



Dr. Joi K. Madison

International Coach, Consultant, and TEDx Speaker

Dr. Joi K. Madison is an international coach, consultant, and TEDx speaker whose work spans the fields of biomechanics, neuroscience, and psychology. As a collegiate All-American athlete and former owner of Eat.Sleep.Sweat. functional fitness studio, she has a deep understanding of the mind-body connection, which informs her signature approach to wellness work. Dr. Joi's expertise is built on her experience as well as her academic background, including her role as a professor at The Chicago School, and her work with organizations like the California Black Women's Health Project and SEIU United Healthcare Workers union, where she designed wellness curricula aimed at promoting mental well-being. Drawing on this rich experience, Dr. Joi has honed a specialty in integrating somatic practices to enhance emotional intelligence, helping individuals cultivate deeper self-awareness and resilience.