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.

1,500+	30	75+
PEOPLE HELD	ORGANIZATIONS SERVED	BREATHWORK JOURNEYS



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.

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.

Tell me about your room.

hello@emefaboamah.com

THE METHOD · PROOF · LOGISTICS

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, pace & capacity	Offers & the tangible what
The Architect · Mental	Stories running reality	Strategy, systems & the how
The Depths · Emotional	Inner weather read as data	Client & team experience
The Current · Energetic	Boundaries & capacity	Flow of time, money & people
The Origin · Spiritual	Purpose you answer to	Mission beyond profit



WHAT PEOPLE CARRY OUT

"I came back to my body for the first time in years."

RETREAT PARTICIPANT

"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

SELECTED STAGES & PARTNERS

Wounded Warrior Project · Girl Scouts of Northeast Texas · MSU Burgess Institute · Ann Arbor SPARK · United Way · BasBlue · Black Tech Saturdays · WXW · Rebel Nell · Femology · A2Tech360

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

Why this room, now: 31% of women very often or always feel burned out, against 23% of men. Source: Gallup, "How to Prevent Employee Burnout," Q4 2025 U.S. workforce data. Figure is Gallup's, not a measure of this practice.

The full speaker kit — photographs & formats

emefaboamah.com/speaker-kit