

Temi Ayodeji

ENVIRONMENTAL WELLNESS EXPERT | KEYNOTE
SPEAKER

Temi Ayodeji is a Stress-Reducing Artist and Environmental Wellness Expert, featured in Forbes, Psychology Today, Business Insider, ABC, CBS, Fox, and other outlets. She creates abstract, science-based stress-reducing artwork and speaks on how the spaces we live and work in shape focus, calm, and performance, for individuals seeking peace in their own homes, and for organizations seeking clarity and performance in their people.



SIGNATURE TALK

Your Walls Tell Your Story

Why What You See Every Day Is Never Just Decoration

This research-informed talk challenges the assumption that stress begins and ends with willpower, resilience, or mindset. It exposes the variable most people have never measured: what they're exposed to every day. Audiences leave with a new lens for identifying misattributed performance barriers and practical questions they can begin asking immediately.

FORMATS

Keynote 45 to 60 Minutes

Virtual Keynote 45 Minutes

Motivational Address 15 to 30 Minutes

LOGISTICS

Based in Alabama. Travels nationally. Virtual delivery available worldwide. A/V requirements provided in advance.

AS FEATURED IN

Forbes | Psychology Today | Business
Insider | ABC | CBS | Fox

Amazon #1 Best-Selling Author • Creator of
Stress-Reducing Art™

WHAT AUDIENCES SAY

"Numerous attestations to the excellent presentation from within the USA, UK, and Australia... The information received is powerful, priceless, and practical."

— PASTOR VICTORIA OKANLAWON, THE REDEEMED CHRISTIAN CHURCH OF GOD RESTORATION CHAPEL, SAN ANTONIO, TX

"The turnout was great. People joined from outside Texas and from other countries. They all unanimously commented that they were blessed."

— PASTOR BIMPE OKANLAWO, THE REDEEMED CHRISTIAN CHURCH OF GOD RESTORATION CHAPEL, SAN ANTONIO, TX

Request speaking availability

TemiAyodeji.com/book-temi-for-your-event

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