

ORGANIZER, AUTHOR, POET, HEALER

Tracy (T-Spirit) Stanton

Tracy (T-Spirit) Stanton is a Highly Featured International SpokenWord Artist, Trainer/Workshop Facilitator, Well-Being Coach, Speaker, Project Manager and much more. Tracy (T-Spirit) Stanton is also a survivor of many things including the predatory prison industrial complex, St. Louis City streets, racial capitalism, white supremacy, patriarchy, sexual violence, substance use, trauma, and herself. At 5 years post-incarceration and 6 years clean from all mood and mind-altering substances this compassionate, fiery, bold, energetic, beam of love and light has turned her tragedies into triumphs, made significant changes in her life, the lives of many, and society at large. She deeply understands the need for connection, collective liberation, and creative expression. Poetry has always been a tool for transformation, liberation and resistance. She is merely carrying on a legacy.

She also serves as the Director of Movement Building and Storytelling with the Freedom Community Center which is a Black Led Organization that is building a movement of survivors that are intervening in interpersonal and systemic violence while creatively designing systems of safety that do not involve the state. She is currently finishing her restorative justice facilitator training. She is a circle keeper, healer, organizer and trainer who has facilitated over 50 community organizing meetings(black only spaces) and hosted a plethora of all inclusive workshops inside and outside of the country addressing topics such as : systemic violence, movement building, transformative justice, racial capitalism, abolition,emotional suppression, anxiety, inner criticism, self defeating thoughts, emotional regulation, and much more.

Don't be so focused on the destination that you don't rob yourself enjoying the journey



tspiritthepoet.com



Tracy Stanton



MEDIA APPEARANCES | PUBLICATIONS | AFFILIATES

AFFILIATES

Director of Movement Building & Story Telling at The Freedom Community Center

**Train the Trainer Cohort
Mass Liberation Project 2023**

Board Member • Center For Women In Transition 2019-2021

Program Facilitator • Institute of Peace & Justice 2018-2022

**2023 Train the Trainer Cohort
Mass Liberation Project**

AWARDS

2022 Deluxe Magazine 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



WUPR



NEWS



stl|pr

The Washington Post

ST. LOUIS AMERICAN



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2023 Freedom Dreaming Storytelling Event (EOY Fundraiser)
2023 Dream.org Key Note Speaker & Performer
2023 Mission St. Louis Staying Power Awards KeyNote Speaker
2023 Socialism Conference Panelist & Impromptu Performance
2023 Roots and Remedies Workshop Facilitator
2023 & 2022 Faith for Justice, Reclaim MLK Day
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, Speaker)
2023 Juneteenth Event: Kettering College Kettering, Ohio
2023 Juneteenth "Free-Dome" Celebration
2023 Hustle and Flow Feature Hosted By the Legendary Poet Lightning
2023 Poetry, Comedy Brunch, Featuring 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 w Jade Harrell
2023 Manifestation Event
2023 Passion For Poetry, Chicago, IL
2023 Spring Soiree, Greenville, NC
2023 Whisper & Shout, Contemporary Arts Peoria, IL May & December
2023 & 2022 Survivors Ball, Cincinnati OH
2022 F.L.O.W (For the Love of Words) International Showcase Accra, Ghana
2022 Reproductive Justice Panel Cori Bush, Ilhan Omdar, Ayanna Pressley
2022 Rite of Joy Conference: Reclaiming the Sun for Melanated People Poetry for Personal
2022 Action Stl Woke Voters Brunch
2022 & 2021 National Day of Empathy, Dream Corp
2022 Forward Through Ferguson's Transform #911 Event (Performance)
2023 Reparative Justice Coalition of St. Louis Home
2021 National Council For Currently and Formerly Incarcerated Women and Girls (Virtual Performance)
2021 St. Louis Griot Museum, Harris Stowe State University (Performance)
2020 Close the Workhouse Campaign Art Contest Winner
Harvard University, Cambridge, MA
Dream Corps National Day of Empathy

She Speaks

[She Speaks Promo Video](#)

Can I Talk To You Black Man

[Can I Talk To You Black Man Promo](#)

Reminder

When It Rains It Pours

Who Are You And Your People

The He(Art) In Art

Addiction To Ambition

Rich Lineage

164207

Creative Writing for Social Change

*More Workshops, Presentations and Trainings Available
please visit website for more info.*

*Tracy (T-Spirit) Stanton has facilitated over 50 workshops
& trainings engaging 1000's of community members
virtually and in person across the nation and abroad.*



Some Things Must Be Heard

Opened/ Closed Mic (Spitting & Policking Series)

STMBH Video Recap

We have featured more than 20 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 freely 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.



2023 Gratitude Highlights

Becoming a 2023 Artist Leadership Fellow with the Mid America Arts Alliance, being selected as a 2023 Regional Arts Commission Grant Recipient for her Some Things Must Be Heard: Open/ Closed Mic (Spitting & Politicking Series (a project, where she have featured over 20 spoken words artists and community organizers), serving as the 2023 Poet in Residence with the National Blues Museum where she had the honor to present the Poetry Collective (10 local Spoken words Artists who were compensated to share their art with over 200 attendees) at the Blues on the Block Summer Series between June and August. She also served as a teaching Artist with Freedom Arts and Education Center in the summer of 2023 where she enjoyed facilitating poetry workshops with youth ranging from grades K -12th and when I tell you they wrote, healed and performed: that is exactly what they did. In addition to these accomplishments, she was a guest panelist at the 2023 Socialism Conference where she presented poetry, discussed abolition organizing, alternatives to police and shared the demands from the STL Defund. Reenvision and Transform She was also sought out to facilitate her Poetry Workshop :The He(ART) in ART at the 2023 Roots & Remedies Conference.

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