

# Black Joy: A Strategy for Freedom, Healing, and Reckoning

## Learning Objectives:

- 1) Define Black Joy - Historical/Cultural and Present Day Context;
- 2) Discuss ways one can cultivate joy in personal and professional spaces and relationships;
- 3) Share how and why Black Joy lives alongside Black trauma, pain, and rage; and
- 4) Explain the role of allies and accomplices in de-centering whiteness and amplifying Black Joy.

**Friday,  
Feb 24th, 2023**  
10:00 am to 12:00 pm

Register - <https://bit.ly/3OvSqcY>

This session will be hosted virtually

**Sustainability,  
Equity, Courage,  
Health &  
Well-being**



Tracey Michael Lewis-Giggetts  
BA, MBA, MFA

As a writer and thought-leader, Tracey Michael Lewis-Giggetts offers those who read her work and hear her speak an authentic experience; an opportunity to explore the intersection of culture, identity and faith/spirituality at the deepest levels. She is the founder of HeARTspace, a healing community created to serve those who have experienced trauma of any kind through the use of storytelling and the arts.

Tracey has spoken on a number of platforms around the country on topics related to race/social justice, healing, and faith/spirituality. Additionally, Tracey's freelance work has been published in print and online publications such as Oprah Daily, The Washington Post, Essence Magazine, The Guardian, The Chronicle for Higher Education, Ebony Magazine, TheRoot.com, and more.