

Third LUV

TBIRD LUV

Transformative Arts Facilitator

for creative

embodied

leadership

HI, I'M TBIRD

I don't train leaders to perform better. I develop the capacities leadership depends on.

Most leaders today are exhausted, over-performing, and stuck managing complexity with outdated tools.

I develop the human capacities leadership actually depends on – presence, discernment, emotional regulation, and relational intelligence – so impact can emerge without burnout or force.

When these capacities are underdeveloped, leaders experience:

- Chronic burnout masked as competence
- Reactive communication that erodes trust
- Polarization within teams and communities
- Over-control or disengagement under pressure
- High-impact missions slowed by human friction





MY SOLUTION BEYOND STRATEGIES

Your greatest leadership lessons won't come from books, degrees, or strategy sessions; they're forged in relationships.

The difficult teammate? A *mirror to your patience*. The disengaged community? A *challenge to your ability to inspire*. The unexpected conflict? A *test of your clarity over ego*.

That's why I created the Transformative Arts Method™, to guide leaders home to their core: staying connected to themselves and to others, and choosing response over reaction when pressure, emotion, or uncertainty arise.



Outcomes & Impact

- Increased emotional regulation and clarity under pressure
- Stronger trust, communication, and relational coherence within teams
- Reduced burnout and reactivity in high-stakes environments
- More authentic, embodied leadership presence
- Greater capacity to navigate complexity and change

MY APPROACH

For me, power is not found in control or authority over others. It is found in presence, discernment, and the capacity to stay connected under pressure.



RELATIONAL LEARNING IS THE WAY

Collaborative Arts-based practices develop perception, emotional intelligence, and relational capacity.

It quickly helps leaders see more clearly, ask better questions, and navigate complexity without losing coherence.



THE OPPORTUNITY

One of the hardest things for leaders today is to stay grounded in authenticity while holding complexity without collapsing into control, burnout, or performance.

I work with leaders, founders, and culture-shapers across sectors who are exploring leadership models rooted in connection, coherence, and the human capacities that technology cannot replace.

MY OFFERINGS



What Changes as a Result of This Work

- Leaders communicate with clarity instead of defensiveness
- Teams build psychological safety without artificial exercises
- Individuals regulate emotion in real time – not in theory
- Creative and strategic intelligence integrate instead of competing

How I Deliver This

- Keynotes that awaken self-awareness and embodied leadership
- Immersive, arts-based workshops tailored to organizational context
- Relational practices leaders can apply immediately in real situations

“What Tbird does doesn’t fit into the categories of entertainment, inspirational speaking, or leadership training. She operates in a category entirely her own.” – Lily Dong

What Clients Say

“Unconventional is the word that comes to mind for Tbird. She brings her own magic – a fresh, unique approach to leadership unlike anything we’ve seen from the many coaches and experts out there.” – Eloïse Walsh Doukkara, Talent & Leadership Development Expert, AXA Group

“TBird’s storytelling, presence, and facilitation allow us to open up quickly and lead from a deeper place. She’s a force.” – Tom Buchanan, Head of Security Advisory & Standards, Talent Management & D&I, AXA Group

“Tbird has transformed our client work across Asia and Europe. Her depth, presence, and precision unlock real breakthroughs. A rare and invaluable force.” – Rob Schilling, Program Lead & Facilitator, Talent Development





What Clients Say

"Tbird fosters community where masks are removed and trust flourishes. She helped me see that when I connect deeply with others, my gifts, sometimes hard for me to recognize, become visible."

– Hillary Garris (CFO Entrepreneur)

"T-Bird has a knack for grounding a group into their bodies like few I've ever experienced. One short guided meditation left me with an indelible image I draw on daily as a source of strength and self-love."

– Mark Metz (Conscious Dancer Magazine)

"Tbird's sessions are as much about community as the individual. Her love is contagious. After every class, we embraced one another as brothers and sisters. She fosters trust, empathy, and true belonging." – Dr. Athena Stanley-Yolgecen, Ph.D.



MY JOURNEY

From an early age, I was drawn to moments that revealed our shared humanity – collective experiences where music, creativity, and presence dissolved separation and awakened connection.

Pivotal experiences, including witnessing both profound unity and deep global rupture, shaped my lifelong devotion to cultivating coherence, consciousness, and relational healing.



'She's on track to be one of the most important creative voices of her generation.' - Robert Dick Internationally Acclaimed Flutist & Composer

BORN FOR THESE TIMES

My path has never been conventional. Through the performing arts, transformative facilitation, and immersive group experiences, I've dedicated my life to developing the human capacities that allow individuals and communities to meet complexity with clarity, compassion, and courage.

Today, my work sits at the intersection of creative expression, embodied leadership, and relational intelligence — supporting leaders and organizations to lead from authenticity rather than force.

"TBird is a rare musician that continuously develops hybrid ways of playing, singing, speaking and dancing. I will listen with great anticipation as she continues to push her own boundaries and inspire us all to follow her lead." - Michael Pestel, Multimedia Artist & Musician, Professor Wesleyen University



WANT TO COLLABORATE?

Whether you're curating a retreat, designing a leadership experience, hosting a keynote, or exploring new models of human-centered leadership, I welcome collaborations rooted in depth, integrity, and meaningful impact..



EMAIL: info@Tbirdluv.com
TEL. WhatsApp +52 55 6147 6695

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