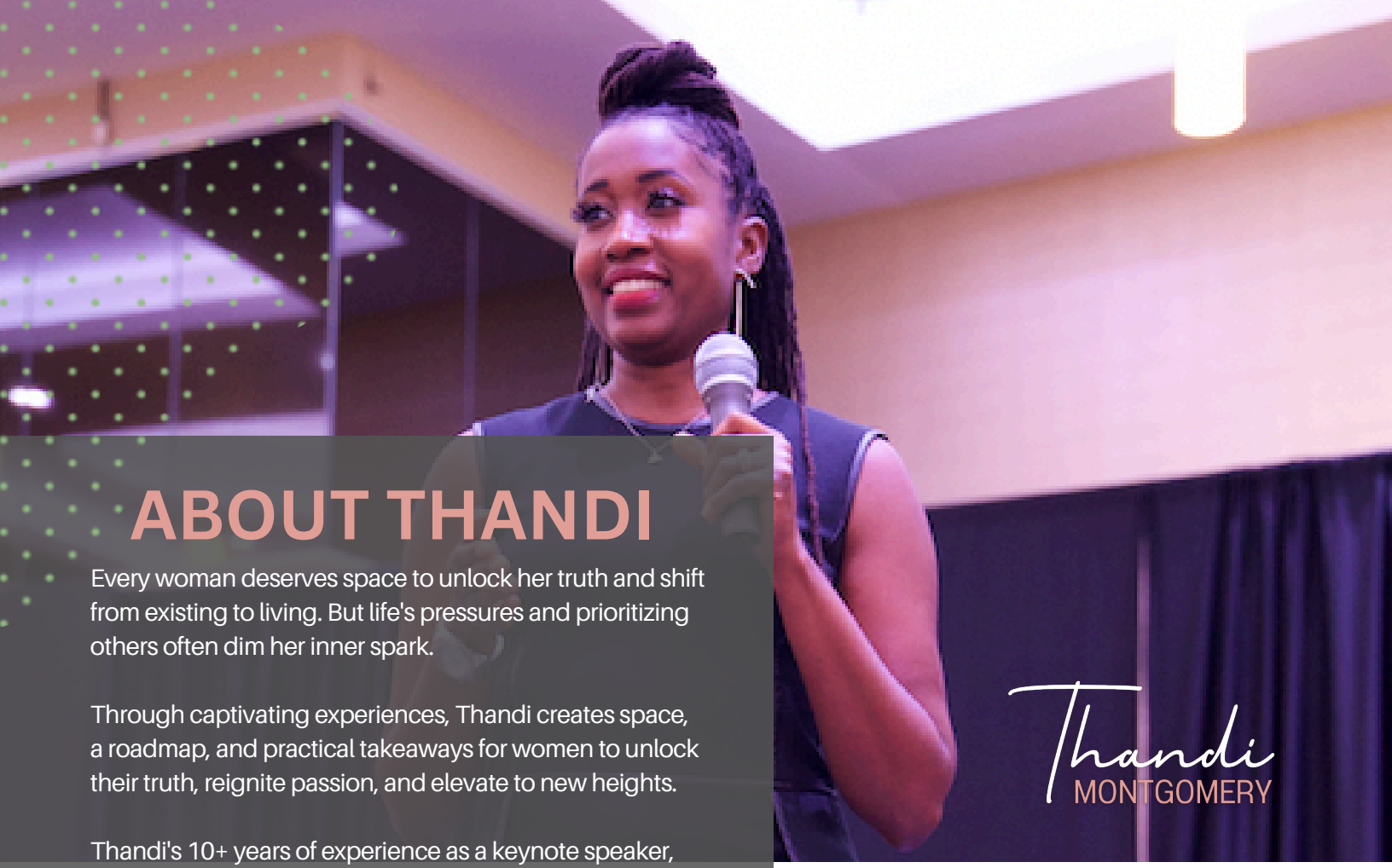
"Life begins when you find your truth."
- Thandi

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.

KEYNOTE & WORKSHOP TOPICS

SELF-DISCOVERY, HEALTH & CANCER AWARENESS

1. THE RESILIENT MINDSET: THRIVING THROUGH ADVERSITY
2. RESILIENT NARRATIVES: THE ART OF HEALING THROUGH CREATIVITY AND STORYTELLING
3. GEN 2 GEN: BUILDING A LASTING LEGACY OF GREAT HEALTH
4. THE A.R.T. OF RECLAIMING YOUR BEAUTY
5. BUILT FOR THIS: HOW TO HEAL, REBUILD, AND THRIVE

CLIENTS & MEDIA APPEARANCE

CBS NEWS
FOX NEWS
DELL
Genentech
ROTARY INTERNATIONAL
DARTMOUTH
DALLAS INDEPENDENT SCHOOL DISTRICT
ad 2 dallas
MegaFest
THE HOME DEPOT
Capital One
The Philadelphia Inquirer
gsk GlaxoSmithKline
CAREITY
verizon
VoyageDallas
THE OHIO STATE UNIVERSITY
PUBLICIS GROUPE
UNT DALLAS UNIVERSITY OF NORTH TEXAS AT DALLAS

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.

www.ThandiMonee.com/speaking

AUDIENCE DEMOGRAPHICS

TOP COUNTRIES

UNITED STATES
ZIMBABWE

TOP CITIES

ATLANTA
AUSTIN
BULAWAYO
DALLAS
WASHINGTON, DC

30-45	94%	10K+
AGES	WOMEN	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	2K	1.3K
FOLLOWERS	FOLLOWERS	FOLLOWERS

30-45	82%	US
AGES	WOMEN	TOP COUNTRY

SERVICES & RATES

INSTAGRAM RATES

- INSTAGRAM STORY (IMAGE ONLY): $500
- SINGLE POST (1 IMAGE): $750
- CAROUSEL (UP TO 3 IMAGES): $1,000
- INSTAGRAM REEL (30-60 SECONDS): $1,500+

LINKEDIN RATES

- SINGLE POST (1 IMAGE): $750
- VIDEO (30-60 SECONDS): $1,500+

EXTRAS/ADD-ONS

- PRODUCT/SERVICE REVIEW: $2,000+
- 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.

@ThandiMonee

www.ThandiMonee.com/speaking

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

Thandi MONTGOMERY

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