emefa boamah

SPEAKER ONE-SHEET · 2026–2027

# Emefa Boamah

BESPOKE SOMATIC BUSINESS STRATEGIST · FACILITATOR
BREATHWORK · PODCAST HOST



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

Creator of the Somaxis™ Operating System and founder of Inhabit Yourself. Ancestral Ewe wisdom, nervous-system science and executive business strategy, held together. Every session includes a live somatic practice — audiences leave having felt the shift, not just heard it.

**1,500+** PEOPLE HELD

**30** ORGANIZATIONS

**75+** BREATHWORK JOURNEYS

SELECTED STAGES

Wounded Warrior Project · Girl Scouts of NE Texas · MSU Burgess Institute · Ann Arbor SPARK · United Way · BasBlue · Black Tech Saturdays · WXW

THE FOUR ROOMS

## Four ways to move a room.

### Somaxis™ Breathwork Activation

SIGNATURE ACTIVATION · 30–60 MIN

Guided group breathwork that opens a gathering, or closes one so the work settles rather than evaporating in the parking lot.

### Leveraging AI in an Embodied & Ethical Way

KEYNOTE OR WORKSHOP · HALF OR FULL DAY

Hands-on S.O.M.A. prompting. Efficiency without outsourcing discernment.

### Beyond Burnout: Leading from Fullness

KEYNOTE · 45 MIN TO FULL DAY

Regulation, not rest. Locate depletion across five facets and build a rhythm that holds.

### The People Behind the Product

TEAM WORKSHOP · HALF OR FULL DAY

Core values made operational, facet by facet, so culture forms on purpose.

> "Emefa's work helps to nurture, heal, and ground leaders. The work is restorative and responsive."
>
> AMANDA LEWAN · CEO, BAMBOO DETROIT

> "The exact recharge I needed — Emefa set the perfect tone for the summit."
>
> BRITTANY WALLS · LEADING FROM FULLNESS SUMMIT

| | |
|---|---|
| BASED IN | Metro Detroit, MI (DTW) · Nationwide, global & virtual |
| RATES & TRAVEL | Corporate, association & nonprofit rates on request |

Tell me about your room.
hello@emefaboamah.com

THE FULL SPEAKER KIT · PHOTOGRAPHS & FORMATS

EMEFABOAMAH.COM/SPEAKER-KIT