



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 Leskew reveals the five essential mental and emotional skills CEOs must develop to thrive in 2025 and beyond—skills that can be rapidly cultivated through high-performance meditation. As artificial intelligence transforms business landscapes, it becomes crucial for leaders to maintain control of their minds and decision-making faculties. Kira explains how specific meditation techniques help CEOs and executives overcome blind spots, increase self-awareness, and unlock problem-solving abilities that may otherwise remain dormant. Attendees will learn how to shift from overwhelm to a high-functioning mental state in just 7–12 minutes per day—a non-negotiable foundation for peak performance in today's fast-paced business environment. This isn't your average meditation talk. It's a mental performance upgrade for high-stakes leadership. Fast. Powerful. Non-negotiable.

Stress Isn't Just a Personal Issue—it's a Performance Killer: The Strategic Power of Stopping Stress for CEO Success and Business Growth

*In this transformative keynote or retreat, Kira Leskew reveals how stress, overwhelm, and burnout silently drain up to **100% of your cognitive capacity** and cut **emotional intelligence—leadership's #1 predictor of success—by up to 50%**.*

*Kira guides CEOs and executive teams through five essential mental and emotional skills that are lost under stress—and shows how to **reclaim them in just 7–12 minutes a day**. The result? Stronger decision-making, higher performance, and the ability to attract and retain top talent without extra time or effort.*

*This is the science of high performance leadership—where **mental mastery fuels business growth**.*

Mental Health & Resilience in 7-12-min per Day for High Performing Workforces

*In today's competitive and highly dynamic landscape, mental resilience is mission-critical—especially in roles where creativity and decision-making are not AI-ready. In this powerful keynote, Kira Leskew shows how employees can shift from stress to high performance and resilience in just **7–12 minutes a day**, using five proven practices that rewire the brain for calm, clarity, and peak performance.*

Learn how to build stronger teams, reduce burnout, cut sick days, and boost KPIs—with a workforce that's mentally fit, focused, and future-ready.

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

Private Business Mental Health for Employees

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