

A portrait of Thandi Montgomery, a Black woman with long, straight black hair, wearing a bright pink blazer and a gold chain necklace. She is looking directly at the camera with a neutral expression. The background is a blurred indoor setting with a pattern of small green dots on the left side.

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

*Thandi*  
MONTGOMERY

SPEAKER | HEALTH/WELLNESS CONSULTANT

The **TRANSFORMATIONAL SPEAKER** who helps women unlock their truth, reignite passion, and elevate to new heights.



## ABOUT THANDI

Every woman deserves space to unlock her truth and shift from existing to living. But life's pressures and prioritizing others often dim her inner spark.

Through captivating experiences, Thandi creates space, a roadmap, and practical takeaways for women to unlock their truth, reignite passion, and elevate to new heights.

Thandi's 10+ years of experience as a keynote speaker, marketing consultant, and workshop facilitator spans across audiences on a local and global scale. She has been invited to speak to students, corporate leaders, churches, and community organizations.

From boardrooms to podcasts, conference stages to media outlets, her message resonates and inspires women to live with intention and shift from existing to living.

Through her brave battle with breast cancer, she discovered the significance of becoming her true self and living with intention.

And now, her relatable stories of TRIUMPH and resilience empower other women to do the same.

Recognized for her unwavering commitment to women's health, wellness, and self-discovery, she embraces her second chance at life to uplift women.

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

*Thandi*  
MONTGOMERY

## KEYNOTE & WORKSHOP TOPICS

### SELF-DISCOVERY

- 1 UNLOCK YOUR TRUTH, DISCOVER YOUR POWER
- 2 THE RESILIENT MINDSET: THRIVING THROUGH ADVERSITY
- 3 NAVIGATING THE JOURNEY TO SELF-DISCOVERY AND PERSONAL WHOLENESS

### CANCER AWARENESS

- 4 THE UGLY, BEAUTIFUL TRUTH OF BREAST CANCER
- 5 SPEAK UP, TELL YOUR TRUTH: HOW TO CREATIVELY TELL YOUR BREAST CANCER STORY



# CLIENTS & MEDIA APPEARANCE



# TESTIMONIALS



*"Your speech was so touching. It was so beautifully brave and powerful. It showed how you can be empowered in vulnerability. When you shine, it gives me permission to shine."*

- F. Garvey  
Entrepreneur/Wellness Expert



*"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.

# SOCIAL MEDIA INFLUENCER RATE SHEET

LIFESTYLE | HEALTH & WELLNESS



**1K**

FOLLOWERS



**2K**

FOLLOWERS



**1.3K**

FOLLOWERS

**30-45**

AGES

**82%**

WOMEN

**US**

TOP COUNTRY

## SERVICES & RATES

### INSTAGRAM RATES

- INSTAGRAM STORY (IMAGE ONLY): \$375
- SINGLE POST (1 IMAGE): \$450
- CAROUSEL (UP TO 3 IMAGES): \$500
- INSTAGRAM REEL (30-60 SECONDS): \$675+

### LINKEDIN RATES

- SINGLE POST (1 IMAGE): \$450
- VIDEO (30-60 SECONDS): \$675+

### EXTRAS/ADD-ONS

- PRODUCT/SERVICE REVIEW: \$750+
- BRAND AMBASSADORSHIP: CONTACT FOR PRICING

### PAYMENT TERMS

- 50% UPFRONT
- 50% UPON CONTENT DELIVERY

### CONTENT CREATION TIMEFRAME

(CONTENT IDEATION - POSTING)

5-10 DAYS

(A TIMELINE WILL BE DETERMINED BASED ON THE REQUEST)



## PREVIOUS COLLABORATIONS



GlaxoSmithKline



**Tigerlily  
Foundation**

Beauty. Strength. Transformation.

Thandi  
MONTGOMERY



@ThandiMonee



[www.ThandiMonee.com/speaking](http://www.ThandiMonee.com/speaking)



[ThandiMonee@gmail.com](mailto:ThandiMonee@gmail.com)

## ADDITIONAL SERVICES

Marketing Consulting  
Life Coach and Personal Branding

BOOK THANDI  
TODAY AND  
WITNESS THE  
POWER OF  
TRANSFORMATION  
IN ACTION.

SCAN THE QR CODE  
BELOW TO COMPLETE THE  
SPEAKER REQUEST FORM



[www.ThandiMonee.com/speaking](http://www.ThandiMonee.com/speaking)



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