



# *rachel ricketts*

2024  
Co-Creation  
Kit

# MEET RACHEL

Rachel Ricketts (she/they) is a queer, multiracial, disabled Black woman. She is a spiritual activist, alchemist & author of the international bestseller Do Better: Spiritual Activism for Fighting and Healing from White Supremacy & kids mindfulness book All I Need to Be.

As an intersectional social justice leader, collective mirror & recovering attorney, she supports individuals and organizations learn to lead with love and center Black & Indigenous femmes to support collective change, healing and liberation.

Her work's been featured on Good Morning America, the New York Times, People, Forbes, Vox, The Atlantic, Elle, Essence, Glamour UK, and Cosmopolitan & more.

Rachel loves donuts, dancing, disruption & all things metaphysical (ideally all at once).



# MEET RACHEL



As an acclaimed speaker & facilitator, Rachel's known for her ability to hold brave & sacred space and deliver highly engaging, witty, raw and real talk on a range of impactful topics - all supporting the unapologetic caring for, liberation & healing of queer & trans Black and Indigenous folx.

Rachel's worked with international companies, organizations & universities including HBO, BET, Google, BuzzFeed, WeWork, University of British Columbia & Barnard College, and presented at renowned conferences including SXSW and me Convention.

In addition to her riveting in-person offerings presented around the globe, she excels at creating sacred virtual space & has been leading online workshops & speaking engagements since 2017.

*"There can be no revolution without love, and we cannot know love without knowing ourselves."*

# WHAT RACHEL OFFERS



By fusing her experiences as an artist, activist, alchemist & attorney, Rachel curates brave space for difficult but necessary conversations with truth & compassion, helping people find tangible tools to create personal and collective revolutions while healing our hearts. Her work is mostly intangible & energetic and that's precisely why it's so POWERFUL.

She helps you, especially the Black & Indigenous babes, remember your innate wisdom & unlock the love, dignity and divine feminine power that systems of oppression tried to take from you.

## A Sampling Of Her Gifts/Offerings:

- expertise in curating & facilitating inclusive, brave, sacred & sufficiently safe space
- invitations & tools to center queer and trans Black and Indigenous women and femmes, and our healing and liberation
- wisdom about revolutionary shit, shared in a revolutionary way that supports others do the same
- truth-telling - delivered, raw & real with grace, compassion & jokes!
- ancestral spiritual practices for embodying love as the pathway to inner & outer revolution



# STREET GED



Rachel's highly educated in academic & spiritual teachings, as well as personal experience in "navigating Earth while queer, Black & femme". In addition to her Law Degree, Diploma in Intercultural Education & Training and Bachelor's Degree in Psychology, she's also a certified yin yoga teacher, Reiki energy healer, transformative breathwork facilitator, death doula and grief and loss professional. Find her "on paper" credentials [here](#).

Beyond degrees & training, Rachel's a highly-sensitive intuitive with an exceptional skill for reading & transmuting energy, witnessing and affirming others and supporting folx to embody the changes needed for global revolution.



*watch Rachel's  
reel from  
SXSW 2019*

*watch Rachel's feature  
on Good Morning America*



# WHO SHE WORKS WITH

Rachel's excited to work with energetically aligned individuals, organizations & schools that recognize her gifts, and value liberation and dignity over comfort and capitalism. Her clients range from Black authors to international media organizations to university student groups.

Her core values include care, authenticity & integrity. I only work with folx & businesses genuinely prioritizing the healing and liberation of queer and trans Black and Indigenous women & femmes. Periodt.

Those working with Rachel are ready to dive deep & get more comfortable with their discomfort.

She supports those seeking to lead with love for self & others, and desiring to do the inner shadow work required for personal & collective transformation, liberation and healing.



# WORKSHOP, SPEAKING & CONSULTING TOPICS

Rachel offers speaking offerings, workshops & consulting on a variety of critical topics in service of Black & Indigenous liberation - all through an intersectional, non-hierarchical, spiritual & liberatory lens. She's currently most interested in being invited to share her visions & wisdom about:

- *Curating Inclusive, Brave & Sacred Space* - *what's required for creating & facilitating sufficiently safe spaces*
- *Afrofuturist Activism* - *how can we imagine a new world centering Black & Indigenous care, liberation & healing*
- *Love As Activism* - *how can we better embody love & use it as the driving force for personal & collective change*
- *Abolitionist Art & Creative Wellness* - *how can we decolonize our art so it may be used in service of both our wellbeing and intersectional & collective liberation*
- *Authentic AF* - *how do we cultivate care & safety to be our authentic selves in a world designed to oppress us*
- *Community Care* - *what does it look/feel like & what are the obstacles to cultivating community and care*
- *Nuance & the Non-Binary* - *how do we hold space for non-binary ways of thinking & being in service of healing and justice*

Rachel's also open to sharing wisdom on other topics if they align, just ask :)

# SAMPLE CO-CREATIONS

A sample selection of Rachel's prior speaking / workshop engagements & other co-creations include:

- KAO Inc - Created & hosted a 60 min Black Liberation & Radical Hope webinar for this global health, hair, home & beauty corporation. Exchange: \$17K USD.
- Barnard College - Hosted a 75 min Breathwork for Grief & Grace webinar for Black & Brown woman and femme students of Barnard & Colombia commemorating the legacy of Deputy Dean Alicia Lawrence. Exchange: \$750 USD [solidarity rate]
- Google - hosted a 75 min IRL workshop on Hue-manities 101 for P&E's Women's Summit, and a 60 min webinar on her book Do Better for P&E's Virtual Development Series. Total Exchange: \$9K USD [outdated rate].
- Ethel's Club - hosted a Breathwork for Grief webinar centering Black grief & healing for this social club for folx of the global majority. Exchange: \$500 USD [solidarity Rate].
- Dive In Well - in collab with this Black-owned wellness platform & well+good, Rachel was a panelist for a 60 min webinar on Calling Out, Calling In And Pulling Up--How the Work Continues. Exchange: \$5K USD.
- SXSW - curated & moderated panel on race & feminism for this renowned conference's International Women's Day event. Exchange: \$3500 USD equivalent [outdated rate]

Other notable co-creations with: Lululemon, The Wing, wework & Sustainable Brooklyn.



# SAMPLE BRAND COLLABORATIONS

As a global leader with over 212K IG followers & a mailing list over 22K, Rachel's worked with a variety of aligned brands & organizations in support of Black & Indigenous liberation, healing and creating critical collective change. Sample brand collaborations include:

- Keys Soulcare - engaged by Alicia Keys' beauty brand on their launch campaign incl. Instagram stories & a static post about soulcare & a blog feature on Rachel's work as an activist & lightworker. Exchange: \$8K USD + product
- Headspace - engaged by Headspace, in collaboration with Dive In Well, to create 4 meditations focusing on spiritual activism & embodied social justice practices. Exchange: \$20K USD
- well+good - engaged by wellness media platform to host a 45 min podcast episode celebrating love & equity, interviewing trans activist Alok Vaid-Menon, for their Love Out Loud series. Exchange: \$3K USD.
- BET- helped spread awareness about BET's docu-series "Finding Justice" executive produced by an all Black-team including Dwayne "The Rock" Johnson & Dream Hampton. Exchange: \$900 USD (one static post @ 31K followers) [outdated rate]
- Mate the Label - hosted an IG live with another Black advocate on the intersections of sustainability, fashion & social justice for this eco-friendly, woman-owned apparel brand. Exchange: \$400 USD + product [outdated rate]

Other notable brand collabs with: HBO, Penguin Random House & Insight Timer.

# FIVE REVIEWS

*"I cannot speak highly enough of...working with Rachel. [The] workshop was excellent. [Many] of the attendees have followed up requesting to work with Rachel again...Huge thank you Rachel!"*

- Laura Hugill, DEI @ Google HQ

*"Rachel does a great job of [naming] that you should take what's inside you, and [use] that to help and heal yourself and those around you."*

- Kristen Bell, Actress & Producer

*"Rachel's work focuses her skillful sense of compassion to move us toward healing. Utilizing a depth of trauma informed modalities, Rachel enriched our space with tools & practices for awakening into...deeper access to ourselves and our communities.."*

- Stratagem Virtual Conference

*"Attending Rachel's workshops & community gatherings has helped me discover words I didn't know I needed. She's created safe spaces for conversation and community I didn't know I craved. She has helped me uncover a piece of myself I didn't know existed"*

- Elim Chu, WOC Talks Member

PRESS 

The New York Times

*The Atlantic*

goop

THE *CUT*

  
elephant  
JOURNAL

 HELLO GIGGLES

BuzzFeed

COSMOPOLITAN

WELL + GOOD

  
THRIVE  
GLOBAL



Global  
NEWS 

THE HUFFINGTON POST

mindbodygreen

BLACK GIRL<sup>™</sup> OM

**GIRLS ARE  
AWESOME**

# FEES & DETAILS

The energy exchange to engage Rachel for speaking, workshop or other co-creation reflects her immense level of academic & spirit-based education/skills, vast personal experience, priceless energetic insights as a guide and intuitive & expertise in facilitating inclusive, brave & sacred space.

Remuneration is based on queer Black liberation & anti-capitalism, and depends on factors such as organization ownership & income, format (online or in-person), recorded or unrecorded, audience, length, timeline, content & more. Speaking/workshop rates typically start at \$10,000 USD. Brand collaborations typically start at \$2,500 USD.

*Solidarity rates and/or creative remuneration opportunities are available, as needed, strictly for Black and Indigenous individuals, communities or organizations directly supporting Black and Indigenous folx and our liberation.*

To confirm an engagement: A 50% non-refundable deposit & execution of our standard form contract are typically required.

\*\*\*Please note we do not agree with nor participate in the exploitation of Black women or femmes' time or labor & do not work for free. Remuneration for Rachel's work is required. See her Fee Philosophy for more.

# CO-CREATING SACRED SPACE

## Base Requirements for Brave, Sacred & Sufficiently Safe Space

All of Rachel's work prioritizes queer and trans Black and Indigenous women & femmes and our well-being & safety, hers included.

As such, Rachel has a zero tolerance policy for oppressive or harmful speech, behaviors, actions or inactions, as she sets out at the top of her workshops, and reserves the right to remove folx who causes Rachel or anyone else harm while in her virtual or in-person space, or end the engagement if harm persists. All fees are due & payable in either case.

For virtual engagements, if comments are to be on and/or a Q&A is to be included, we require that either: (a) any questions are submitted in advance, and/or (b) a person of the global majority (ideally Black or Indigenous woman or femme), well-versed in intersectional anti-oppression, moderates comments, and where applicable, questions, for Rachel's safety & the safety of all Black, Indigenous & other folx of the global majority in the space.

We are happy to engage a member of Team RR to moderate comments or Q&A at an additional cost.

# LET'S CONNECT!

Feeling a full body YES?

If you have a serious inquiry, invite Rachel to co-create below.

All requests run through the contact form & Team RR will be in touch if it aligns!

HIT US UP HERE.



We look forward to connecting with you!

[www.rachelricketts.com](http://www.rachelricketts.com) | [@iamrachelricketts](https://www.instagram.com/iamrachelricketts)



# ***SPEAKING TOPICS (CONT'D)***

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## ***RADICAL HOPE: HOW TO PRIORITIZE CARE FOR THE RESISTANCE***

This talk supports attendees acknowledge their heavy hearts and practice radical hope to contribute to collective action. Folx will leave feeling empowered in their journey to better show up for themselves and the collective, and most importantly, in supporting the most marginalized (particularly Black and Indigenous women, femmes & gender expansive folx). Main takeaways include:

- guided meditation,
- the 5 R's of Radical Hope, and
- practical tips for collective action.

## ***SUR-THRIVING IN SISTERHOOD: HONOURING OUR GRIEF & HEALING OUR HEARTS (FOR BLACK & INDIGENOUS WOMEN, FEMMES & GENDER EXPANSIVE FOLX)***

This workshop for folx of the global majority, specifically for Black and Indigenous women, femmes & gender expansive folx, is a sacred space to nurture our wounds & heal our hearts. Includes:

- intuitive grief coaching & self-reflective journaling,
- guided meditation & transformational breathwork, and
- shared discussion to feel seen, heard & supported.

# WHAT I OFFER



By fusing my experiences as an artist, intersectional anti-oppression activist, alchemist & recovering attorney, I curate brave space for difficult but necessary conversations with truth & compassion, helping people find tangible tools to create personal and collective revolutions while healing our hearts.

I help you, especially my Black & Indigenous babes, remember your innate wisdom & unlock the love, dignity and divine feminine power that systems of oppression tried to take from you.

My offerings & their impact cannot be sufficiently summarized on these interwebs.

## I AM AN EXPERIENCE.

My work is mostly intangible & energetic and that's precisely why it's so POWERFUL.

expertise in curating & facilitating brave, sacred & sufficiently safe space  
nuanced & holistic perspectives on sensitive and complex issues

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invitations & tools to center queer and trans Black and Indigenous women and femmes, and



# WORKSHOP & SPEAKING TOPICS

## ***FOR INDIVIDUALS, ORGANIZATIONS OR COLLEGES (ONLINE OR IN-PERSON)***

Rachel holds space for a breadth of topics including Black liberation, racial justice, inequity in media, spiritual activism, intersectional anti-oppression, burnout and grief. Her current speaking/workshop discourse includes:

### ***CULTIVATING CREATIVE JUSTICE: ADDRESSING OPPRESSION ACROSS CREATIVE INDUSTRIES***

This talk focuses on the racism, anti-Blackness & other forms of systemic oppression present in Hollywood & across creative industries. Main takeaways include:

- specific examples of often overlooked harm found in tv, film, books, fashion and/or podcasts,
- how & why this harm manifests, and
- concrete offerings for solutions.

### ***DO BETTER: SPIRITUAL ACTIVISM FOR FIGHTING & HEALING FROM WHITE SUPREMACY***

Based on Rachel's bestselling book of the same name, this talk guides folx through the main takeaways including curated Q&A to dive deeper into the revolutionary content within. All participants must have read, or be currently reading, Rachel's book.

# FEES & DETAILS

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## ***YOUR INVESTMENT INCLUDES:***

- Personal consultation with Rachel's team prior to the event (including limited advance education for creating sufficiently safe space, if/as necessary),
- Professional, heart-centred, raw and real presentation delivery, and
- A percentage of all fees directly supporting Black and Indigenous women & femmes and fees from established organizations also include a stipend to support Rachel's healing work with & for Black women and femmes.

## ***TRAVEL COSTS:***

If/when travel is required, reasonable travel expenses (i.e. - flight, ground transportation and/or accommodation as applicable) are not included in aforementioned prices and are the responsibility of the organizer. For Black-owned organizations, Rachel and her team are able to work with you to find creative ways to help you cover any such costs (including business sponsorships).

## ***FAQS:***

Have questions about hosting Rachel and/or her team for a live engagement? Download our [Live Speaking & Workshop FAQ Info Sheet](#) here.