotional intelligence at work, health and wellbeing at work and all areas pertaining to diversity equity and inclusion.**

She has spoken on many topics related to leading in a changing business world including creating and maintaining cultures of belonging, recognition and care in the workplace. She has participated in forums and associations dedicated to promoting female leadership and has enjoyed collaborating with several educational schools working with students to build their emotional intelligence skills. She is an engaging TEDx Speaker.

## **A consultant, coach and facilitator.**

**Natalie is a highly experienced and versatile professional with over 30 years' experience in the corporate world. As CEO and Founder of HumanForce she works closely with leaders and teams to unleash the potential and strength of their human capital.**

Her work is focused on developing emotionally intelligent leaders and teams and delivering programmes that foster belonging, engagement and care at all levels of an organisation. She has worked closely with multinationals from a variety of sectors including Pharma, FMCG, Sports and Luxury and also various UN organisations.

## **An author and writer.**

**Natalie is the author of " HumanForce: The Power of Emotions in a Changing Workplace". The book looks at how, in fast-paced and challenging workplaces, emotions can be one of our most valuable assets and a driving force behind performance.**

It is an interactive guide to help the reader understand and engage intelligently with their own emotions as well as those of their colleagues and create healthy, caring and productive environments where people can bring their best selves to work.



# What to expect.

## From Natalie

Dynamic and customised presentations, focusing on the outcomes that you want from your audience

Fun and engaging delivery with interaction and where desirable, practical tools that can be implemented by the audience immediately

A pre-event consultation to understand your company's needs and tailor the material accordingly

### Recent events.

#### TEDX

Natalie was delighted to take part in this TEDx event for the Glion Institute of Higher Education on "The Power of Fear in a Changing Workplace".

[www.youtube.com/watch?v=0YnGI\\_NTL4](https://www.youtube.com/watch?v=0YnGI_NTL4)

#### Global Inclusion 2022

Natalie was Chair and Keynote Speaker at this prestigious D&I global event that attracts hundreds of senior leaders every year.

<https://www.icongroupltd.com/inclusion22conference>



Natalie was delighted to be a keynote speaker for the 'Woman and MBA' event where she talked about the drivers for emotional resilience.



## The Power of Emotions in a Changing Workplace.

The world of work is changing faster than ever and not all businesses are adapting well. Record numbers of employees at all levels are quitting their jobs. When asked why, the overwhelming response is: we want more from the workplace.

People are looking towards their place of employment for a sense of purpose, and to feel in control and empowered. They are being driven by a need to belong, while making a meaningful contribution and being properly recognised for it. Most of all, they want an emotional connection.



# Popular topics.

For keynotes and workshops



## Building a Learning Culture.

- A growth mindset: Adapting and thriving during change or challenge.
- Building Agile and Innovative teams (for people managers)

## Emotional Intelligence.

- Gender, Power and Emotions- dismantling the stereotypes
- Building Assertiveness for Impact and influence Leading with Empathy (for people managers)
- 1-to-1 Feedback: the Foundation of a Learning Culture
- Leading Difficult Conversations
- The Power of Appreciation and Recognition

## Developing your Leadership.

- The power of a resilient mindset: How to overcome an “Imposter Syndrome”
- Leading a hybrid team
- The Emotionally Intelligent leader
- It’s all about your strengths!  
*Discover your weapons for success*
- The Manager as Coach
- Managing multicultural teams

## Health and Wellbeing.

- Demystifying Burnout and understanding stress (for all employees)
- Building Emotional Agility (for all employees)
- Maximizing Energy and Reducing Stress Levels (for all employees)
- Handling Absences and leading with Care (for people managers)

# What Natalie's clients say.



"Right from the start, as a client we could feel the energy and enthusiasm of Natalie to deliver training with our people managers. She grasped quickly our culture which helped to create mutual understanding when delivering the workshops. Of course, her expertise is fundamental and builds credibility and trust"

**UEFA Senior HR Business Partner**

"Natalie's approach is dynamic, structured and interactive. she allowed space for people on our team to gain both knowledge and self-awareness, and to reflect and to grow from there"

**International Committee of the Red Cross  
HR Business Partner**

"One of those people that you could just love being around. Ultimately charismatic and passionate about what she does"

**International Olympic Committee  
Senior Executive**

"Natalie's material is impactful and immediately actionable which is often hard to achieve in a short space of time. Her presentations grounded in strong research, and a passionate engagement style which really helped people talk openly about their situations"

**IATA Director Learning and Development**

"Natalie connects brilliantly with her audiences and her content is spot on"

**Phillip Morris International  
Senior HR Leader**



ESTÉE LAUDER



Medtronic



L'OCCITANE  
EN PROVENCE



United Nations



amazon





# Let's talk.

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**HumanForce**