SPEAKER KIT

BREATHWORK ACTIVATIONS
KEYNOTES
WORKSHOPS





WHAT'S INSIDE

Contents

01

About Emefa

02

Partners & Stages

03

The Stakes

04

The Four Rooms

- Somaxis™ Breathwork Activation
- Leveraging AI in an Embodied and Ethical Way
- Beyond Burnout: Leading from Fullness, Not Depletion
- The People Behind the Product

05

Connect



WHO I AM

Emefa Boamah

SOMATIC BUSINESS STRATEGIST · BREATHWORK FACILITATOR · SPEAKER · PODCAST HOST

Most rooms are asked to think. I hold the room so people can arrive.

My work sits where ancestral Ewe wisdom meets nervous-system science and practical business strategy. I have held space for more than 1,500 people across 30 organizations — Wounded Warrior Project, Ann Arbor SPARK, Girl Scouts of Northeast Texas — and guided more than 75 breathwork journeys.

What organizers tell me afterwards is not that the content was good. It is that the room changed. People stop performing, put their shoulders down, and the conversation the agenda was actually hoping for becomes possible.

> *First Daughter of the Ewe people of Ghana, carrier of the names of the Houses of Agbodo, Boamah and Zormelo. I came to this work through a near-death experience that rearranged what I understood leadership to be.*

Previous Partners and Stages

BLACK TECH SATURDAYS	RebelNell	BasBlue	Burgess Institute for Entrepreneurship & Innovation · Michigan State University	FOUNDER FORWARD MICHIGAN
femology	WXW Women's Exchange of Washtenaw	United Way Metropolitan Dallas	WOUNDED WARRIOR PROJECT	girl scouts of northeast texas
THE CREATIVE UNION	FIERCE LAB	BOKETTO CENTER · holistic mental wellness ·	ANN ARBOR SPARK	a2TECH360

1,500+ PEOPLE HELD

30 ORGANIZATIONS SERVED

75+ BREATHWORK JOURNEYS

5 YEARS OF PRACTICE







> "Emefa's work helps to nurture, heal, and ground leaders. The work is restorative and responsive, helping to guide the individual into their best self."
>
> AMANDA LEWAN · CEO, BAMBOO DETROIT

WHY THIS ROOM, NOW

31%

of the women in your organization very often or always feel burned out. Against 23% of men. Whatever you have planned for them this quarter is landing on a nervous system that has been bracing for years.

74%
more likely to be job hunting, once burned out.

2×
what replacing one of them can cost in salary.

63%
more likely to take a sick day.

70%
less likely to burn out when a manager has their back.

> Burnout does not live in the calendar. It lives in the body, and no one has ever thought their way out of a clenched jaw.

Gallup, "How to Prevent Employee Burnout," Q4 2025 workforce data. Replacement cost from Gallup, "This Fixable Problem Costs U.S. Businesses $1 Trillion."

THE SOMAXIS™ OPERATING SYSTEM

Five facets, read two ways at once.

A leader and the organization she is building are the same system — they regulate together, or they collapse together.

FACET	IN THE PERSON	IN THE BUSINESS / TEAM
The Temple · Physical	Body & senses — feeling vs. numbness	Products, offers & the tangible what
The Architect · Mental	The stories running your reality	Strategy, systems & the how
The Depths · Emotional	Inner weather read as data, not noise	The transformation clients & teams feel
The Current · Energetic	Boundaries, nervous-system capacity & pace	The flow of time, money & people
The Origin · Spiritual	Purpose — what you answer to	Mission — why this exists beyond profit



SIGNATURE ACTIVATION

Somaxis™ Breathwork Activation

FOR: RETREATS, TEAM OFFSITES, CONFERENCE OPENINGS AND CLOSINGS · 30 MINUTES, 60, OR A FULL SESSION

> **Arrive in the Room:** by moving a group out of their heads and into their bodies in the first ten minutes, so the agenda lands on people who are actually present.
>
> **Regulate Together:** by guiding a shared breath practice that settles the collective nervous system, not only the individual ones in it.
>
> **Carry It Out:** by leaving with one breath practice they can run themselves in under three minutes — at a desk, before a hard conversation, in a parking lot.

A Somaxis™ Breathwork Activation changes the floor the day is built on. It is a guided group somatic breathwork experience, sized to your program, that opens a gathering so people actually land — or closes one so the work has somewhere to settle rather than evaporating in the parking lot.

> "The breathwork was transcendent. I cried, I laughed, I came back to my body for the first time in years."
>
> RETREAT PARTICIPANT · SOMAXIS™ BREATHWORK JOURNEY



KEYNOTE OR WORKSHOP

Leveraging AI in an Embodied and Ethical Way

FOR: LEADERS, ENTREPRENEURS, CONSCIOUS BUSINESS OWNERS · KEYNOTE, HALF-DAY OR FULL-DAY

Prompt with Precision: by learning the S.O.M.A. method — Specificity, Objective and Context, Meaning and Mandate, Action — and using it on real work the same day.

Keep Your Own Voice: by building the habit of checking what is theirs and what the machine wrote, before anything goes out with their name on it.

Know What Not to Delegate: by setting clear criteria for the judgment that stays human, and for what never goes into a prompt box at all.

This session is hands-on. We run a vague prompt and a S.O.M.A. prompt side by side and let the room see the difference, then people practice on something real — a week to organize, a budget to lay out, an email that is not landing. We cover what never belongs in a prompt box, how to make the tool ask better questions, and how to check a source rather than trusting a citation that looks right.

> "The workshop was well done. Emefa was excellent — she kept it simple and was extremely engaging, and kept the session upbeat with great examples. My biggest takeaway is understanding what ChatGPT is and is not, privacy and what not to enter, how to improve an answer, accuracy and checking sources."
>
> DIANE JOHNSON · WOUNDED WARRIOR PROJECT



KEYNOTE

Beyond Burnout: Leading from Fullness, Not Depletion

FOR: LEADERS, EXECUTIVES, MANAGERS · KEYNOTE THROUGH FULL-DAY

Locate the Depletion: by reading their own exhaustion across all five facets — physical, energetic, emotional, mental, spiritual — instead of treating it as one undifferentiated tiredness.

Regulate, Not Just Rest: by learning practices that return a nervous system to baseline inside a working day, rather than on a retreat six months from now.

Build the Rhythm: by leaving with an operating pattern that prevents collapse, instead of a recovery plan for afterwards.

Rest is not the opposite of burnout. Regulation is. A holiday returns someone to the same conditions with the same wiring; regulation changes what their body does inside those conditions.

"The exact recharge I needed — Emefa left the room feeling like the best version of themselves and set the perfect tone for the summit. Her presence and energy brings calm over the room while lifting them up and encouraging them to make space for themselves."

BRITTANY WALLS · LEADING FROM FULLNESS SUMMIT



WORKSHOP

The People Behind the Product

CORE VALUES THROUGH THE SOMAXIS™ OPERATING SYSTEM · FOR: FOUNDERS, LEADERSHIP TEAMS, PEOPLE AND CULTURE LEADERS

> **Name the Code:** by identifying the core value running underneath their decisions, facet by facet — for many people, in words, for the first time.
>
> **Find the Bug:** by surfacing the limiting belief that has been blocking that value, and tracing exactly what it is costing the team.
>
> **Ship the Rewrite:** by converting the new belief into one specific behavior, and one values gap they will name out loud with their team.

When you are unclear on your values, the culture forms anyway — just not on purpose. Every team runs on code nobody wrote down.

Values are what matters to you. Beliefs are your interpretation of what is possible, and they are where the blocking happens. A founder who values authenticity but believes that visible uncertainty costs respect will perform confidence she does not feel, decide alone, and watch her team stop raising problems early. The value was never the problem.

> "Confidence really comes from alignment. When I am connected to my core values, my choices feel more natural and true to me — there is no magic point where we stop feeling uncertainty; what matters is learning to move through it."
>
> PARTICIPANT · CORE VALUES WORKSHOP · MSU BURGESS INSTITUTE & BASBLUE



FOUR WAYS IN

Starting Points. Not Packages.

Somaxis™ Breathwork Activation

To open or close a gathering. Thirty minutes, sixty, or a full session.

The Keynote

For conferences and summits. Twenty minutes through a full plenary.

The Workshop

For teams, leadership circles and retreats. In person or virtual.

Somaxis™ Integration

A deeper organizational engagement. Girl Scouts of Northeast Texas ran eight weeks.

BASED IN	Metro Detroit, MI (DTW) · Available nationwide, globally & virtually
RATES & TRAVEL	Corporate, association & community/nonprofit rates on request · Travel outside Michigan quoted separately

Tell me about your room.

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