

Tami Dee García

CULTURAL HERITAGE RECONNECTION COACH | SPEAKER | AUTHOR | PODCAST HOST



Medium Bio

Tami Dee García, MBA, is a Cultural Heritage Reconnection Coach, speaker, author, and host of *Roots Renewed*. Her work grew from her own experience of growing up knowing very little about her Dominican and Jamaican heritage, wanting to know more, and having few resources to guide her.

As a young adult, Tami began reconnecting through research, family stories, community, and lived cultural experiences. More than a decade later, becoming the mother of an Ethiopian daughter made that work even more personal. She wanted her daughter to grow up knowing where she came from, experiencing her culture, and feeling proud of who she was.

Today, Tami brings more than 30 years of experience across education, nonprofit leadership, corporate environments, consulting, and entrepreneurship to her work in cultural heritage reconnection, identity, and legacy. She is the author of *Rediscovering Your Roots: A Guide to Reconnecting with Your Cultural Heritage and Identity*, which reached #1 in an Amazon category; creator of Heritage Fragments and the Heritage Fragments Framework™; and host of *Roots Renewed*, a podcast exploring how people reconnect with cultural heritage and the people whose work helps others do the same.