

BIO

Thelizabeth “Theo” Boyd—named after her grandmothers, Thelma and Elizabeth—grew up on a Texas farm, where her love for words and resilience took root in family poetry sessions with her father and life lessons from her mother. Known as “Theo” since middle school, she channeled her early passion for writing into Ready Writing and UIL competitions, guest columns for local newspapers, and ultimately, a career as a high school English and Creative Writing teacher in Waxahachie, Texas, earning her Rookie Teacher of the Year.

A deeply personal loss in 2019 catalyzed Theo’s journey into the world of grief education and advocacy. Her debut memoir, *My Grief Is Not Like Yours*, resonated across the nation and led to her podcast, THINK THEO—now entering its sixth season and exploring the spectrum of grief and healing with thought leaders, survivors, and experts. Her most recent release, *Hope All The Way*, achieved both USA Today bestseller status and an Amazon #1 bestseller ranking in the *Love and Loss* category. Theo has been recognized with 23 national and international book and writing awards, including the Indie Excellence Award and two Global Book Awards.

Theo’s influence extends through 26 bookstore appearances, 18 television appearances, 17 radio shows, and 37 podcasts, with her insights on grief and healing featured in 49 publications, including Newsweek, The Sun, and The Daily Mail. She has shared her message at Rotary Clubs, Lions Clubs, non-profit organizations, women’s groups, and libraries across the country, and she currently serves on the Child Protective Services Board in Hill County, Texas.

A Certified Grief Educator and the lead researcher behind a national study on the state of grief in America (with the Center for Generational Kinetics, Austin), Theo’s mission is simple but profound: create a world of listeners who witness grief, rather than trying to fix it. Through her writing, speaking, and the THINK THEO brand, she offers hope and healing by showing that all grief truly needs is to be witnessed. To learn more, visit thinktheo.com.