

# Dr. Joy Ohayia,

## Expert On

- Authenticity
- Wellness
- Mental Strength
- Emotional Intelligence
- Confidence
- Stress



**TEDx** Speaker

## About Dr. Joy

Dr. Joy Ohayia is dedicated to spreading wellness through her mission: "To Disseminate Relevant Wellness Information That Positively Impacts the Lives of Others. Dr. Joy is a renowned speaker on wellness and self-care. For over 18 years she has been a trusted voice in the health and wellness community, motivating individuals to take charge of their wellbeing. Through her TV show, talks, and workshops, Dr. Joy has helped many make positive life changes to find balance and purpose. She has written books offering practical advice on lifestyle changes.



## Speaking Topics

- YOUR MENTAL HEALTH MATTERS**
- PUTTING YOUR BEST FOOT FORWARD**
- THE POWER OF PRESENCE:** CULTIVATING MINDFUL LISTENING IN A NOISY WORLD
- UNLEASHING THE WARRIOR WITHIN:** THE PATH TO MENTAL TOUGHNESS
- THE POWER OF FOCUS:** UNLOCKING YOUR FULL POTENTIAL
- THE POWER OF SELF-AWARENESS:** NAVIGATING LIFE WITH CLARITY AND PURPOSE
- RISING STRONG:** CULTIVATING RESILIENCE IN THE FACE OF ADVERSITY
- LIVING WITH PURPOSE,** FINDING MEANING, IGNITING PASSION
- CONFIDENCE UNLEASHED:** EMPOWERING YOURSELF TO THRIVE

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I was lucky enough to attend Dr. Joy's illuminating talk on stress reduction at the WYN conference in Paris, France. Through a blend of expertise and empathy, Dr. Joy expertly navigates the intricate landscape of stress management, offering practical strategies and profound insights that resonate deeply with audiences. Whether exploring mindfulness techniques, time management strategies, or the importance of self-care, Dr. Joy provides a roadmap to navigate the tumultuous waters of modern life with grace and resilience. Those fortunate enough to witness Dr. Joy's transformative message emerge from the stage are left inspired and equipped with the tools to embark on their own journey toward inner peace and well-being. For anyone seeking refuge from the chaos of everyday life, Dr. Joy stands as a beacon of wisdom and guidance, guiding them toward a brighter, more balanced future.

**MERIAM BODEWIJN – OWNER BOLD COACH**