

Traci Saulsberry

Biography

Traci Saulsberry is a senior communications executive, leadership coach, and writer. At twenty-seven, she became one of the youngest Black executives at NBC, where she spent fourteen years shaping narratives at the highest levels of entertainment. She later built and led the communications team at Peacock, managing a team of more than thirty people during the platform's launch and growth.

She is currently a host and narrator for Calm, the world's leading meditation and sleep app, where she guides original series including *Workplace Wellbeing*, *Professional Growth*, and *Processing World Events*, designed to help audiences navigate life with clarity and care.

As a leadership coach, keynote speaker, and learning facilitator, Saulsberry works with early-career professionals, executives, and business owners, with a focus on helping individuals find and own their voice—particularly while navigating spaces where they are underrepresented. She also serves as an adjunct professor at Syracuse University's Newhouse School, where she teaches entertainment publicity.

