



## Why "Spirit LED"?

*Spirit-LED is more than a name; it is a philosophy. Spirit embodies vitality, connection, and the animating force of life. LED represents intentional guidance toward light, clarity, and transformation. Like an LED light, our work channels energy through the challenges—the cathodes—of life, converting struggle into visible, radiant light.*

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My credentials as a Certified [Anthropedia](#) Well-Being Coach highlights my dedication to holistic well-being. My engagement with [Mass Liberation @ Training 4 Trainers](#) and the [Black Healers Collective](#) demonstrates my commitment to intensive healing work, collective liberation, and communal care.

As a founding member and former Director of Movement Building & Storytelling at the [Freedom Community Center](#), I've built infrastructure for the budding organization's peace-making and power-building efforts, centering currently and formerly incarcerated Black people and survivors of violence in all programming. I applied my gifts as a poet, writer, organizer, and thought leader into developing dynamic training, curriculum, leading grassroots campaigns, and holding accountability circles as anti-carceral alternatives to addressing violence.

Whether facilitating strategic planning or designing restorative systems, I support organizations in aligning values with practice. My consulting approach integrates story-based visioning, arts-based strategy, and trauma-informed planning to help teams grow with integrity, sustainability, and community accountability. Please check out my resumes to learn more about the depth of my work and my reach. Here are a few places that I have been invited to share my gifts and insight.

- **Conferences:** Rising Majority, Roots & Remedies, Just Narratives, Facing Race Conference, On the Rise, SLU Scale Conference, Socialism, Rite of Joy, The Survivors Ball, Black Maternal Health, Survivors Ball.
- **Keynotes:** Staying Power Awards: Mission STL, [Dream.org](#) Graduation, Soulfishers Ministries (Highlight) Center for Women In Transition, Recovery Girls Rock Bali, Indonesia 2026
- **Events:** Missouri History Museum, St. Louis Griot Museum, National Blues Museum, Freedom Arts, Malcolm X Grass Roots Movements.

## **Well-Being Coaching & Healing Modalities:**

- [Anthropedia Coaching Methodology:](#) ( Certification)
- Lived Experience/ Recovery Training
- Sound Healing/ Humming Techniques
- Community Building/ Healing / Story/ Poetry Circles
- Herbs, Essential Oil Applications

### **Content/ Topic Review ( All not listed)**

- Ingredients of Well-Being
  - Love, Hope, Faith
- Understanding Thought | Understanding Temperament and Character Traits
- Silence of The Mind Meditation
- OPENING UP TO THE WORLD ( Union With Nature & Grounding Techniques)
- Gaining Awareness: Using your Intuition
- Deepening Awareness
- Expanding Awareness
- Embodying Well-Being

## **Consulting : Strategic Planning & Organizational Health**

*What Is Strategic Planning? (Spirit-LED Definition)*

Strategic planning is a disciplined, intentional, spirit-rooted process through which organizations remember who they are, clarify what they are called to do, and align their work with their highest purpose. It goes beyond spreadsheets and timelines. It is the practice of pausing long enough to listen: to the community, to the ancestors, to the lessons of the past, and to the emerging future trying to break through.

Spirit-LED strategic planning helps organizations define their long-term vision, mission, and goals, and design the actions, operations, and practices necessary to achieve them. Unlike day-to-day operations, which focus on immediate tasks, Spirit-Led strategic planning stretches your imagination forward – preparing your organization to face challenges, align mission with movement, and cultivate a liberatory impact that is sustainable, communal, and deeply rooted.

### **I LIVE TO LOVE ORGANIZATIONAL HEALTH:**

<https://youtube.com/shorts/VTmzAjUwiws?si=pGluMOe0GmRANKIn>

*Spirit-LED Organizational Health Curriculum*

A healing-centered, values-rooted curriculum for teams, leaders, and organizations

This poem is a map of restoration, connection, truth-telling, rebellion, and abundance.

This curriculum uses the poem as the narrative spine, and the Spirit-LED method as the structural backbone.

This poem has traveled across states and events: Eden Seminary, Oublished in , the NARCA conference, Roots & Remedies Conference

## [Poetry Centred : Healing, Political & Social Justice Workshops](#) [Link to Workshop](#)

### Descriptions

- *Reminder ( Uncovering, Recovering, Discovering and Reclaiming workshop)*
- *She Speaks ( A social- emotional- political) workshop for Womxn)*
- *Can I Talk To You Black Man ( A social-emotional- political workshop for Black Men)*
- *When IT Rains It Pours ( Anxiety in Black Communities and a way forward )*
- *Freedom Dreaming ( Community Care, World Visioning, Self Determination)*
- *Black Joy ( Joy as a strategy)*
- *A Letter From My Ancestors ( Remembering)*
- *1164207 ( Social Justice, Justice Impacted & Prison Industrial Complex)*
  - *More workshops not listed*

### **Trainings**

- [Transformative Justice](#)
- [Podmapping](#)
- [Accountability](#)
- [Addressing Conflict](#)
- Peacemaking & Restorative Justice
  - *more trainings not listed*

### **Some Things Must Be Heard: Spitting & Politicking**

- Curate cultural events/ programs for days of remembrance and HOLYdays..
  - **Martin Luther Kings Day, Black History, Women's History Month, Juneteenth etc**

### **WHO IS TRACY ( T-SPIRIT) STANTON**

- [T-Spirit The Poet Website](#)
- [T-Spirit2019 Instagram](#)
- [Tracy Stanton Facebook](#)
- [T-Spirit Artist Resume](#)
- [Tracy \( T-Spirit\) Stanton Professional Resume](#)
- [Some Things Must Be Heard : Spitting & Politicking Media & Recaps](#)
- Poetry Performances ( Check my website for more)
  - [T-Spirit the Poet Youtube](#)
  - [I've Seen The Days](#)
  - [Representation](#)
  - [I knew you before : Letters from my Ancestors](#)
- Some Media
  - [When We Speak \( Poetic Visual Story\)](#)
  - [STL Arts Q & A](#)
  - [Ghana Trip](#)
  - [Some Things Must Be Heard : St. Louis American](#)