

# Temí Ayodejí

AMAZON #1 BESTSELLING AUTHOR

AS FEATURED IN

Forbes · Psychology Today · Business Insider · ABC · CBS · FOX



## SIGNATURE KEYNOTE

### The Performance Problem No One Is Measuring

Your team is performing. Just not at full capacity. It is being affected by something no one is measuring.

Performance shifts when the environment people operate inside stops supporting how they think, decide, and recover under pressure.

Most organizations measure workload.  
They measure people.  
They measure systems.

They do not measure what those systems are exposed to every day.

That is where performance starts to break.

**This is not a motivational talk.  
It is a reframing of how organizations understand burnout, decision-fatigue, and performance decline.**

## WHAT YOUR AUDIENCE LEAVES WITH

- Immediate recognition of hidden performance patterns
- A redefinition of burnout and workload
- A clear lens on how the environment affects daily function
- Clarity on what is interfering with performance first

## WHY THIS TALK LANDS DIFFERENTLY

Most burnout conversations happen from the outside looking in. This one does not.

Temí Ayodejí's work was built inside a high-pressure medical household where performance could not fail. As a physician's spouse, caregiver, and kidney donor, she lived inside sustained, compounding pressure for over two decades.

That experience became the foundation for a system now used to identify environmental stressors that quietly interfere with focus, decision-making, and retention.

There is no distance between the problem and the insight.

## SPEAKER INVESTMENT

# \$15,000

Select engagements only. Limited availability per quarter. Priority given to healthcare and high-stakes organizations.

## IDEAL FOR

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

## SPEAKING FORMAT

- Keynotes (45–60 minutes)
- Featured Talks (20–30 minutes)
- Leadership & Institutional Sessions
- Virtual & Hybrid Events

## WHAT ORGANIZERS ARE SAYING

*"I came in thinking this was about stress. I left realizing how much the environment we ignore every day is affecting how we function and perform."*  
— Audience Member

*"Temí's talk challenged how we think about stress and performance. It shifted the conversation immediately and stayed with people well beyond the session."*  
— Event Organizer

## SELECT ENGAGEMENT OPTIONS

For select organizations, Temí offers a focused working session with leadership teams — identifying the environmental factors affecting performance, communication, and decision-making, and outlining what needs to change so those factors stop interfering with results.