



claire
MASIKEWICH

SPEAKER | PHILANTHROPIST | MARKETER

READY, SET, LET GO!

HELPING YOUNG COMPETITORS HANDLE REJECTION, PRESSURE, AND THE THINGS THEY CAN'T CONTROL

The concept is simple: control what you can, and let go of what you can't. But when life throws challenges your way, why does it feel so impossible to live by those words? It's because you need to build these habits now, before things get hard.

In this inspiring and upbeat keynote, Claire shares stories from her own childhood—navigating nerves, self-doubt, and high-pressure moments—to show how anyone can face challenges with courage and focus. She also draws from personal experiences with big, unexpected challenges in her family to illustrate how letting go of what you can't control—and taking charge of what you can—makes all the difference.

Tying in real-life examples, Claire demonstrates how to control your thoughts, your actions, and the community around you. With humour, heart, and practical tips, she helps young performers and athletes build resilience, stay confident, and approach every stage—on the field, on set, or on stage—with clarity and energy.

Key Takeaways:

- **Practical Tools:** Focus on what really matters and manage nerves in high-pressure moments.
- **Mindset Shifts:** Turn challenges into growth through gratitude, perspective, and positive thinking.
- **Community Connection:** Lean on supportive friends, family, coaches, and teammates to lighten your load.
- **Resilience Strategies:** Control your thoughts, show up your best, and bounce back when things don't go as planned.

"Claire left us feeling uplifted and empowered. In a room of women navigating the pressure of 'doing it all'. Her message of resilience and focusing on what we can control resonated deeply. Her presence was a gift, and her words, unforgettable."

RHONDA RUDNITSKI | VP, ESG - SECURE



FOR PARENTS + ORGANIZERS

As a seasoned marketing and communications professional who helped launch a company during the pandemic, Claire is no stranger to overcoming challenges. Yet, her path hasn't always been easy, as she has faced lifelong struggles with depression and anxiety.

In 2023, Claire's resilience was tested like never before when her five-year-old daughter was diagnosed with high-risk stage 4 neuroblastoma, a devastating pediatric cancer. Putting her career on hold, she channelled her energy into advocacy and founded the Strong Like Sloane Foundation while her daughter was in treatment, raising over \$390,000 in two years.

Claire's journey is a powerful testament to courage and purpose, showing that even in the darkest times, we are capable of more than we imagine.

BOOK CLAIRE FOR YOUR EVENT

✉ hello@clairemasikewich.com

☎ (403) 862-3348

🌐 clairemasikewich.com

📷 @therealclairem