

MEDIA KIT

Temí Ayodejí

STRESS-REDUCING ARTIST · ENVIRONMENTAL WELLNESS EXPERT ·
KEYNOTE SPEAKER · AMAZON #1 BEST-SELLING AUTHOR



Helping organizations understand the performance variable nobody is measuring – the environment itself.

AS FEATURED IN: * FORBES * PSYCHOLOGY TODAY * BUSINESS INSIDER * ABC * CBS * CW * AUTHORITY MAGAZINE

SIGNATURE KEYNOTE

Most people believe stress lives in the schedule. But the nervous system doesn't read calendars – it reads environments.

In this paradigm-shifting keynote, Temí Ayodejí reveals why high performers decline even inside strong organizations – not because they lack discipline or resilience, but because the environments they move through every day cannot confirm safety.

Drawing from neuroscience, environmental psychology, and over two decades of lived experience inside one of the highest-pressure professional environments that exists, Temí reframes burnout from a personal failure into a design problem – one that organizations can actually solve.

Audiences leave with a new lens on performance, a practical tool they use immediately, and a language for what they have been watching happen – but could never name.

This is not a motivational talk. It is a paradigm shift.

KEY OUTCOMES

- A new framework for understanding why high performers decline inside strong organizations
- The Recovery Gap – why time off is not the same as recovery
- The First Visual Test – a practical tool leaders use immediately
- A new language for performance that changes how they lead from that day forward

WHAT EVENT ORGANIZERS ARE SAYING

"The information received is powerful, priceless, and practical. Temí left us with a great mindset that we can choose to reduce stress regardless of what happens. So grateful to have spent time with a gifted woman of substance."

--- Pastor Victoria Okanlawon, Event Organizer,
Redeemed Christian Church of God, Restoration Chapel ·
San Antonio, TX.

"Educative, inspiring, and touching – with a turnout that drew attendees from across the U.S. and internationally. People were grateful and looked forward to another session immediately."

--- Pastor Bimpe Okanlawo, Event Organizer,
Redeemed Christian Church of God, Restoration Chapel ·
San Antonio, TX

ABOUT TEMÍ

Temí Ayodejí is a Stress-Reducing Artist and Environmental Wellness Expert who helps organizations and their people restore performance, clarity, and sustainable capacity by redesigning what the nervous system is constantly exposed to.

Married to a physician for over 24 years, Temí has lived the realities of medical life, caregiving, and chronic stress from the inside.

AUDIENCES SERVED

- Corporate leadership & executive teams
- Healthcare systems & hospital leadership
- HR directors & Chief People Officers
- Women's professional conferences
- Medical associations

SPEAKING FORMATS

- Keynotes: 45–60 minutes
- Featured Talks: 20–30 minutes
- Leadership & Institutional Sessions
- Podcast Guest Appearances
- Virtual & Hybrid Events

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SPEAKER
REEL

