

Tami Dee García

CULTURAL HERITAGE RECONNECTION COACH | SPEAKER | AUTHOR | PODCAST HOST



Podcast Guest Bio

Tami Dee García is a Cultural Heritage Reconnection Coach, author, speaker, and host of *Roots Renewed*. After growing up knowing very little about her Dominican and Jamaican heritage, she spent years finding her own way back through family, community, research, and lived experience. Later, as the mother of an Ethiopian daughter, she became even more committed to making sure the next generation had stronger access to culture and identity. Today, Tami's work focuses on cultural heritage reconnection, identity, and legacy, and on helping people think more deeply about where they come from, what that heritage means now, and what they want to carry forward. She is the author of *Rediscovering Your Roots*, which reached #1 in an Amazon category, and creator of Heritage Fragments. Learn more at tamigarcia.com.