

Tracie Jade Jenkins

Tracie Jade Jenkins is a dynamic leader at the intersection of entertainment, mental health advocacy, and holistic wellness. As the Executive Director of the Boris Lawrence Henson Foundation, she spearheads initiatives to promote mental health awareness and support within marginalized communities.

With a diverse background spanning theater, television production, and education, Tracie brings a unique blend of creativity and strategic thinking to her work. She serves as the Co-Host and Executive Producer of the acclaimed "Peace of Mind with Taraji" on Facebook Watch, a three-time Emmy-nominated series dedicated to destigmatizing mental health issues.

Tracie's journey towards mental well-being is deeply personal, as affectionately noted by her lifelong friend Taraji P. Henson, who fondly refers to her as "my best friend since the seventh grade." Taraji recalls Tracie's own struggles with anxiety and panic attacks, shaping her profound empathy and commitment to supporting others facing similar challenges.

Beyond her contributions to media, Tracie is a certified Mindfulness Meditation Teacher and Veda Life Coach at Equanimity Nation, where she channels her passion for healing and wellness. Her dedication to holistic well-being extends to her role as Founder and Director of The Equanimity Institute of Art and Wellness, which launched in Spring 2023.

Tracie's expertise as a nonprofit leader is underscored by her seasoned approach to fundraising strategy, leveraging her background in theater arts and production to drive impactful initiatives. She is committed to creating spaces for artistic expression and healing, recognizing the transformative power of storytelling and community engagement.

With her visionary leadership and unwavering commitment to mental health advocacy, Tracie Jade Jenkins continues to inspire positive change and empower individuals to embrace their journey towards emotional well-being.