



TIA CRISTY

GLOBAL COMMUNICATION EXPERT, PERSONALITY, AND SPEAKER

Tia Cristy is a seasoned Global Communication Expert, former national radio personality, and TEDx speaker whose work has reached millions online. She partners with organizations to diagnose and resolve the hidden communication breakdowns that erode productivity, culture, and revenue. She has worked with royalty and senior leaders across industries. As a national personality, recognized as one of the nation's top seven female voices, and award-winning Tips Expert, Tia is featured on TED.com for her viral TEDx Talk, *It's All Stress: The Frazzler vs. The Silent Stressor*. Her methodology blends behavioral science with real-world leadership communication to drive meaningful, measurable results. Tia has advised C-suite executives, public figures, and high-performing leaders globally and has delivered keynotes at institutions such as Princeton University. She equips clients with practical, immediately applicable tools to strengthen executive presence, improve performance, and create lasting cultural impact.

Thanks, God!

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One thing I always say is that we are all wrong when it comes to understanding religion because we're still here. I think all the answers will come after we leave this universe (remarkably, I can't say "planet" since people are exploring space more and more these days). Regardless of how far Heaven is, I believe people's hearts are born well-equipped, and we can see and hear God every day, in everything, when we take the time to look and listen. I can see God in the sweet face of a baby or in the green grass that tickles my bare feet.

I hear God in the rolling ocean or in the sound of this week's favorite song. I see God's hand in the celebrated art on the walls of places like the Met and the magnificent bridges that connect cities to one another. I hear God's voice in the birds that wake up before I do or in the center of my gut that screams out, telling me what I should do.

I've come to discover we are souls having a human experience, and what an outstanding experience it can be if we simply choose to give an ear and observe. I've already lived a dozen lifetimes in this one singular life. I've learned to crawl, walk, run, drive cars, drive even faster cars, fly planes, float boats, and soar on prayers. I've painted, written, sung, danced, and talked to millions, at this point. I've prayed for strength, and I've prayed for softness, and been granted both when I've needed them.

We are just like the bodies we live in, —strong, fragile, beautiful, and resilient. Mine's been tested a couple of times. How about yours? I think that's where the magic is, where God shows us how supernatural we are. I like to believe that the tough time someone is going through can be a setup to catapult them into their marvelous destiny. I like to think that all my devastating losses have all had to happen in just that way, so I could arrive right here at this very moment.

I already know that some of my assumptions about how it ultimately works are incorrect, but one thing I can't contest is that whenever I show gratitude, giving thanks to God, I receive even more. It's a truth I can't deny or ever claim coincidence. Even at my lowest moments, I remembered to give thanks. Rising from the ashes, I've landed where I am now, and here's not a bad place to be. The true test is in trying, and results are the ultimate proof.