

**VANESSA JACKSON: “Right Livelihood: Understanding the Social, Economic and Spiritual Underpinnings of Meaningful Work”**

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The Covid-19 pandemic has forced a reckoning with many aspects of our lives – freedom, family, grief, community, health and work. For all the losses of the pandemic, there is an opportunity to transform the devastation into a reimagining of work and how to align our income generation with our true passions. This presentation will allow participants to lean into the pause of this moment and to consider questions about work we rarely have time to consider in our rush to survive and/or build successful careers. We’ll generate and explore questions about the social, economic, and spiritual aspects of work and how our answers shape our relationship with work. Participants will be provided with tools to create their own Right Livelihood Plan which honors their authentic self. The world can be transformed when more people can focus on thriving at work and beyond.

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Vanessa Jackson is a Soul Doula, psychotherapist, writer and owner of Healing Circles, Inc. in Atlanta Georgia. Vanessa co-edited, Understanding Power: An Imperative for Human Services with Elaine Pinderhughes, MSW and Patricia Romney, Ph.D. on power in clinical and community settings. She is the author of two monographs focused on African American psychiatric history. Ms. Jackson’s passion is supporting activists in creating healthy and balanced lives based on being in right relationship with their work and activism. She offers an Activists Assistance Program to provide politically conscious and spiritually grounded coaching and healing workshops to Atlanta-area feminist/queer/social justice non-profit organizations. She is a member of the Radical Optimist Collective which provides antiracist and social justice focused consulting and training. Ms. Jackson expresses her own commitment to Right Livelihood through her work as Chief Mixologist at Dudley's Apothecary, a line of healing aromatherapy sprays.