



Temi Ayodeji

KEYNOTE SPEAKER

STRESS-REDUCING ARTIST™
ENVIRONMENTAL WELLNESS
EXPERT

SPEAKING FORMATS

Keynote

45-60 Minutes

Virtual Keynote

45 Minutes

Motivational Address

15-30 Minutes

Based in Alabama

Travels Nationally

Virtual Delivery Available Worldwide

IDEAL FOR

Women's Conferences

Professional Women's Groups

Associations

Wellness Events

Retreats

Faith-Based Women's Gatherings

Community Events

BOOK TEMI

- [Request Speaking Availability](#)
- [TemiAyodeji.com/ book-temi-for-your-event](https://TemiAyodeji.com/book-temi-for-your-event)
- info@TemiAyodeji.com

Temi Ayodeji

Some women don't need another talk telling them to do more. They need one that finally sees what they've been carrying.

Temi Ayodeji brings humor, personal storytelling, research, and an unexpected perspective on the environments women experience every day to conversations about stress, identity, and what happens when women spend years making room for everyone else. Audiences leave looking at their walls, their lives, and themselves differently.

SIGNATURE KEYNOTE

The Walls Are Talking

What the Images Around Us May Be Doing to Our Stress

Women spend years making sure everyone around them feels supported, seen, and cared for. But what about the woman doing all the supporting?

In The Walls Are Talking, Temi takes audiences inside an unexpected discovery that began in her own home and changed the way she understood the relationship between art, environment, and stress.

Drawing from more than two decades of experience in occupational therapy, her work as a Stress-Reducing Artist™, and research into the relationship between visual patterns, art, and stress, Temi challenges audiences to consider a question most of us rarely ask: what if the things we see every day are doing more than decorating the spaces we live in?

This isn't a talk about redecorating. It's about the cost of creating a beautiful life that serves everyone in it except you.

AUDIENCE TAKEAWAYS

- A fresh perspective on stress that extends beyond mindset, resilience, and self-care.
- A new understanding of how the images and environments women experience every day may be affecting how they feel within their spaces.
- A practical lens for looking at familiar surroundings differently and considering whether those spaces are supporting the woman within them.



Temi Ayodeji

KEYNOTE SPEAKER

**STRESS-REDUCING ARTIST™
ENVIRONMENTAL WELLNESS
EXPERT**

SPEAKING FORMATS

Keynote

45–60 Minutes

Virtual Keynote

45 Minutes

Motivational Address

15–30 Minutes

Based in Alabama

Travels Nationally

Virtual Delivery Available Worldwide

IDEAL FOR

Women's Conferences

Professional Women's Groups

Associations

Wellness Events

Retreats

Faith-Based Women's Gatherings

Community Events

BOOK TEMI

- [Request Speaking Availability](#)
- [TemiAyodeji.com/ book-temi-for-your-event](https://temiayodeji.com/book-temi-for-your-event)
- info@TemiAyodeji.com

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

ABOUT TEMI

Temi Ayodeji is a Keynote Speaker, Stress-Reducing Artist™, Environmental Wellness Expert, and Amazon #1 Best-Selling Author. Her perspective has been shaped by more than two decades in occupational therapy, along with backgrounds in Human Resources Management, Stress Management, and Art & Design.

Temi is the creator of Stress-Reducing Art™, Intentional Art Placement, and The Reclaim Control Blueprint™. Her work and perspective have been featured in Forbes, Psychology Today, Business Insider, ABC, CBS, Fox, and other media.