



PODCAST GUEST

TEMI AYODEJI

**STRESS-REDUCING ARTIST |
WELLNESS EXPERT | CREATOR
OF THE RECLAIM CONTROL
BLUEPRINT™**

Helping high-stress professionals and their families turn burnout into balance—through art, space, and science.

SIGNATURE TOPICS (PICK 1 OR BLEND)

- **“The Strong One’s Reset”** → A real talk about emotional burnout, invisible labor, and how stress hides in beautiful homes and perfect lives.
- **“When Your Walls Are the Problem”** → The science behind how your physical space (and your art) affects your mood, focus, and nervous system.
- **“Fractal Art & Color Psychology: The Missing Link to Sustainable Calm”** → Why certain art calms you in minutes —and how your environment can become your emotional ally.



IDEAL FOR THESE AUDIENCES:

- ✓ High-achieving professionals (especially in medicine, education, law, and leadership)
- ✓ Spouses of high-stress professionals juggling life behind the scenes
- ✓ Women navigating caregiving, ambition, and identity loss
- ✓ Audiences craving practical wellness without fluff
- ✓ People seeking clarity, peace, or purpose after burnout

WHY HOSTS LOVE HAVING ME ON:

- I bring science-backed insights—but make them human and easy to connect with.
- My story is real, relatable, and emotionally resonant—and it’s already changed lives.
- I offer practical shifts listeners can implement immediately—without adding more to their plate.
- I’m calm, bold, and clear—your audience will feel seen, held, and activated.



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BIO (USE FOR INTROS):

Temi Ayodeji is a Stress-Reducing Artist, Wellness Strategist, and former occupational therapist with over 20 years of experience in psychology, human behavior, and therapeutic design. She's the creator of the Reclaim Control Blueprint™, a physician-informed, art-supported reset program for high-stress professionals and their families. Her unique work blends science-based art, color psychology, and emotional strategy to help people transform their space, mind, and nervous system from the inside out.


Temi's also an Amazon #1 Best-Selling Author of "The Art of Autism - A Pictorial Guide for Parents of Children with Special Needs." She is a mother to a neurodiverse child, a kidney donor to her husband (a physician), and a fierce advocate for those who carry emotional weight behind the scenes. She believes your space should hold you—not drain you—and that true wellness begins where your nervous system can finally exhale.

LET'S CONNECT:


✅ Available for podcast interviews, expert guest panels, wellness summits, and speaking engagements.


 Interviews can be recorded via Zoom, [Riverside.fm](https://www.riverside.fm), or audio-only—whichever fits your flow.

WHERE TO FIND TEMI

 Website: www.TemiAyodeji.com

 Art Gallery: www.TemiFineArts.com

 Substack: [The Art & Stress Management Journal](https://www.substack.com/p/the-art-stress-management-journal)

 Instagram: [@temiayodeji](https://www.instagram.com/temiayodeji)

 LinkedIn: [linkedin.com/in/temiayodeji](https://www.linkedin.com/in/temiayodeji)

