



KIRA LESKEW

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Presentations

Why Stopping Stress Saves Money and Retains Top Talent

Research shows that top performers are less likely to tolerate stress and they are more likely to leave and find a job that allows them to have a normal mental state. This started with top talent and has been extending to a wider part of the workforce. Even though the great resignation appears to be over, people are jockeying to find the jobs that give them quality of life. But stress is a result of the nervous system and not of events, and you can have a high-performance business without the stress. This keynote covers the relationship between stress, normal mental states, and focus, and how your business can save on 4 key factors, plus improve your culture at the same time.

High Performance Mind with Meditation and the Mental Practice for Business Performance

In this keynote, Kira covers high-performance mental practices and meditation and how they make it faster for entrepreneurs and business 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).

Mental Health in High Performers in Our Workplaces

Mental health has been big in the news, with even high-performance athletes taking sabbaticals, and with a record number of executives and entrepreneurs quitting, due to stress, overwhelm and burnout. If somebody has a high-performance mind, mental health should be a given and this means practicing techniques for high performance self love and learning and practicing techniques that lower and eliminate stress in the mind. In this keynote, Kira covers why this is essential for having and developing high performance minds for entrepreneurs and businesspeople and how this improves key traits that high performance minds have that are essential in business. This keynote or workshop covers 5 key business performance traits that can be improved with perspective and removing internal resistance. The fastest way to remove internal resistance is through appropriate meditation specific to high performance in business.

Bio

Kira is a former elite athlete and serial entrepreneur. She is also a meditation master. She covers Stopping Stress to Extremely High-Performance Mind for Business. Kira has discovered through training thousands of businesspeople and athletes, that specific techniques work to stop stress in the mind and the human nervous system and get into a high-performance mind without taking an extensive sabbatical.

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

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