

Official Bio of Jesseña Melise

Jesseña Melise is a wife, mom, and proud Afro-Latina—and above all, a Christian passionate about the intersection of spirituality and mental health. Witnessing close family members struggle with their health drew her to the wellness industry, leading her to earn Bachelor's degrees in biology and nursing. However, she quickly discovered that the health industry often functioned more as a "sick industry."

Throughout years of working with diverse patients, Jesseña observed firsthand how mental outlook could keep people trapped in illness. This insight deepened after she experienced postpartum depression following the birth of her first child and sought therapy. These experiences crystallized her understanding that true wellness begins in the mind.

This realization inspired Faro Collective—a mental wellness hub offering resources for those seeking to break free from stagnation and progress in their wellness journeys. With an aim to serve as a lighthouse for others, Jesseña completed her Mental Health Coaching certification to provide professional support. Her personal journey has taught her that life is too short to hide in insecurity rather than pursuing goals, and that fulfillment comes from discovering, embracing, and boldly living as your authentic self. She firmly believes everyone can achieve wellness and become who they were meant to be.