



Shirin

ESKANDANI

coach | public speaker | writer
specializing in mindset and
mindfulness

The New York Times

SELF



mindbodygreen

GOOD HOUSEKEEPING

COSMOPOLITAN



well summit



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Meet Shirin

Shirin is a teacher, facilitator and guide who specializes in mindfulness and mindset. She has been a featured wellness expert on the Today Show, The New York Times, The Doctors Shape and Cosmopolitan Magazine.

After 10 years as an award-winning opera singer, performing at the Metropolitan Opera and Carnegie Hall, she was left burnt out and miserable. That's when she realized it's not what we do externally that makes us fulfilled but what's going on internally.

It was through mindset and mindfulness that she was able to reclaim her joy, resilience and motivation. Today, as a coach, she shows others how to create both inner and outer fulfillment as they reach their biggest goals.

Her presentations make mindset and mindfulness practical and accessible. There's no need to meditate for 20 minutes to unlock the power of a healthy mindset and a mindful outlook!

Shirin's presentations will show you how to:

- ▶ Overcome common roadblocks such as stress, fear and worry through practical mindset shifts
- ▶ Prevent burnout and cultivate resilience by strategically using mindfulness tools
- ▶ Boost creativity and motivation through easy mindful practices
- ▶ Implement mindfulness techniques into your daily routines
- ▶ Infuse your career path with passion, joy, and excitement

wh Signature Talks

Find out more about Shirin's signature workshops below. She is also able to curate her presentations to the specific needs of your organization and offers executive one-on-one coaching.

- ▶ **The Mindful Hustle:** How to prevent burn out, get more done and actually enjoy the process
- ▶ **Failure is an Option:** How to fail your way to success
- ▶ **Mind over Matter:** How to change your inner narrative and create an empowering mindset
- ▶ **Dreams, Dreaming and Getting It Done:** How to unlock the power of your dreams to reach your biggest goals
- ▶ **You Know Best:** How to unlock your inner genius and create an intuitive business and life
- ▶ **The Myth of Fake it Until you Make it:** How to overcome insecurity, doubt, and fear in the face of your biggest goals

"Shirin was the perfect fit as our keynote speaker"

She works and speaks from the heart and infuses the room with pure joy. Her presentation was natural, engaging, and life changing for so many of the attendees at the Summit. She is grounded and offers real life tools and takeaways that impacted every single person in the room.

—Allison Tenney, Founder, Ignited Women Summit