

Kate Kayaian

Career + Mindset Coach for High Performers



Kate Kayaian is a Grammy™ Award-winning cellist turned bestselling author and leadership coach who helps high-performing professionals redefine success and unlock their highest potential. As host of the acclaimed podcast Tales from The Lane and author of Beyond Potential, Kate equips ambitious leaders and teams with the tools to sustain excellence while preserving what matters most.

A graduate of the prestigious New England Conservatory of Music, Kate built a thriving career performing with Grammy-winning ensembles and touring internationally before pivoting to the world of coaching and thought leadership. Today, she delivers keynote presentations and leadership programs that blend the discipline of world-class performance with cutting-edge mindset and strategy tools. Her dynamic talks inspire executives and teams to embrace change, avoid burnout, and create careers and cultures where innovation and fulfillment thrive side by side.

Based in Bermuda, Kate works with organizations and individuals across North America and beyond through her signature Creatives Leadership Academy and a select roster of private clients. Her message is clear: true success isn't just about achieving more—it's about designing a life and career that supports your greatest potential.

"As a lifelong artistic hybrid, Kate's story of burnout resonates with me on a cellular level. By reframing what a high-performance life can look like, I am once again excited to approach my projects in a more holistic and aligned way."

Kate's Signature Keynotes:

Beyond Potential: How to Reignite What You're Truly Capable Of

Discover why even the most accomplished leaders and creatives hit a ceiling—and how to break through it.

The Art of Reimagining Your Career

In this empowering talk, Kate guides audiences to reimagine what's possible, redefine their professional identity, and navigate pivotal transitions with clarity, courage, and intention.

Your Best, Without Burnout

The pursuit of excellence doesn't have to cost you everything. This keynote unpacks the essential mindset and practices that fuel elite performance without sacrificing your health, relationships, or joy.

Book Kate Kayaian for your next event:



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“Excellence at the expense of everything else isn’t success—it’s burnout. My mission on stage is to show ambitious professionals how to break old patterns, embrace purpose, and achieve world-class results without sacrificing what matters most.”

-KATE KAYAIAN

Previous and upcoming appearances include:



"Kate was the perfect choice for today's workshop. Everyone left the room excited and inspired! "

Available for:
Keynotes
Workshops
Panel Discussions
Day-long Residencies

"I loved how you framed our individual goals as a means of enriching the school, and how you encouraged us to think of ways that the school can support us in working towards them"

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