



THANDI MONEE'

Thandi Montgomery's Official Bio

Long

Thandi Montgomery is the founder of Thandi Monee' LLC and Vice President of the Montgomery Legacy Foundation. She graduated Summa Cum Laude and received her undergraduate degree from Florida A&M University. She also has a Master's in Business Administration. Before starting her entrepreneurial journey, Thandi served as a marketing executive, developing results-driven strategies for renowned brands such as AstraZeneca, Capital One, Cinnabon, Dell, Macy's, The Home Depot, Verizon Wireless, and Wingstop.

Through the Montgomery Legacy Foundation, Thandi creates lasting community impact by awarding scholarships to deserving high school students and equipping individuals with the financial literacy and investing knowledge needed to build generational wealth.

Thandi is recognized for her unwavering commitment to whole-self transformation, and her message inspires people to reconnect with who they are so they can live and lead as their true selves. As a transformational keynote speaker, corporate trainer, certified coach, and guest lecturer, she has taken her message from boardrooms to news outlets, conference stages to the TEDx stage, and university classrooms at Dartmouth and beyond.

Thandi's work speaks to anyone standing at the crossroads of who they have been and who they are meant to become, from corporate leaders and executives to survivors and individuals ready for change but unsure where to start.

Central to her work are her highly rated signature programs, *Resilient Narratives* and *FREE to Be Me*, which guide individuals through the transformational process of healing through creativity and breaking free from people-pleasing, so they can live as their true selves rather than the version others expect.

After being diagnosed with Stage 1 breast cancer in 2021, Thandi courageously fought and won, enduring 4 surgeries, 16 rounds of chemo, and 30 rounds of radiation. It was through this



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journey that she discovered the significance of embracing her true self and living with intention, an experience that now lives at the heart of her work and programs. In 2023, the Dallas Cowboys honored Thandi as a Star Survivor for her impactful breast cancer advocacy work.

When she is not speaking, coaching, or consulting, Thandi enjoys traveling overseas to explore and learn about different cultures. Her journeys across South Africa, Zimbabwe, Dubai, Italy, France, Spain, and beyond have enriched and expanded her outlook on life.

She is happily married to Joshua Montgomery and is the proud mother of little Joshua and little Thandi. She lives in Dallas, TX, enjoys spending time with her family, reading, eating gourmet popcorn, and cheering for the Dallas Cowboys.

Short

Thandi Montgomery, founder of Thandi Monee' and VP of the Montgomery Legacy Foundation, graduated from Florida A&M University and has a Master's in Business Administration. She served as a marketing executive for brands including Capital One, Verizon Wireless, and Wingstop.

Thandi inspires people to reconnect with who they are so they can live and lead as their true selves. As a transformational speaker, and certified coach, she has taken her message from boardrooms to the TEDx stage, Dartmouth and beyond.

Her signature programs, *Resilient Narratives* and *FREE to Be Me*, help individuals heal through creativity and break free from people-pleasing.

A Stage 1 breast cancer survivor, she endured 4 surgeries, 16 rounds of chemo, and 30 rounds of radiation and was honored by the Dallas Cowboys as a Star Survivor.

A world traveler, she has explored South Africa, Dubai, Italy, France, Spain, and more. She is happily married to Joshua Montgomery, the mom of two and lives in Dallas, TX.