



## SPEAKER ONE SHEET

# TEMI AYODEJI

## STRESS-REDUCING ARTIST & WELLNESS EXPERT

MSc HRM, BSc, AFA, OTA, CSMC

Helping High-Stress Professionals & Their Families Reclaim Calm, Clarity, and Control—Through Science-Based Art, Emotional Reset Strategies, and Space Transformation.

## WHY BOOK TEMI TO SPEAK?

Temi is not your typical wellness speaker. She blends science, story, and soul to create a transformational experience for audiences. From corporate boardrooms to healthcare summits, her message resonates with those who carry the invisible weight of being “the strong one.”

She leaves every audience with clarity, peace, and a renewed commitment to wellness—from the inside out.

## WHY BOOK TEMI TO SPEAK?

- ✓ High-performing professionals in medicine, law, education, and leadership
- ✓ Corporate teams experiencing high stress and burnout
- ✓ Wellness summits and women's empowerment conferences
- ✓ Professional spouses/caregivers carrying emotional weight
- ✓ Faith-based and community events prioritizing holistic healing

## SIGNATURE TALKS & TOPICS (CUSTOMIZABLE FOR EACH EVENT)

### “Your Space Is Beautiful... But Is It Healing You?”

→ How your physical environment affects your nervous system, focus, and emotional well-being—based on neuroscience, fractal patterns, and color psychology.

### “The Emotional Load of the Strong One”

→ The silent burnout of caregivers, high-achievers, and spouses of professionals—and how to reset without guilt.

### “Burnout Isn't Just in Your Mind. It's on Your Walls.”

→ A revolutionary approach to stress management using art, intentional design, and practical wellness strategies.

### “The Reclaim Control Blueprint™”

→ A behind-the-scenes look at Temi's premium reset program that's changing lives across high-stress households worldwide.

### “Why I Left Hyperrealism for Healing”

→ Temi's personal journey—from praise-driven perfectionism to purpose-led art that now helps others heal.



## SPEAKING PACKAGES (VIRTUAL OR IN-PERSON)

### ► Signature Keynote:

60 minutes with live Q&A

● \$2,500 (Virtual)

● \$5,000 (In-Person + Travel)

### ► Workshop or Deep Dive Experience:

90–120 minute interactive session with emotional reset strategies and visual guidance

● \$3,500+ (Virtual or Hybrid)

### ► Custom Corporate Retreat or Team Reset:

Half-day/full-day integration of art, wellness, & stress mastery framework

● Custom Pricing (starting at \$7,500)

◆ Discounts available for nonprofits, hospitals, and faith-based organizations upon request.

◆ Art licensing, live painting, and Stress-Reducing Art gifts available as add-ons.

## LET'S WORK TOGETHER

🌐 Website: [www.TemiAyodeji.com](http://www.TemiAyodeji.com)

✉ Email: [info@temiayodeji.com](mailto:info@temiayodeji.com)

📞 [Book a Speaker Call HERE](#)

📷 Headshots & Media Kit: Available Upon Request

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### WHO TEMI SERVES BEST:

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### WHAT ORGANIZERS SAY:

"Temi doesn't just speak. She shifts the room. People leave lighter—and more ready to take care of themselves in ways they never realized they needed."

"Her session was one of the most talked-about of the entire event. It felt like therapy, art, and science in one powerful moment."

