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# OGE AKINOLA

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M A T E R N A L   W E L L N E S S   P I O N E E R

## Speaker Kit

Keynotes · Workshops · Fireside Conversations

*The Future of Maternal Wellness  
Begins Before Conception*

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## A New Conversation in Women's Health

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Oge Akinola is a maternal wellness pioneer, researcher, and founder working to transform how women prepare for motherhood - not after a positive pregnancy test, but in the months and years before it. Her work sits at the intersection of evidence-based health science, lived experience, and faith, and it challenges one of the most overlooked assumptions in maternal healthcare: that preparation begins at the clinic door.

Through The Mothers' Hub™ and the PRS Index™ - a patent-filed preconception readiness framework she created and is developing as the foundation of planned doctoral research - Oge is building the missing bridge between intention and conception. Her message is urgent, hopeful, and refreshingly practical: the health of the next generation is shaped long before pregnancy begins, and women deserve the tools to prepare with confidence.

A compelling and warm speaker, Oge blends rigorous research with storytelling that moves audiences - from healthcare professionals and academic institutions to faith communities, corporate wellness programmes, and women's gatherings. Anchored by her signature concept, The Pregnancy Before Pregnancy™, she doesn't just inform; she reframes how people think about maternal health entirely.

### Who Oge Speaks To

- **Healthcare & academic audiences** - conferences, medical schools, public health forums, and research institutions
- **Corporate & organisational wellness** - women's health initiatives, employee wellbeing programmes, and leadership events
- **Faith communities** - women's ministries, church conferences, and faith-integrated wellness gatherings
- **Women's gatherings** - summits, retreats, and community events centred on motherhood, health, and purpose

## Keynotes & Talks

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*Each talk can be delivered as a keynote, an interactive workshop, or a fireside conversation, and tailored in length and emphasis to suit your audience. Oge works closely with organisers to ensure every talk lands with the right people in the right way.*

### 1. The Pregnancy Before Pregnancy™

The signature keynote. Oge introduces a radical but common-sense idea: that the most important phase of pregnancy is the one before it begins. Drawing on research and lived experience, she reveals why preconception health is the missing link in maternal wellness - and how women can take ownership of it long before they ever see two lines.

**Audiences leave with:**

- A clear understanding of why the preconception window matters more than most realise
- The shift from reactive to proactive maternal health
- Practical first steps any woman can take, whatever her stage of life

*Best for: women's gatherings, healthcare forums, faith communities, wellness events.*

### 2. Before the Clinic Door

A thought-leadership keynote aimed at healthcare professionals, researchers, and policy-minded audiences. Oge makes the evidence-based case that preconception interventions have been built almost exclusively for clinical settings - leaving a vast, underserved gap in community and self-directed care. She presents the PRS Index™ as a model for closing that gap.

**Audiences leave with:**

- A fresh framework for understanding where maternal health interventions currently fail
- The case for non-clinical, community-based preconception care
- A vision for scalable, self-administered readiness tools

*Best for: medical conferences, academic institutions, public health forums.*

### 3. Body, Heart & Faith

A deeply personal talk that weaves together the physical, emotional, and spiritual dimensions of preparing for motherhood. Oge speaks candidly about the whole-person journey - and why true readiness is never just physical. The faith dimension is offered as warmth and invitation, making this talk resonate powerfully with faith communities while remaining genuinely welcoming to any audience seeking a message that honours both science and spirit.

**Audiences leave with:**

- A holistic understanding of readiness - body, heart, and spirit together
- Encouragement to approach preparation with intention, grace, and peace
- Space to reflect on the emotional and spiritual side of the journey

*Best for: faith communities and women's ministries; also adaptable, in a lighter-touch version, for retreats and general women's gatherings.*



## 4. The Strong Foundation

A practical, empowering talk on physical preparation and women's health across the reproductive years - including strength, metabolic health, and navigating transitions such as perimenopause. Drawing on her certification as a pre/postnatal fitness specialist, Oge delivers actionable guidance that meets women where they are.

### **Audiences leave with:**

- Evidence-based principles for building physical readiness
- An understanding of how women's health needs evolve across life stages
- Confidence to train and prepare their bodies with purpose

*Best for: corporate wellness, fitness communities, women's health events.*

## 5. From Intention to Action

A motivational keynote about closing the gap between wanting to be ready and actually being ready. Oge explores the behaviour-change science behind why good intentions so often stall - and how women can build the habits, mindset, and support systems that turn readiness from a wish into a reality.

### **Audiences leave with:**

- Insight into why intention alone rarely leads to change
- A practical model for building lasting health habits
- Renewed motivation to take ownership of their readiness journey

*Best for: leadership events, women's summits, wellness programmes.*

## How Oge Can Work With You

Every engagement is shaped around your audience and goals. Oge offers a range of formats, and is happy to discuss a bespoke approach for your event.

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|--------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Keynote            | A signature talk, typically 30–60 minutes, designed to inspire and reframe. Ideal as an opening or closing session.                 |
| Workshop           | An interactive, hands-on session (60–120 minutes) where audiences engage directly with the material and leave with practical tools. |
| Fireside chat      | A relaxed, conversational format - moderated Q&A or interview style - perfect for intimate gatherings and panels.                   |
| Panel contribution | Oge brings an expert, distinctive voice to multi-speaker panels on maternal health, women's wellness, and faith.                    |
| Virtual & hybrid   | All formats available for online and hybrid events, delivered with the same warmth and energy as in-person.                         |

*Oge is also available for podcast interviews, media appearances, and written contributions on maternal health, preconception wellness, and faith-integrated approaches to motherhood.*

## CREDENTIALS

# Why Audiences Trust Oge

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Oge brings a rare combination of academic rigour, professional certification, published research, and real, lived experience as a mother of four. Her authority is earned across multiple fields.

## Academic & Professional

- **Executive MBA** - Imperial College London
- **MA, Peace & Conflict Resolution** - University of Bradford
- **BSc (Hons), Government & Public Administration** - Abia State University, Nigeria
- **NASM Certified Personal Trainer** - with Obesity & Diabetes, Exercise Referral, and Pre & Postnatal Fitness specialisations
- **Peer-reviewed researcher** - published in the European Journal of Health Sciences (2025)
- **Earlier career** - global health policy and funding at Save the Children UK, including a £10 million PMTCT and HIV treatment proposal; managed a £500,000+ community grants portfolio at the London Borough of Hackney
- **Certificate of Recognition** - Ministry of Health, Abia State, Nigeria (2024)
- **Best Health & Fitness Coach of the Year** - PKB Ministries, UK (2018)

## Innovation & Thought Leadership

- **Creator of the PRS Index™** - a patent-filed preconception readiness framework of nine pillars (US Provisional Patent Pending)
- **Founder** - The Mothers' Hub, a maternal wellness platform
- **Co-founder** - BodyPraise™, a faith-rooted fitness movement with over one million YouTube views
- **Advisory** - Perinatal Community Alignment Advisory Board, Help Me Grow (USA). Member of HIMSS, Postpartum Support International, and Healthy Mom Healthy Baby.
- **Author** - of multiple books on women's and family health, including Before You See Two Lines: Preparing Your Body, Heart, and Faith for the Journey to Motherhood
- **Planned doctoral research** - developing the PRS Index as a self-administered preconception readiness tool for underserved women

## As Featured In

Oge's work has been covered across national press, business, and lifestyle media.

**Vanguard (Nigeria) · London Daily News · Digital Journal · First for Women · Authority Magazine · TopMBA · March8 · U2B · BellaNaija · WomenTech Network**

*Selected coverage includes Vanguard's "How the PRS Index will transform women's health in Nigeria", First for Women's "Innovating Motherhood: The Global Mission Behind The Mothers' Hub", and Authority Magazine's "Women in Wellness" interview.*

## Selected Speaking Engagements

- **Invest in Women, Accelerate Progress** - Storytellers, Nigeria (2025)

- **Unlock the Power of Self-Care and Self-Love** - Herbal Goodness, USA (2024)
- **Phases of Motherhood** - Global Change Agent Academy, USA (2024)
- **Embracing Motherhood in the C-Suite** - Women in Tech, Global/USA (2022)
- **The Ladder to Success** - Grace Ministries, UK (2022)
- **Knowing Your 'Why' for a Healthier You** - City Church, Lagos, Nigeria (2021)
- **Managing Health in Uncertain Times** - Navigating Uncertain Times, South Africa (2020)
- **The Waiting Room: For Every Woman Waiting for the Fruit of the Womb** - PKB Ministries, UK (2019)

*Additional engagements across the UK, US, Nigeria, and South Africa available on request.*

## **Lived Experience**

Beyond the credentials, Oge speaks as a mother of four and a woman of faith who has lived the journey she now helps others prepare for. It is this blend of expertise and authenticity that makes her message resonate so deeply with audiences.



## What Audiences Say

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*Early words from those who have heard Oge speak.*

*“Loved how your faith was reflected all through! It was so great to watch.”*

**Gloria, Investor / Fund8 Ventures**

*“Your content is great and should be heard by every woman and mother.”*

**Victoria Orija, HRIS Executive and Principal Consultant, Dolvino Limited**

*“Oge, this was powerful!!! Everyone loved it and there was so much to learn. We would love to have another session with you on the PRS Index, I know people will find it useful.”*

**Nana Adjoa Hackman, Co-Founder & Managing Partner, Africa Legal Associates; Founder, Drive to Inspire Africa**

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# Bring This Conversation to Your Audience

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The future of maternal wellness begins before pregnancy - and the conversation begins with you. Whether you're planning a conference, a workshop, a retreat, or a fireside gathering, Oge would love to explore how she can serve your audience.

**T O B O O K O G E**

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**OGE AKINOLA**

*Maternal Wellness Pioneer · The Pregnancy Before Pregnancy™*