



# KIRA LESKEW

**Master at Meditation for High Performance for Business. Master at Intuition Meditation. Self Realized for Karma. Master Pranayama Teacher. Serial Entrepreneur. 2x RBC Canadian Woman Entrepreneur of the Year Nominee. 2x Top 10 World Ranking in Masters Swimming. 3x 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 meditation master in multiple styles for high performance in business and other areas, with a past as a serial entrepreneur, with 2 successful exits. She is also a master in multiple disciplines that stop the*

*stress response in under 15 minutes per day. She has been training 7-figure to 11-figure entrepreneurs for over 10 years on several disciplines in meditation. She is also a master at intuition meditation for business and leadership. The topics she covers are mental abilities for AI, mental health for business, intuition development for business, and high-performance meditation for higher business owner performance in less time. 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
- Self Realization for Karma while being an entrepreneur
- Top-rated speaker as a CEO

*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 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

**Next Top Speaker Competition Finalist**

**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 Speaking Under Pressure**

**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**