

Tracy (T-Spirit) Stanton

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International Spoken Words Artist, Community Organizer, 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

- 2024 [Arch City Defenders](#) Fundraiser
- 2024 [Forward Through Ferguson](#) Fundraiser
- 2024 [Free Khallifah](#) Poetry Event (Featured Poet, Artist Organizer)
- 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 Kemper Arts Museum: [Khalil Robert Irving](#)
- 2024 Morgan State University (Baltimore, MD)
- 2024 [SLU Ent. 2024 Scale Conference](#) (Presenter and Workshop Facilitator)
- 2024 Eden Theological Seminary : Author Cole Riley Book Signing (Featured Poet, Ceremony)
- 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 (Host, Performance)
- 2023 Juneteenth “Free-dome”Celebration (Project Manager, Host, Performance, Curator)

Most Recent Conferences, Panels, Performances,

- 2024 Rising Majority Conference (Performance)
- 2024 Survivors Ball, 2 day Conference (Workshop, Performance) Cincinnati, OH)
- 2023 Socialism Conference (Panelist & Impromptu Performance) Chicago, IL
 - *Putting Police Abolition into Practice: Organizing Notes from Across the US*
- 2023 The Future is Femme, Washington University
- 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)
- 2022 Rite of Joy Conference: Reclaiming the Sun for Melanated People Poetry for Personal Power, KS, MO (Workshop & Performance)
- 2022 Action Stl Woke Voters Brunch (Performance)
- 2022 & 2021 National Day of Empathy, Dream Corp (Performance, Speech)
- 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)

Curated Events

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

Featured over 30 spoken word artists, singers, and community organizers between August 2022 to the Present who are committed to speaking truth to power and healing to the heart. The next event is on 11/8/24 in Accra, Ghana.

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 Arts Equity Collective National Survivors Ball 3 year 2021 - 2024

The Survivor’s Ball was founded to honor the strength and resilience of individuals overcoming mental, physical, and emotional trauma. It aims to create a supportive community of survivors connected to valuable resources, while offering a platform for them to share their stories.

Recent Poetry Workshops & Performances listed

- 2024 & 2023 Roots and Remedies
- 2024 Real Choice, Real Voices Conference
- 2024 American Corner Kumasi & US Ghana Embassy
- 2024 Hope Creates
- 2024 The Red Circle ; Chosen Pathways
- 2023 University of Minnesota, Humphrey School of Public Affairs
- 2023 Freedom Arts and Education Summer Teaching Arts (K- 12)
- 2022 - 2023 Hope Creates
- 2023 Hawthorn Leadership for Girls
- 2022 Flow International Accra, Ghana
- 2022 Galaxy Gives , Hamptons
- 2022 Harvard University Cambridge, MA
- **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 [Arts 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 Award
- 2024 Passion 4 Poetry Award
- 2022 Deluxe Power 100 Award
- 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
- 2019-2021 Board Member Center For Women In Transition
- 2018-2022 Program Facilitator Institute of Peace & Justice

Press, Media, Publications

- [St. Louis activists question city leaders on jail conditions and health procedures](#)
- [Riverfront Times/ Transform 911](#)
- [Downtown St. Louis Remembers 1836 Lynching](#)
- [St. Louis activist takes message of survival and mutual aid to Ghana](#)
- [Future is Femme will celebrate Women's History Month, feminism, ballroom culture, and activism](#)
- [Kemper Live: Assemble](#)
- [Action at Capitol to protest COVID in state prisons – EXPO/MCU partners with Our Lives Matter on Oct. 15](#)
- [St. Louis Activist Wants More Formerly Incarcerated People To Have The Right To Vote](#)
- [A Slap In The Face': Missourians With Felony Convictions Don't Want To Wait To Vote](#)
- [Jail Closure is in Sight, now the work begins](#)
- [Some Things Must Be Heard](#)