

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. This he/art was gifted to me by my ancestors, elders and predecessors so my goal is that it remains grounded in transparency, vulnerability, resilience, righteousness, resistance, joy, and truth. My poetry and my voice is a catalyst for personal and social transformation and it speaks to and for those that are battling oppressive systems: internally and externally because some things must be heard. # 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 BusBoy & Poets Shirlington, VA & Hyattsville, MD (Featured Poet)
 - *Busboys and Poets is a community where racial and cultural connections are consciously uplifted... a place to take a deliberate pause and feed your mind, body and soul... a space for art, culture and politics to intentionally collide...*
 - [BusboysandPoets](#)
- 2023 Freedom Community Centers: Freedom Dreaming End of The Year Storytelling and Fundraiser event (Featured Poet)
 - *Premiered the DocuSeries: We Survive Stories of Liberation and displayed the transformative work of the organization. The Freedom Community Center is a black led organization that is building a movement of survivors that are committed to addressing and intervening in interpersonal and systemic violence in St. Louis City while creating alternative systems of safety that do not rely on the state. Build Power & Make Peace.*
 - [Freedom Community Center](#)
 - [FCC and Movement, Building, and Storytelling directors detail 'Freedom Dreaming' event \(media\)](#)
- 2023 Mission St. Louis Staying Power Awards (Keynote Speaker)
 - *The Staying Power awards was created to honor people from our community who have shown strength + determination to stay on a positive path in the face of life's challenges. Mission St. Louis's vision is to empower individuals for social and economic growth through relationship and opportunity. They work closely with formerly incarcerated people and families.*
 - [Mission St. Louis](#)
 - [4YOU: Staying Power Awards\(media\)](#)
- 2023 Dream.org Cohort Graduation (Keynote Speaker & Performance)

- Dream Justice Cohort - a leadership development and skill building program that empowers justice-impacted leaders to take a seat at the table where criminal justice solutions are made. Dream.Org closes prison doors and opens doors of opportunity into the green economy. They bring people together across racial, social, and partisan lines to create a future with freedom, dignity and opportunity for all.
 - [Dream.Org](#)
 - [2023 Dream Justice Cohort](#)
- 2023 National Blues Museum Blues on the Block (Performance, Curator, Project Manager)
 - “The Poet Collective curated by @tspirit2019 to perform at Blues on the Block this summer! The poets that make up this collective are all phenomenal artists who share a similar love and commitment to the art of spoken word poetry, displaying their passion through their unique style” **I performed and connected 10 local spoken word artists with the National Blues Museum and they were compensated to perform in front of an audience of 150 + people**
 - [National Blues Museum](#)
 - [National Blues Museum : T-Spirit Presents the Poetry Collective](#)
- 2023 Robert Green present, Think, Imagine Reclaim Artist Talk (Artist Curator, Host, Performance)
 - “Robert E. Green’s artistic practice combines physical artmaking (assemblage, sculpture, painting, photography, and video), with acts of social justice that take the form of cultural festivals and events, creating a kind of “Gesamtkunstwerk.” His works and actions celebrate Black Pride and foster economic success within the Black community” **I was hired to perform, host, curate the entertainment, and organize the flow of events for the day.**
 - [Robert E. Green Counterpublic](#)
 - [Robert E. Green Counterpublic Artist Talk](#)
- 2023 Juneteenth “Free-dome”Celebration (Project Manager, Host, Performance, Curator)
 - The theme this year was Father's and family and ofcourse Freedom. “Our 2023 entertainment lineup includes a mix of local talent, nationally known musicians, singers, and more. We enjoyed incredible food truck vendors, curated vendor tables, live art, dance, awards, and so much more!! ” **I was the project manager for this event and I was also hired to perform, host, curate the entertainment, and organize the flow of events for the day. I was able to invite over 20 local and national artists, dancers, drummers, and dj’s to be a part of this event. There were well over 500 attendees at this event which was held on the northside of St.. Louis at the legendary Fairground Park.**
 - [Juneteenth Free-Dome Celebration](#)
- 2022 The Saint Louis African American Artifacts Festival and Bazaar (Project Manager, Host, Performance Curator)
 - “Their mission is to provide cultural exposure, education and information in order to cultivate awareness and appreciation of the significant contributions made by people of African descent.The festival featured artifacts, art, music, dance, food, vendors, children activities, health & wellness. This was a celebration of the rich history of people of African descent” **I was the**

project manager for this event and I was also hired to perform, host, curate the entertainment, and organize the flow of events for the day. I was able to invite over 15 local and national artists, dancers, drummers, and speakers to be involved in this event. This event was held in the historic Old North District in St. Louis.

- [Saint LAAA FaB](#)
- 2022 F.L.O.W International Showcase, Accra, Ghana (Ye Are God's Headliner Poetry Feature & Rich Lineage Creative Writing Workshop
 - "F.L.O.W International – Ghana Edition. MasterPiece presents F.L.O.W (For.Love.Of.Words)...a showcase of poetry, comedy, dance, and music. We've crafted a flow of unforgettable moments and experiences. Every show features some of the nation's best artists showcasing their talent in an incredible setting guaranteed to light up the stage." **I had the opportunity to feature at the Ye Are God event alongside my friend and fellow artist Goddess Warrior the Poet and facilitate my writing workshop entitled "Rich Line-Age". I also featured at For the Love of Words Showcase alongside amazing American and Ghanaian poets.**
 - [Ye Are God's Event](#)
 - [FOR.LOVE.OEWORDS INTERNATIONAL](#)
- 2022 Soul Fishers Ministry Gala (Performance & Testimonial Speaker)
 - Their mission of The SoulFisher Ministries is to respond to the needs of youth with incarcerated parents and to promote restorative justice for those currently or formerly incarcerated. **I was invited to share my testimony of redemption, recovery, and restoration via poetry with over 200 attendees. I also gave a speech that focused on abolition, transformative justice, community accountability, and systemic violence.**
 - [Soul Fisher Ministries](#)

ART & ORGANIZING: Performances, Panels

- 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)
 - [FreeHer 2021 Virtual Conference](#)
- 2021 St. Louis Griot Museum, Harris Stowe State University (Performance)
 - [Artist & Activist Concert: Tribute to Josephine Baker](#)
- 2020 Close the Workhouse Campaign Art Contest Winner
- 2020 [AMERICA'S MYTHIC TIME OPENING RECEPTION AT THE LUMINARY](#)
 - Poetry was featured in this exhibition.
- 2020 [Marvin Booker Film Screening](#) (Performance & Panelists)
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ADDITIONAL PERFORMANCES (*all performances are not listed*)

- 2023 Hustle and Flow Feature Hosted By the Legendary Poet Lightning
- 2023 Bars at the Bar
- 2023 Poetry, Comedy Brunch, Featured Akeem Ali
- 2023 Private Session w/ Obbie West
- 2023 Whisper & Shout, Peoria, IL
- 2023 Pure Poetry Live (Special Guest) Washington, DC
- 2023 National Blackson Day
- 2023 Eden Seminary Graduation
- 2023 10Finity Event
- 2023 Lit Linguistics
- 2023 St. Louis Arts & Entertainment Awards, Presenter and Performer
- 2023 Hustle and Flow Hosted By the Legendary Poet Lightning
- 2023 Manifestation Event
- 2023 2023 Passion For Poetry, Chicago, IL
- 2023 Spring Soiree, Greenville, NC
- 2023 Whisper & Shout, Contemporary Arts Peoria, IL May & December
- 2022 Laugh & Lyrics
- 2022 Whisper & Shout Contemporary Art Peoria, IL
- 2021 Lipstick Wars Slam Champ, Louisville, KY
- 2021 Regal Rhythms Slam 2nd Place
- 2021 Poetry For Personal Power Slam 2nd Place
- 2020 Woke Brand Slam 2nd Place

- 2019 Voices of Power Slam Champ, St. Louis, MO
- 2019 What's The Big Deal, Gadsden, AL
- 2019 Center for Women In Transition Beautiful Transformation Awards Ceremony

EVENTS: I have produced

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

STMBH Video Recap,

We have featured more than 25 local, national, and International Spoken Word Artists and Community Organizers. I created this platform because deep meaningful transformation occurs when we have safe sacred spaces to openly and honestly express ourselves, network, and build lasting relationships. We are committed to using art as a strategy for organizing and a tool for black liberation. My featured artists and organizers are committed to the art and the movement. Artists, Activists, humanitarians, and community organizers such as Audre Lorde, Sonia Sanchez, Nikki Giovanni, Amir Baraka, Maya Angelou, Alice Walker, Langston Hughes dedicated their lives to the art of poetry. They chose to address societal ills and speak directly to the heart of the people and I intend to do the same.

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. Why, because people need a place to feel seen and not judge. I titled my book and my show, Some Things Must Be Heard because in order for change to happen, we must be truthful about the conditions of our lives and our communities. I speak candidly about my own journey to recovery, systemic violence, oppression, and healing to enact social and personal change.

Co organized /Regal Rhythm Presents Survivors Ball

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. I was a founder member of this annual event alongside MoPoetry Phillips, Tonyela "Masterpiece" Arphul, and Ed Mabrey. Since the inaugural event we have added Ollie "Hoodraised" Woods, and several other artists, healers and community organizers to the team.

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

- **2023 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. This workshop dives into Community Organizing, Coalition Building, and Community Based Systems of Safety. [Hubert H. Humphrey School of Public Affairs](#)
- **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,
- We also analyzed poems, defined words, and created acrostic poems. This was a very healing and empowering for everyone involved. [Freedom Arts](#)
- 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. I have had the opportunity to be a storyteller at several of the sessions, facilitate my “This Pose” & “ In These Streets” Workshops, as well as perform and be the closing speaker at the Final Concerts. Hope Creates partners with Family Court of St. Louis County & Family and Father Support Center [Hope Creates](#), [Make Your Mark Program](#)
- 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. The main goal of these workshops are to encourage teenage girls to use their voices and identify their strengths because it contributes tremendously to their overall well-being and society as a whole. [Hawthorn Leadership School for Girls](#)
- 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” [Harvard Law School Creative Writing Student Group](#)
- 2022 Bridging the Gap (Teen girls)
 - Reminder & I L.O.V.E. ME ~ Self love and Positive Reinforcement Poetry Workshops that harnesses the transformative power of poetry, storytelling, and human connection to facilitate healing, restoration, and repair. Our goal is to combat self doubt, enforce the importance of positive self talk to remind us of who we are and who's we are.
- 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](#)
- Can I Talk To You Black Man?
 - The Can We Talk Black Man ~ Poetry and Wellbeing Workshop that uses the transformative art of poetry and a variety of active learning strategies to create a non-judgmental space for black men/boys to identify and express their emotions. The objective of this workshop is to create a sense of emotional safety by establishing mutually empathetic relationships that will alleviate shame, promote well-being, and dissolve the stigma attached to mental health and masculinity in the black community. [Can I Talk To You Black Man Promo](#), 2022 Community Wellness Project

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, Affiliations and Acknowledgements**
 - 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
 - 20Presenter with The Clark- Fox Family Foundations Mass Incarceration Initiative
 - Board Member with The Center For Women in Transition

College Appearances, Speaking, Panelists, and Performances

Saint Louis University/ Occupational Therapist

Washington University / Criminal Justice

Williams and James College (Virtual Speaker and Panelist)

Tennessee State University (Virtual Performance)

Over the last few years I have curated several sold out poetry productions, open mic events, healing workshops, writing workshops, led several direct actions, and facilitated over 50 community organizing meetings (locally and nationally). I have had the privilege to touch 100's, actually 1000's of community members and creatives since 2019 when I first touched a stage and entered into this liberation work. Art, Healing, & Organizing is my life.

For Media, Reviews and More information Please Visit... tspirtthepoet.com