



Temí Ayodejí

**AWARD-WINNING KEYNOTE
SPEAKER | STRESS-REDUCING
ARTIST | ENVIRONMENTAL
WELLNESS EXPERT**

**2026 Salem Speakers Best
Speaker Competition Winner**

SPEAKING FORMATS

Keynote Presentation:

45-60 Minutes

Featured Presentation:

15-30 Minutes

Virtual Keynote:

45 Minutes

Available for national and international speaking engagements and virtual events.

IDEAL FOR

- **Corporate & Leadership Events**
- **Healthcare & Caregiving Conferences**
- **Women's Conferences & Retreats**
- **Professional Associations**
- **Educational & Community Events**

Temí Ayodejí

Give Your Audience a Conversation About Stress They Haven't Heard Before.

What if something we've overlooked has been surrounding us all along?

Temí Ayodejí brings research, personal storytelling, and unexpected humor to conversations about stress, resilience, and well-being.

Her award-winning presentations introduce audiences to a different way of thinking about art, the environments they experience every day, and how those surroundings may influence the way they think, feel, and respond.

What if the images surrounding us are influencing more than we realize?

In *The Walls Are Talking*, Temí takes audiences on an unexpected journey that began in her own home and changed how she understood the connection between art, stress, and everyday life.

Drawing on more than two decades of occupational therapy experience, her work as a Stress-Reducing Artist™, and research into the relationship between visual patterns and stress, she invites audiences to reconsider something they encounter every day but rarely question: the images surrounding them.

Through scientific insights, personal experiences, and humor, Temí introduces a perspective that stays with audiences long after the presentation ends.

This is not a talk about redecorating.

It's about recognizing how our surroundings may influence our experiences and discovering what we can intentionally change.



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BOOK TEMI FOR YOUR EVENT

Request For Availability

- [TemiAyodeji.com/ book-temi-for-your-event](https://TemiAyodeji.com/book-temi-for-your-event)

Website

- TemiAyodeji.com

Email

- info@TemiAyodeji.com

AUDIENCE TAKEAWAYS

- **A New Way to Think About Stress**
Discover why everyday environments deserve a place in conversations about stress and well-being.
 - **A Different Way to See Their Surroundings**
Begin noticing familiar artwork, images, and visual patterns through a perspective they may never have considered.
 - **Practical Questions They Can Use Immediately**
Learn to evaluate what surrounds them and make more intentional choices about the spaces in which they live and work.
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WHAT AUDIENCES SAY

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

Victoria Okanlawon

Pastor, The Redeemed Christian Church of God Restoration Chapel
San Antonio, Texas

ABOUT TEMI

Temi Ayodeji is an award-winning keynote speaker, Stress-Reducing Artist™, Environmental Wellness Expert, and Amazon #1 best-selling author.

With more than 20 years of occupational therapy experience and a background in stress management, she brings professional knowledge and personal experiences to conversations about how our environments influence everyday life.

Her experiences with caregiving, kidney donation, raising and homeschooling a child on the autism spectrum, and building businesses have shaped her understanding of how art and surroundings can become meaningful sources of support.

She is the creator of Stress-Reducing Art™ and Intentional Art Placement™. Her work and perspective have been featured in Forbes, Psychology Today, Business Insider, ABC, CBS, FOX, and other media.