

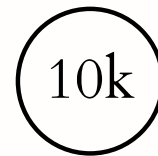


Dr Olubunmi Aboaba

GLOBAL WELLNESS STRATEGIST

10,475
Linkedin followers

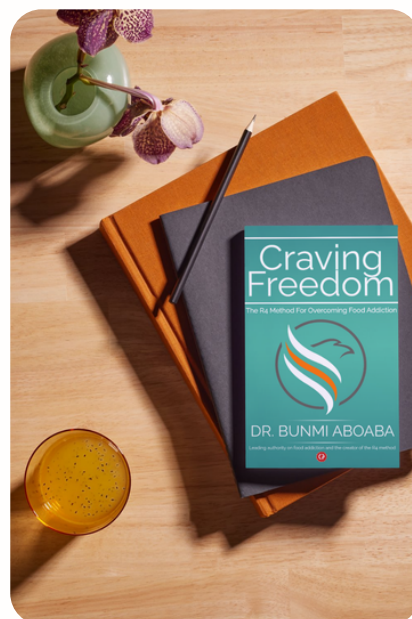
@DROLUBUNMIABOABA



Instagram

Dr Olubunmi Aboaba. Founder, speaker and coach, specialising in effective and discreet support for high-performing leaders, founders and professionals

- 40 years clinical experience
- 17 years in recovery leadership
- FAI Board Member (Food Addiction Institute)
- Published Author
- Features: The Guardian / BBC Radio / Channel 5 / HuffPost / Brainz
- Award winner 2023 - Platinum Awards – Best Holistic Therapy



enquiries@drolubunmiaboaba

[drolubunmiaboaba](https://drolubunmiaboaba.com)

+ telephone number

FAST FACTS

- Global Wellness Strategist (executive + family systems focus)
 - Focus areas: burnout, anxiety, addiction, nervous system regulation
 - Author: Craving Freedom
 - Board Member: Food Addiction Institute (FAI)
 - Features: The Guardian, Psychreg, HuffPost, Brainz Magazine, Channel 5, BBC Radio, Medium, Business News, UK Health Radio, FitPro, Love Sober
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INTERVIEW ANGLES

- “Why high performers don’t respond to generic wellness advice”
- “Nervous system regulation vs emotional regulation”
- “The hidden cost of coping strategies (food/alcohol/work)”
- “Why governance fails when the room is dysregulated”

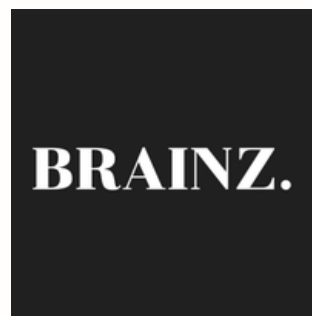
SIGNATURE TOPICS

- Nervous System Regulation for High-Stakes Decision Making
- Burnout-Proof Leadership: Why Willpower Fails
- Quiet Dependency: When Coping Starts Costing You
- Addiction, Anxiety and Success: The Hidden Collision
- Family Strain Under Pressure: Regulation, Repair and Resilience
- Regulated Rooms: Co-regulation for Better Conversations and Better Outcomes

IDEAL AUDIENCE

- Family office principals and advisers
- Founders / C-suite / high-performing professionals
- Private client circles (legal, finance, wealth, advisory)
- Leadership offsites and retreats

AS SEEN IN



PRESS

For interviews, contributions, quotes or general press enquiries, please contact: enquiries@drolubunmi.com

ENQUIRIES & BOOKINGS

For TV & Radio, guest appearances, podcasts or keynote speaker enquiries, please contact: enquiries@drolubunmi.com

Press images, logo and full speaker bio available on request

QUOTE BANK



“Real success isn’t what you can carry — it’s what you can sustain.”

“High performance without regulation is just slow-motion collapse.”

“You can hide from people, but you can’t hide from burnout.”

*“She looks at the whole picture
and brings much depth of
knowledge and experience to her
work.”*

**Janey Lee Grace -
Author & BBC Radio Presenter**