

Temí Ayodejí

The burnout your organization is experiencing has a source nobody is measuring — and it is costing you your best people.

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



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

Your team is performing — but not at full capacity. Focus drops. Decisions take longer. Communication breaks down. Most organizations blame workload or people. *The real source is something no one is measuring.*

SIGNATURE KEYNOTE

The Environment Burnout Nobody Is Measuring — And Why It's Costing You Your Best People

- Why high performers decline inside strong systems — and what is actually behind it
- How the physical environment affects clarity, decision-making, and recovery between high-stakes moments
- Why burnout is often a structural issue, not a personal one — and where to look first
- What organizations can do immediately to stop the hidden performance drain

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

WHAT YOUR AUDIENCE WALKS AWAY WITH

A clear understanding of what may be affecting focus, communication, and decision-making daily

A new lens for identifying performance barriers that are consistently misattributed

A practical tool to assess whether environments are supporting or draining performance

A way to lead and perform under pressure — starting immediately after the session

ABOUT TEMÍ

With over two decades of expertise spanning **Occupational Therapy, Art & Design, Psychology, Human Resources Management, and Stress Management**. Temí Ayodejí helps high-performing professionals and the organizations they serve identify the invisible environmental stressors quietly eroding focus, decision-making, and retention.

Her methodology is not a theory. It was built inside a high-stakes medical household — tested, refined, and now deployed in organizations where performance cannot afford to decline.

CREDIBILITY AT A GLANCE

24+

YEARS INSIDE
A MEDICAL
HOUSEHOLD

#1

AMAZON
BEST-SELLING
AUTHOR

7+

NATIONAL MEDIA
FEATURES

Keynote * Half Day * Full Day Available

SPEAKING INVESTMENT **\$15,000 +**

WHAT ORGANIZERS ARE SAYING

"Temí's talk was engaging, insightful, and deeply impactful. She challenged the way we think about stress and recovery in a way that stayed with us well beyond the session. People didn't just enjoy it. They left thinking differently and wanting more."

— **BIMPE OKANLAWON, EVENT ORGANIZER - SAN ANTONIO, TX**

"Temí's ability to connect her personal story to a practical takeaway is profound. After hearing her speak, I immediately reconsidered what I have on my walls — and why it matters. She gave me a completely new perspective and I could not wait to share it with my wife. This is the kind of talk that changes how you see things long after it is over."

— **JONATHAN DASILVER, AUDIENCE MEMBER**

IDEAL FOR

- Healthcare Organizations & Hospital Systems
- Corporate Leadership Summits & Executive Offsites
- HR & People Operations Conferences

SPEAKING FORMATS

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

SPEAKING FORMATS

For Select Engagements

A focused working session with leadership or key teams to identify the hidden environmental stressors affecting focus, decision-making, and communication — and what to adjust so they stop interfering with performance.

TEMI'S EDGE

She is not a researcher observing highstress environments from the outside. She lived inside one for over two decades — as a physician's spouse, kidney donor, and caregiver. That is what makes this talk land differently.

WHY THIS TALK IS DIFFERENT

Most burnout speakers work from the outside in — offering frameworks developed at a distance from the problem.

Temí Ayodejí works from the inside out. Her methodology was not developed in a lab. It was built under two decades of sustained, compounding pressure — and refined into a system that produces measurable results in the environments where performance cannot afford to decline.

There is no one else delivering this message from this vantage point. That is what makes it land differently on every stage.

THE COST OF GETTING THIS WRONG

\$322B

Lost annually to burnout-related turnover and lost productivity globally

76%

Of employees report burnout — yet most organizations are still measuring the wrong causes

BOOK TEMI

Direct Inquiries Welcome

LIMITED DATES AVAILABLE PER QUARTER

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VIEW SPEAKER REAL -

