

**JOYED UP
CONFERENCE**
UNITED KINGDOM
2024



Standard House,
107-115 Eastmoor Street,
Charlton, London SE7 8LX

theme:

detox

Managing Stress,
Finding Healing &
Rising Above the Tides

CONFERENCE BROCHURE



JOYED UP CONFERENCE UNITED KINGDOM 2024

Welcome to the **Joyed Up Conference** in **London!** Today, we're thrilled to have each of you with us as we embark on a journey of renewal, healing, and empowerment under the theme "**DETOX - Managing Stress, Finding Healing, and Rising Above the Tides.**" Since its inception in 2016, Joyed Up has been dedicated to helping individuals rise above life's challenges by cultivating mental resilience, healing, and attaining *Transcendental Performance*. Our mission centers on transforming lives by fostering **JOY** and intentional living, empowering attendees to transcend adversity and connect deeply with their core.

At this conference, you can look forward to an impactful keynote session, open-panel discussions with notable voices in United Kingdom, and a chance to engage in practical tools for managing stress and increasing performance. Our speakers will guide you through strategies to detoxify not only emotionally but also mentally, enabling a holistic approach to life's demands. We encourage you to take in the wisdom, connect with others, and leave inspired to step into your life with renewed clarity and strength.

Welcome once again to an experience that's sure to be both transformative and memorable!

Stay Joyed Up!

What to expect:

- 1. Empowering Keynotes and Insightful Panels:** Dive into an inspiring day filled with powerful keynotes and dynamic panel discussions that explore practical strategies for managing stress, nurturing self-healing, and fostering mental clarity. The sessions will equip you with tools to rise above life's challenges, renew your mindset, and strengthen your path toward holistic well-being.
- 2. Diverse Perspectives on Wellness:** Hear from wellness experts, artists, and thought leaders as they share unique insights that blend science with soul. From grounding exercises to real-life stories of resilience, you'll discover fresh ways to support your mental and emotional health, gaining a balanced outlook from a range of voices and backgrounds.
- 3. Meaningful Connections and Community Building:** Join a community of like-minded individuals dedicated to personal growth and mental wellness. The conference will foster an environment that encourages connection and reflection, giving you the opportunity to connect with others who are on a similar journey toward holistic living and joy-driven success.
- 4. Resources and Practical Takeaways:** Expect to leave the conference with actionable insights, helpful resources, and a renewed sense of purpose. DETOX will guide you in clearing out mental and emotional clutter, allowing you to create space for a more fulfilling, joyful life. You'll gain lasting takeaways to continue building your personal wellness toolkit long after the conference ends.

Joyed Up Conference DETOX is a transformative experience—designed to uplift, renew, and inspire your journey toward joy and mental clarity.

Conference Schedule

1. **Arrival** - 10:30am
2. **Opening Music** - 11:00am - [High Tee]
3. **Welcome Address** - 11:05am - [Anchor]
4. **About Joyed Up** - 11:15am - [Multimedia]
5. **Music Session** - 11:20am - [Pamela Scott]
6. **Panel Session** - 11:30am - [Hosted by:
Tenacious Lolade & Dr. Uche Okorji-Obike
Panelists: Nikki Laoye, Seyi Shay, Dr. Yewande
Olupitan, Cora McKeown, Bez Idakula]
7. **Affirmations** - 12:40pm - [Victor Ogbara]
8. **Coffee Break** - 12:45pm
9. **Music** - 1:00pm - [Tosin Lalemi]
10. **Keynote Address** - 1:10pm - [Bolu Onasanya]
11. **Hugsession** - [Tito Idakula]
12. **Benediction** - 1:55pm - Emmy Akinlaja

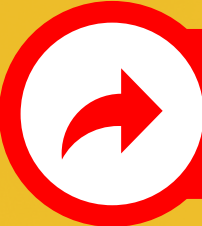
LIKE



SUBSCRIBE



Watch highly impactful videos about JOY and your mental wellness on our YouTube page.



SHARE

COMMENT



BOLU ONASANYA

Bolu Onasanya, widely known as "The JOY Apostle," is a thought leader on JOY and Human Holistic Performance. Trained as an Occupational Therapist and Certified Happiness Life Coach, Bolu draws on his expertise in Psychiatry and Psychology to advance mental wellness. As an author, speaker, and founder of Joyed Up—a faith-driven platform—he has reached over 35,000 people, promoting resilience and purpose through books, seminars, and counseling.

With Joyed Up, Bolu hosts JOY Meetings in Lagos, Ibadan, and Dublin, and is set to bring the annual Joyed Up Conference to London in November 2024. His recent initiative, Joy Culture Enterprises, focuses on Mental Health Counseling and Coaching Services.



DR. UCHE OKORJI-OBIKE

Dr Uche Okorji-Obike is a scientist, public speaker, coach, founder of Tots2teens Allergies, and author of 'Thrive Allergy free, Journey to a life unlimited by food allergies'. She is also a wife and mother of two.

Uche is a Pharmacologist with 11 years in research and biopharmaceutical development for over 11years. She is also a lifestyle and health coach through Tots2teens Allergies, a consultancy that educates, advocates and supports families on all things allergies. Through Tots2teens Allergies, she published her book in 2023 with parts of the proceeds going to Allergy UK charity and Doctors Without Borders Ch



PAMELA SCOTT

Pamela Scott is a Nigerian-born musician celebrated for her contributions to the rock and indie rock genres. With a distinctive sound characterized by raw, emotional vocals, powerful guitar riffs, and thought-provoking lyrics, she has captured audiences both locally and internationally.

Some of her notable releases include the single "Soldier (2022)" and earlier tracks like "Love Has a Name (2020)" and "Flames of Love (2019)." Her music remains a testament to her passion for GOD and the genre, making her a significant figure in the evolving landscape of Nigerian rock music.



Nikki Laoye is a UK-based, award-winning recording artist and media personality with over 18 years in the industry. She is also the founder of Angel 4 Life Foundation, a charity supporting individuals with disabilities, children with serious illnesses, and displaced persons.

In addition to her music and humanitarian work, Nikki hosts the radio show "Girls Rock with Nikki Laoye" and runs her beauty brand, Fine Woman by Nikki Laoye. Alongside her husband, Snatcha, she co-hosts the podcast "Meet The Snatchas," addressing topics on life and relationships. Nikki's diverse work makes her a strong advocate for hope, peace, and love.



DR. YEWANDE OLUPITAN

Yewande Olupitan (Dr. Y) is a dynamic leader whose mission is to empower individuals to live purposeful, intentional lives. Transitioning from Emergency Medicine to entrepreneurship, public speaking, and authorship, she combines her personal transformation journey with professional expertise to inspire others.

As a life coach, Dr. Y specializes in helping midlife professionals redefine their second act with clarity and conviction. Her unique perspective, grounded in diverse experiences, fosters meaningful connections and supports clients in building lives filled with purpose and fulfillment.



Seyi Shay, a Nigerian singer, songwriter, and actress, has captivated global audiences with her unique fusion of Afropop and R&B.

From her early days as lead singer of the UK-based pop group From Above, she transitioned into a solo career, gaining recognition with her debut album, *Seyi or Shay*, featuring hit singles like "Irawo" and "Murda."

Known for her genre-defying style, she's collaborated with notable artists, including Patoranking and Olamide, and secured endorsements with brands like Island Records and Pepsi.



CORA MCKEOWN

Cora McKeown is a devoted mother, faith-driven professional, and health expert with a background in change management and leadership. With a Master's certificate, she empowers women to overcome challenges and rediscover their purpose through her personalized 5-point coaching framework.

Having faced struggles like health anxiety, career stress, and low self-esteem, Cora's compassionate and results-oriented approach helps women regain confidence and live fulfilling lives. Her mantra, "It's not too late. You're not too old. It's not too complicated. You didn't miss your chance."



Panelist

BEZ IDAKULA

Bez Idakula, known as Bez, is a Nigerian singer-songwriter and pioneer of "alternative soul," blending soul, rock, jazz, and R&B. Renowned for his hit *Super Sun* and global performances, Bez's unique sound has earned him international acclaim, including six nominations at The Headies and recognition by The Boston Globe as a top world music artist.

Beyond music, Bez is a philanthropist, supporting underprivileged children through the Bez Idakula Foundation. Based in the UK, he continues to inspire with his artistry, impactful performances, and commitment to making a difference in lives through music and charity.



TOSIN LALEMI

Oluwatosin Lalemi is a worship leader, music minister, and founder of Rhythms of Grace, a global worship initiative spreading hope and healing through heartfelt worship. As a leader at Harvest House Nation and convener of the globally streamed Devotion, she has inspired thousands across Africa and Europe with her passion for authentic worship.

In addition to her ministry, Oluwatosin is a genetics researcher advancing oncology studies with a purpose-driven approach. Her life reflects a unique blend of faith and science, dedicated to transforming lives and fostering hope.





AFFIRMATIONS

I declare that my mind is open, alert and sound.

**I am whole, complete,
enough for life and destiny.**

**I attract valuable resources and relationships
and I steward them appropriately.**

**I identify critical opportunities
and I maximize them effectively.**

I run through limits and I break boundaries.

**Treasures and hidden riches in secret places are
revealed to me and I have the wisdom
to explore them.**

I fulfil my purpose, notwithstanding the economy.

I am focused, intelligent and wise.

**The Joy of The LORD is my strength;
therefore I declare**

**that I experience holistic,
transcendental performance.**

**I declare I have staying power. I am
strengthened, Motivated and Inspired.**

I see the best in every situation.

I attract only good things.

I am truly indomitable. I can do the impossible.

**I am the light the world needs
and I stay Joyed Up!**



[CLICK HERE](#)

to take the
Happiness
Level Test



[CLICK HERE](#)

to take the
Anxiety
Level
Test



[CLICK HERE](#)

to take the
Self-Esteem
Test

**REGISTER
to find
available
meeting
days**

JOY

MEETING, DUBLIN

joyedup.org/irelandjoymeetings

SAFE SPACE | WORSHIP | CONNECT | FOOD & FUN

**1 O'Connell Street Lower
Techmeetup.space D01 TX31
Dublin 1 Ireland**

Powered by





KINGSWORD
LONDON

Streaming on



Kingswordlondon

Following God's Excellence

Ministering:
Pastor Emmy
Akinlaja

10AM

EVERY SUNDAY

The Graceland
(2nd floor) Standard House,
107-115 Eastmoor Street,
Charlton, London SE7 8LX



DON'T MISS A THING

**BIWEEKLY BITESIZE UPDATES
ON FOOD ALLERGIES AND
INTOLERANCE IN CHILDEN**

www.tots2teensallergies.com/contact





**FREE T-Shirt
for first few
people to
join...**

JOIN US

**A vibrant community and safe
space where mental wellness is
prioritized and JOY is dispersed**

CLICK HERE TO JOIN



PIVOT TO PRODUCT MANAGEMENT

E U R O P E 

Earn an Average of £60,000 Annually with a Starting Investment of £60

Key Benefits:

- ▶ 9 Weeks Training
- ▶ Additional 3 Months Internship
- ▶ Free CV Clinic
- ▶ Portfolio Building
- ▶ Interview Coaching
- ▶ Personalised Support

Class Starts:

Dec. 7th, 2024 - Feb 22nd , 2025

Kindly Register Here:

productdive.com/pivottoproductmanagement



TheOAWbrand Consulting

CONSULTING

BUSINESS DEVELOPMENT, ADVISORY & MANAGEMENT.

We help companies and independent businesses analyse profitability and deploy working strategies to evolve, structure, scale and survive in international market.



CONTACT US

- +44 (0) 7734 429635
- wuraola@theoawbrand.com
- www.thewuraola.com
- thewuraola_
- Birmingham, United Kingdom



THERE'S A FREE GIFT FOR YOU!

CLICK TO UNBOX





NUTRIFIELD FOODS &
AGRO PROCESSING CO. LTD

- Spices - Seasonings - Sauces - Pastes

Harnessing the power of nature.

Harnessing the power of vegetables,
wholeseeds & grains to improve diabetic
health and general wellbeing.



www.nufi.gro.com

- NUTRIENT DENSE
- NONGMO
- ADDICTIVE FREE
- RICH IN ANTIOXIDANTS

UNITED KINGDOM

USA

NIGERIA

Special Appreciation

Pastor Emmy Akinlaja
Olalounpe Olayode
Adelola Edema
Bimbo Akinsanya
Tobi Otokiti
Victor Ogbara
Kayode Oluwaremi
Olutayo Winkunle

UK TEAM

Doyin Uko-Akpan
Oluwatosin Lalemi
Dr. Uche Okorji-Obike
Pst. Mayowa Fakorede
Ayotola Adeoye
Dr. Yewande Olupitan

FOUNDERS

Bolu Onasanya (Convener)
Lanre Onasanya





...join us in taking on the world.



volunteer in your country



conferences@joyedup.co.uk
joyedup.co.uk
@joyedup.uk





Your presence made
Joyed Up Conference, London 2024
a huge success.





**HCC
LONDON**



JOIN US
FOR A
**Time of
Fellowship**

This Sunday

Time : 11am

HARINGEY SIXTH FORM COLLEGE

White Hart Lane, London N17
8HR, United Kingdom

 @harvesthouseuk_  07444722830