

PHYLLIS JEFFERS-COLY

Curriculum Vitae

North Carolina|Senegal, West Africa
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DIASPORIC SOUL

Co-Founder|Co-Owner

2016 - Present

Providing heritage and healing experiences in Senegal, West Africa that integrate SOUL (culture) and contemplative practices. Diasporic Soul healing- centered experiences allow learners and our visitors to deepen their self-care practice and capacity for healing and restoration, resilience and resistance. Our experiences include exploring Senegal's vibrant and dynamic history and culture, (re)connecting to nature, celebrating our collective capacity for resilience and resistance through visits to Goree Island, the Museum of Black Civilizations and the African Renaissance Monument as well as contemplative practices that include reflective journaling, healing rituals and restorative yoga.

Clients include Gee Horton Art, the College of Coastal Georgia, A2MEND, Xavier University (Cincinnati), AARCC|University of Cincinnati, Huston-Tillotson University, California State University|Los Angeles, Hood College, New York University and the University of Nebraska at Omaha.

2021-2022 United Way of Cincinnati Black Empowerment Works Grant Recipient.

GRAD Cincinnati

College and Career Readiness Specialist

August 2015 – July 2016

Providing college access services and career guidance to high school students at Oylar H.S.

College Success Foundation/DC

Program Coordinator

Summer 2014

Coordinated the delivery of a six-week academic enrichment program for Black underserved, first-generation students from Wards 7 & 8.

Central State University

Dean of Enrollment Management

2007-2014

Served as lead strategic enrollment manager at a small, storied, enrollment-driven, liberal arts, public HBCU in Wilberforce, Ohio with a long-standing commitment to serving primarily Black first-generation college students.

PUBLICATIONS

Forthcoming. (Spring 2022). *We Got Soul, We Can Heal.: Overcoming Racial Trauma Through Leadership, Community and Resilience.* McFarland Publishing|Toplight Books.

April 2022. "When Grandma Comes to Visit: Exploring How Communion with Our Ancestors & Nature Deepens Our Capacity for Healing, Restoration, Resilience and Resistance. *The Journal of Contemplative Inquiry*. Special Edition on the Wisdom of Black Contemplatives.
"They Are Coming to Get Something:" A Qualitative Study of African American Male Community College Students' Education Abroad Experience in Senegal, West Africa" (Under Review).

Jeffers-Coly, Phyllis & Shahid, K. "Django Praxis and Diasporic Soul: Disrupting Praxis for Racial Healing and Restoration" *The Interrogating Gaze: Resistance, Transformation and Decolonizing Praxis*. (Submitted January 2020) Dr. Jemedari Kamara. (Ed:) Amalion Publishers.

PRESENTATIONS & WORKSHOPS

Co-Presenter. "Pandemics, Protests and the Power of the Pilgrimage (for African Giants)." Universities Studying Slavery (USS) Spring 2022 Symposium - Pandemics, Protests, and the Legacies of Slavery. Greensboro & Winston Salem NC.

Co-Presenter. "Ton Ton, Ta Ta & Yaye: Being an Elder and Healing in Senegal." UNC School of Medicine| Psychiatry. March 2022.

Facilitator. *Winter Sessions Restorative Yoga for Black Men. January|February 2022. Black. Dope. All Good Healing Retreats for Black Men.* Cincinnati United Way Black Empowerment Works Grant-funded.

Presenter. "We Got Soul & We Are Superbad." *Leadership University*. Bryant Educational Leadership Group (BELG).

Presenter. "Reindeer, Red Birds & MFKN Rainbows: (Re)learning to Surrender." *Amplify & Activate Summit*. December 2021.

Facilitator. Black. Dope. All Good. Student Leadership Retreat. College of Coastal Georgia. Diversity and Inclusion. November 2021.

Organizer|Lead Facilitator. *Black. Dope. All Good Healing Retreats for Black Men.* Cincinnati United Way Black Empowerment Works Grant-funded. Fall 2021 & Spring 2022. Partners: Cincinnati Recreation Commission & Gee Horton's *The Baobab Project*.

Panelist. Yoga in the Global Family. *Black Yoga Teachers Alliance Conference*. 22 August 2021.

Presenter. Under the Baobab Tree: Centering Heritage & Healing in Black Student Leadership Development. *ACMHE Contemplative Education Webinar*. 26 May 2021.

Presenter. We Got Soul: A Healing-Centered Approach to Black Student Leadership Development. (Practitioners) *A2MEND National Conference*. March 2021.

Presenter. Get Out of Your Head: An Embodied Healing Experience for Black Folks. *A2MEND National Conference*. March 2021.

Presenter. What's This Got to Do With the Liberation of Black People: Exploring the Legacy of Dr. Ronald Walters. *International Leadership Association Conference*. 9 November 2020.

Co-Panelist. "African & American: A Conversation About Identity, Solidarity & Healing." Urban Consulate. 14 September 2020.

Moderator. "Racial Trauma & Healing-Centered Leadership Development." *Universities Studying Slavery (USS) 2019 Fall Symposium. The Academy's Original Sin.* Xavier University and University of Cincinnati.

Organizer|Moderator. "For Black Folks Who Considered West Africa When Wakanda Was No Longer Enough: A Roundtable on Healing, Restoration, Resilience & Resistance." *ASALH 2019 Conference.*

EDUCATION|TRAINING & PROFESSIONAL DEVELOPMENT

Advanced 300 Hour Yoga Teacher Training-I AM Yoga Charlotte	March 2022
RISE to Resilience The Kripalu Approach to Stress Management	February 2022
Jillian Pransky's Restorative Yoga Teacher Training (65 Hours)	February 2022
Teaching Yin Yoga: Go Within the Practice Kripalu	December 2021
An African-Centered Perspective on Bilateral Stimulation and Healing	August 2021
Embodied Social Justice Certificate Program- The Embody Lab	April- June 2021
Restorative Yoga for Raced-Based Stress & Trauma-I AM Yoga Charlotte	October 2017
300-Hour Certified Yoga Instructor. World Peace Yoga-Cincinnati	October 2018

M.A. English Language & Literature.	University of Maryland College Park.	1996
B.A. English.	North Carolina Central University. Honors.	1993

MEMBERSHIPS

Black Yoga Teachers Alliance, The Yoga Service Council, The Association of the Contemplative Mind in Higher Education (ACMHE) and The Association for the Study of African American Life and History.