



KIRA LESKEW

Master at Meditation for High Performance for Business. Master at Intuition Meditation. Self Realized. Master Pranayama Teacher. Serial Entrepreneur. 2x RBC Canadian Woman Entrepreneur of the Year Nominee. 2x Top 10 World Ranking in Masters Swimming. 4x Canadian Record Breaker in Swimming. High Performer.

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Presentations

High Performance Meditation for Top Leader Success

In this keynote, Kira covers high-performance meditation and mental practices and how they make it faster for top leaders to succeed. She also covers why specific meditations and techniques give top leaders mental and emotional skills and traits that their minds lose in mental states below normal (i.e. stress), or that they just don't have without High Performance Meditation, including leadership Blindspots and the Awareness to solve problem that they couldn't otherwise solve. She also covers how to go from overwhelm to high performance in 7-12-minutes per day, a prerequisite for effective meditation.

The Strategic Value to CEOs of Stopping Stress to Business Success and Growth

Research shows that that stress, overwhelm and burnout cost CEO success because they hurt between 30% and 100% of mental abilities, and between 30 and 50% of emotional abilities, they #1 predictor of leadership success, depending on the level of on-going stress, making their business journeys harder than they need to be, and less successful. Stress is a result of the brain and nervous system, but the stress response can be reversed so that events that were previously stressful are no longer stressful, and with the right practices, you can have a high-performance business without the stress. This keynote covers stress, normal mental states, and 5 key business mental skills and emotional skills that are lost due to stress, overwhelm and burnout, and how to turn it around to retain your employees and their best abilities, opening the door for higher performance in less time.

Mental Health in 7-12-min per Day in Workplaces

Mental health has been big in the news, and organizations are taking it seriously. If organizations want employees to perform, mental health should be a given, which means being able to stop the stress response in minutes and learning and practicing techniques that lower and eliminate stress in the brain. This also includes having a neutral mind for improved decision-making. In this keynote, Kira covers how to go from overwhelm to healthy in 7-12 minutes per day, setting the stage for higher performance with mental health.

Bio

Kira Leskew is a serial entrepreneur, with multiple successful exits, a meditation master in several disciplines, and a master in multiple disciplines that stop the stress response in 7-12 minutes per day. She is also a master at intuition meditation for business and leadership. The topics she covers are mental health for business, intuition development for business, and high-performance meditation for higher business owner success. Her 25-year meditation practice has led her to achieve these results:

- 2x Nominee for RBC Canadian Woman Entrepreneur of the Year for Start-ups
- Top 10 in the World Masters Swimmer in 2 Events while growing one of Canada's Fastest Growing Companies
- Self Realization while being an entrepreneur

In addition to having trained hundreds of CEOs on various meditation topics for business, she has also trained thousands to go from overwhelm to high performance meditation in 7 to 12 minutes per day. Kira teaches pre-meditation for those that aren't ready to meditate and that are overwhelmed or burnt out and that want to return to healthy (i.e. no stress).

Speaking Credits

Financial Services Regulatory Board of Ontario (FSRBO) Costs of Stress in the Workplace

Get in the Ring (Start-up Pitching Competition) Key Trainer High Performance Mind for Funded Start-Ups

EO Canada Chapter Workshop Blind Spots aka Karma for Entrepreneurs

Intuition for Entrepreneurs Workshop Series

FEX (Family Enterprise Exchange) TED-style Stress to High Performance Mind in Family-Run Businesses

GamePlan HR Meditation for Strategic Problem Solving in Business

HRPA Preventing High Performers from Burning Out

HRPA Blindspots Uncovered with Spiritual Meditation

The Eagle Institute Ltd. The Strategic Value of Stopping Stress for Business Owners & CEOs