



Melanie Wilson
COACH | AUTHOR | SPEAKER



LIVING LIFE IN COLOR

Melanie Wilson, a remarkable individual, possesses an uncanny ability to harness the power of personal storytelling.

This transformational coach, author, and speaker is a beacon of inspiration. Her authentic storytelling resonates with the glory of God and serves as a beacon of hope for women entrapped in the unyielding grasp of darkness. Her divine calling led to the establishment of She'll Rise, a community that offers a blend of support, encouragement, and empathy for women seeking a transformative journey toward the promised freedom.

From the depths of her triumphs over trauma, sexual assault, an eating disorder, opioid addiction, and a harrowing encounter with suicide, *She'll Rise* emerged as a testament to Melanie's unwavering spirit. Through her intertwining battles against anxiety, depression, and trauma, she found the strength to embrace obedience and pave the way for her transformative journey.

While her academic accolades, including a degree in Counseling Psychology, form a solid foundation,

Melanie has pursued certifications as a cognitive behaviour therapy practitioner and a mindset coach and has immersed herself in trauma-informed approaches. Notably, she is licensed in kickboxing—an embodiment of her holistic approach to wellness. Additionally, she facilitates the in-person Unbridled Equine Therapy Program, a testament to her unwavering commitment to fostering invaluable connections.

Melanie is a devoted mother of two adult daughters and a loving wife to her husband, Chris. Their cherished abode, the Full Circle Ranch, is nestled in the enchanting landscape of Fort Myers, Florida—an idyllic place they proudly call home.