



Founder of New Roots, Strong Wings CIC
Medical doctor • Social-impact leader • Creative

Conversations that move people from awareness to action.

Bola John is a medical doctor, social-impact founder, speaker and strategist whose work sits at the intersection of health equity, women's leadership, migration, responsible technology and human connection. As Founder of New Roots, Strong Wings CIC, she has built programmes and dialogue spaces engaging more than 600 immigrant, Black and ethnically diverse women in the UK, South Africa and online.

Her speaking combines clinical insight, lived experience, community leadership and practical strategy. Bola brings warmth and clarity to complex subjects, helping audiences move beyond awareness towards more humane systems, courageous leadership and meaningful action.

“My work is concerned with the space between speaking and being heard.”

SIGNATURE SPEAKING THEMES

Rebuilding After Trauma Moving from victim to victor, reclaiming identity and rebuilding a meaningful life after adversity.	The Listening Gap How culture, race and institutional systems shape who is heard in healthcare, public services and AI.
Women's Leadership Through Adversity Leading with courage, humanity and purpose when life has not followed a simple path.	Migration, Identity & Belonging The emotional and practical realities of building community and selfhood across cultures.
Maternal-Health Equity Why Black and Asian women must be believed, included and able to shape maternity care and innovation.	Domestic Abuse & Coercive Control Survivor-centred conversations on recognition, recovery, systems change and community responsibility.
Thriving Through Neurodiversity A humane conversation about ADHD, identity, strengths, barriers and creating environments where people can thrive.	Creativity as a Place of Healing Using art, reflection and storytelling to restore connection, voice and emotional wellbeing.

WHAT BOLA BRINGS TO THE ROOM

HUMAN-CENTRED Warm, courageous conversations grounded in dignity, lived experience and attentive listening.	EVIDENCE-INFORMED Clinical insight, research awareness and strategic thinking translated into accessible language.	ACTION-FOCUSED Clear takeaways that help audiences reflect, connect and identify practical next steps.
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SELECTED ENGAGEMENTS & BOOKING INFORMATION

RECENT SPEAKING, PITCHING & FACILITATION

JUL 2026	Co-pitcher - ZOE Women in Tech Hackathon Co-delivered the final pitch for an award-winning maternal-health equity concept focused on helping Black and Asian women be heard promptly; the multidisciplinary team achieved first place.
JUL 2026	Founder & Facilitator - Art That Heals, Coventry Led a restorative creative dialogue session using painting, poetry and guided reflection to support women rebuilding after trauma, isolation and major life transitions.
2026	Guest Speaker - Thriving Through Neurodiversity - We Hold a Hand podcast Shared a lived-experience-informed perspective on ADHD, mental health, identity, barriers and the strengths that can emerge when neurodiverse people are supported to thrive.
2025-26	Founder & Moderator - Thriving After Birth: Navigating the Postpartum Journey Designed and moderated a maternal mental-health conversation exploring postpartum depression, support, community and the importance of clinically informed, culturally sensitive care.
2025-26	Speaker - The Purple Movement Contributed to a public conversation on gender-based violence in sub-Saharan Africa, addressing silence, harmful norms, survivor dignity and collective responsibility.
2025-26	Guest Speaker - Ambition to Action: NIUK Women Shaping the Future Spoke with women on purposeful leadership, confidence and translating ambition into practical action and community impact.

SPEAKING FORMATS & AUDIENCES

AVAILABLE FOR

- Keynotes and conference talks
- Panels and fireside conversations
- Workshops and facilitated dialogues
- Podcasts, interviews and media commentary
- University, workplace and community events
- Moderating and hosting

AUDIENCES

- Women's networks and leadership programmes
- Universities, schools and professional bodies
- Healthcare, public-service and community organisations
- Technology, innovation and responsible-AI teams
- Faith, civic and advocacy communities
- Funders, policymakers and cross-sector partners

AUDIENCE EXPERIENCE & CREDIBILITY

WHAT PARTICIPANTS EXPERIENCE

"More than just painting... a safe space to pause, reflect and reconnect."

"Powerful and insightful... community is essential."

- Art That Heals participants

SELECTED CREDENTIALS

- Medical Doctor (MD)
- Executive MBA - Technology, Innovation & Leadership
- Master of Social Work; MSc Neuroscience in progress
- Founder, New Roots, Strong Wings CIC
- Fellow of the Royal Society of Arts (FRSA)
- ONE UK Youth Ambassador
- UN Women UK - CSW68, CSW69 and CSW70 involvement
- First-place ZOE Women in Tech Hackathon team

SHORT INTRODUCTION FOR EVENT HOSTS

Dr Bola John is a medical doctor, social-impact founder, speaker and strategist working across health equity, women's leadership, migration, responsible technology and human connection. She is the Founder of New Roots, Strong Wings CIC, which has engaged more than 600 immigrant, Black and ethnically diverse women in the UK, South Africa and online. Drawing on clinical insight, lived experience and community leadership, Bola brings warmth and clarity to complex conversations and helps audiences move from awareness towards practical, humane action.

Invite Bola to speak

Available for UK and international engagements, in person and online.

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