

*"Life begins when you
find your truth."*

- Thandi

Thandi
MONTGOMERY

TEDx Speaker | Mission-Driven Philanthropist
Whole-Self Transformation Coach



ABOUT THANDI

Thandi is recognized for her unwavering commitment to whole-self transformation. Her message resonates deeply, inspiring men and women to reconnect with who they are so they can live and lead as their true selves.

Thandi's 10+ years of experience as a transformational keynote speaker, corporate trainer, certified coach, and guest lecturer have taken her from boardrooms to podcasts, conference stages to the TEDx stage, and university classrooms at Dartmouth and beyond. She has been invited to speak to medical students, corporate leaders, trauma survivors, and community organizations on a local and global scale.

Through her brave battle with breast cancer, she discovered the true significance of living with intention. Now, her relatable stories of triumph and resilience empower others to do the same.

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.

Let Thandi transform your event and create a defining moment for your audience. It will be a defining moment for them to come alive, prioritize themselves without guilt, and be intentional about their personal growth and legacy.

SCAN QR CODE OR
CLICK ON LINK
TO WATCH
THANDI'S
TEDX TALK



KEYNOTE & WORKSHOP TOPICS

SELF-DISCOVERY AND WHOLE-SELF TRANSFORMATION

- 1 THE DEADLY COST OF PEOPLE-PLEASING
- 2 RESILIENT NARRATIVES: HEALING THROUGH CREATIVITY AND STORYTELLING
- 3 R.I.S.E UP, I'M BUILT FOR THIS
- 4 THE RESILIENT MINDSET: THRIVING THROUGH ADVERSITY
- 5 GEN 2 GEN: BUILDING A LASTING LEGACY OF GREAT HEALTH
- 6 THE A.R.T. OF RECLAIMING YOUR BEAUTY



CLIENTS & MEDIA APPEARANCE



TESTIMONIALS



"Your keynote speech made the event truly special for our survivors, families, and community. Because of you, we were able to create a day filled with hope, love, and celebration. Survivors felt honored, encouraged, and deeply appreciated."

- A. Biasatti
Dir. of Community & PR,
Methodist Mansfield Hospital



"Just wanted to take a moment to give you so much praise for your keynote address. There are really no words to describe what it was like to experience your words and emotions. So unbelievably powerful. It was literally breathtaking!"

- M. Thompkins
Chief Strategy Officer



"I was so impressed with your presentation at our Metro Rotary meeting. You were not only informative but more importantly inspirational. I have always believed what you think about, you bring about. You are proof of that."

D. Dobbs
Rotary Club President

SPEAKER REEL

Click on the video or scan the QR code to witness Thandi's energy and impactful messages in action, leaving a lasting imprint of inspiration and empowerment.





AUDIENCE DEMOGRAPHICS

TOP COUNTRIES

UNITED STATES

ZIMBABWE

TOP CITIES

ATLANTA

AUSTIN

BULAWAYO

DALLAS

WASHINGTON, DC

30-45

AGES

94%

WOMEN

10K+

REACH

FUN FACTS



Loves seafood & gourmet popcorn (think Garrett's).



Finds joy in traveling overseas.



Dallas Cowboys fan.



Appreciates a good self-help book.



Daughter named after Thandi, son named after husband.

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ADDITIONAL SERVICES

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Life Coach and Personal Branding

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WITNESS THE
POWER OF
TRANSFORMATION
IN ACTION.

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Helping people reconnect with who they are so they can
live and lead as their true selves.

