

# Tracy (T-Spirit) Stanton

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International Spoken Words Artist, Community Organizer, Event Producer, Author,  
Workshop Facilitator, Speaker, Trainer

**Objective** : To use Spoken Word Poetry to spark thought, evoke a sense of individual & collective accountability, and move people into action. # Art, Abolition, Healing, and Organizing

## Recent Notable Performances & Speaking Engagements

*Anytime that I am invited to share my gift with the people is a notable performance, whether it's 10 people or 1,000. These are a few that I choose to highlight but they are in no way of more importance than any other opportunity that was presented to me.*

- 2024 [Facing Race](#) Conference / Gare Membership & Main Stage
- 2024 Some Things Must Be Heard: Spitting & Politicking Accra, Ghana
- 2024 Morgan State University ( Baltimore, MD)
- 2024 [Arch City Defenders](#) Fundraiser
- 2024 [Forward Through Ferguson](#) Fundraiser
- 2024 [Free Khallifah](#) Poetry Event ( Featured Poet, Artist Organizer)
- 2024 Harris Stowe State University ( Performed and Produced Event)
- 2024 [Black Men Build](#) National New Mens Tour ( St. Louis Stop)
- 2024 Micheal Brown 10 Years Anniversary ( Ground Zero)
- 2024 Kranzberg Arts Foundation( The Dark Room)
- 2024 Juneteenth Event Missouri History Museum
- 2024 [SLU Ent. 2024 Scale Conference](#) ( Presenter and Workshop Facilitator)
- 2024 BusBoy & Poets Shirlington, VA & Hyattsville, MD ( Featured Poet)
- 2023 [Freedom Community Centers](#): Freedom Dreaming End of The Year Storytelling and Fundraiser event ( Featured Poet)
- 2023 Mission St. Louis Staying Power Awards (Keynote Speaker)
- 2023 Dream.org Cohort Graduation (Keynote Speaker & Performance)
- 2023 National Blues Museum Blues on the Block ( Performance, Curator, Project Manager)
- 2023 Robert Green present, Think, Imagine Reclaim Artist Talk ( **EventCurator, Host, Performance**)
- 2023 Juneteenth “Free-dome”Celebration (Project Manager, Host, Performance, Curator)

## ART & ORGANIZING: Performances, Panels

- 2024 Roots & Remedies Conference ( Cincinnati, OH)
- 2024 Survivors Ball, 2 day Conference ( Cincinnati, OH)

- 2023 Socialism Conference ( Panelist & Impromptu Performance) Chicago, IL
  - [Putting Police Abolition into Practice: Organizing Notes from Across the US](#)
  - [Socialism Conference](#)
- 2023 The Future is Femme, Washington University
  - [Future is Femme will celebrate Women's History Month, feminism, ballroom culture, and activism](#)
- 2023 BirchTree Recovery Grand Opening
  - [BirchTree Recovery Center](#)
- 2023 & 2022 Faith for Justice, Reclaim MLK Day (Performance)
- 2023 Second Chance Employee Panel, Soul Fishers Ministries ( Panelist)
- 2023 We Wear Orange : Addressing Gun Violence through a Restorative Lens ( Performance & Speech)
- 2023 National Night Out, JeffVanderlou Neighborhood ( Performance, Speech)
- 2023 Juneteenth Event: Kettering College Kettering, Ohio ( Performance)
- 2022 Reproductive Justice Panel Cori Bush, Ilhan Omar, Ayanna Pressley ( Performance)
  - [Black Woman Spoken Word Piece performed #cori bush #ayanna pressley #ilhan omar #gratitude #poetry](#)
- 2022 Rite of Joy Conference: Reclaiming the Sun for Melanated People Poetry for Personal Power, KS, MO ( Workshop)
  - [Rite of Joy Conference](#)
- 2022 Action Stl Woke Voters Brunch ( Performance)
  - [Action St. Louis hosts brunch to energize voters in St. Louis area](#)
- 2022 & 2021 National Day of Empathy, Dream Corp ( Performance)
- 2022 Forward Through Ferguson's Transform #911 Event ( Performance)
  - [Riverfront Times/ Transform 911](#)
- 2023 Reparative Justice Coalition of St. Louis Home
  - [Downtown St. Louis Remembers 1836 Lynching](#)
- 2021 National Council For Currently and Formerly Incarcerated Women and Girls ( Virtual Performance)

## ADDITIONAL PERFORMANCES CAN WE FOUND ON MY WEBSITE

### EVENTS: I have produced

**Some Things Must Be Heard: Opened/ Closed Mic (Spitting & Policking Series)**

**STMBH Video Recap,** [Some Things Must Be Heard : Spitting and Politicking](#)

**Some Things Must Be Heard : Book Release (STMBH Book Release Recap)**

On March 28th, 2021, I released my first Poetry/Audio Book entitled Some Things Must Be Heard when Covid was on the decline and a book signing which sold out within 2 days of publishing the event..

**Co organized /Regal Rhythm Presents Survivors Ball 3 year 2021 - 2024**

The Survivor's Ball was created to celebrate the strength and courage of surviving mental, physical, and emotional trauma and to build a community of survivors, who are well connected to support resources, and to provide a platform where their stories can be shared.

## Poetry Workshops & Performances ( All available workshops are not listed)

- **2023 & 2024 Roots and Remedies**
  - The He(Art) in Art ~ A Spoken Word Poetry Workshop that focuses on healing, connection, transformation and collective liberation. [Roots & Remedies](#)
- **2023 University of Minnesota, Humphrey School of Public Affairs**
  - I've Seen The Days ( Dreaming & Visioning & Creating) ~ Poetry Workshop created for the dreamers and the doers.
- **2023 Freedom Arts and Education Summer Teaching Arts ( K- 12)**
  - I facilitated several workshops with 3 different age groups. This included the use of writing prompts and word banks,
- **2022 - 2023 Hope Creates ( StoryTeller/ Workshop facilitator / Performance/ Speaker)**
  - Make Your M.A.R.C. is a nine-session program for a cohort of 10-15 youth/young adults in recovery or deemed "at risk" for Substance Use Disorder.
- **2023 Hawthorn Leadership for Girls**
  - She Speaks ( Teen Edition) & This pose ~ Poetry/ Empowerment/ Affirmative Workshops that uses the transformative art of poetry and a variety of active learning strategies to pry open the door toward healing, restoration, and repair..
- **2022 Galaxy Gives , Hamptons**
  - Co- facilitated an empathy & active listening training and healing circle with the staff of Galaxy Gives.
- **2022 Harvard University Cambridge, MA**
  - 164207 ~ Creative Writing for Social Change Workshop unpacks a very personal poem that I created about my time spent incarcerated. This is a compare and contrast poem which exposes the transgressions of America and parallels them with " law and order"
- **She Speaks Workshop**
  - **2023 Mothers** Day Event
  - 2022 Community Wellness Project/ [Community Wellness Project](#)
  - 2022 MPWR STL
  - 2022 T-Spirit Presents She Speaks Workshop
  - [She Speaks Promo Video](#)

## Trainings

- **Mid America Arts Alliance 2023 Artist Leadership Cohort**
  - **2023** [Artist Leadership Fellows](#)  
[Fall 2023 Present WorkShares](#)
- **Mass Liberation**
  - 2023 Train The Trainer Cohort,
- **Mass Liberation**
  - 2022 Black Intensive Groundwork (Organizing & Somatics)
  - [Mass Liberation Project](#)
- **Survived & Punished**

- 2022 Survivor Defense Organizer Training Institute, [Survived & Punished](#)

## Awards and Affiliations

- 2024 Arts Excellence
- 2024 Passion 4 Poetry
- 2019-2021 Board Member  
Center For Women In Transition  
2019-2021

- 2018-2022 Program Facilitator  
Institute of Peace & Justice
- 2022 Deluxe Power 100  
Honoree
- 2022 Streets to Success  
Awardee
- 2022 Missouri Mental Health  
Champion Nominee
- 2022 Center For Women In  
Transition Community Partner  
Award
- 2019 Staying Power Award
- 2019 Beautiful Transformation  
Award