JAY BLESSED

Writer · Storyteller · Media Founder · Host · Speaker · Cultural Commentator

Human Experience. Caribbean Perspective.

OFFICIAL BIO

Jay Blessed is a Trinidadian-born writer, storyteller, media founder, host, speaker and cultural commentator whose work explores identity, mental health, culture, migration, womanhood and the human experience through a distinctly Caribbean lens.

She is the founder of **Jay Blessed Media** and **JayBlessed.com**, the independent digital platform she launched in 2011 and grew into a widely recognized Caribbean media brand. At its height, JayBlessed.com drew hundreds of thousands of readers in a single month, building a global audience around Caribbean entertainment, culture, commentary and community-centered storytelling. Her work later expanded into more intimate explorations of mental health, identity, relationships, resilience and the interior lives of Caribbean people and the diaspora.

Jay's willingness to speak candidly about depression, trauma and emotional wellbeing has made her an important voice in conversations that were often considered private or taboo within Caribbean communities. Her personal mental-health journey was profiled by **ESSENCE**, while her cultural commentary and advocacy have been cited and covered by outlets including the **Trinidad Guardian**, **Caribbean Life** and **PR Newswire's Beyond Bylines**, which named her among Caribbean and Caribbean-American women in media to know. Her public advocacy also drew national attention in 2021 when she helped lead opposition to the attempted commercialization and trademarking of the culturally significant term **J'Ouvert**, speaking to ESSENCE about its historical and spiritual importance to Caribbean people.

In 2019, Jay created and hosted ***IN MY HEAD with Jay Blessed***, an acclaimed mental-health and human-experience podcast built around candid, culturally grounded conversations. Through the show, Jay interviewed public officials, physicians, cultural figures, artists, advocates and everyday people about subjects ranging from trauma, relationships and motherhood to health equity, racism, immigration, public safety, domestic violence and Caribbean identity. Guests included then-Brooklyn Borough President Eric Adams, Dr. Aletha Maybank, attorney and legal analyst Midwin Charles, psychologist Dr. Jeff Gardere, New York State Senator Kevin Parker and leading Caribbean creatives. The series reached listeners across the world and established Jay as a skilled long-form interviewer capable of creating unusually open, human conversations.

That same ability to connect across cultures and audiences has carried into Jay's work as a **keynote speaker, panelist, presenter, moderator and event host**. She has spoken on mental health, women's wellbeing, storytelling, Caribbean identity, leadership, resilience and cultural responsibility, and has been interviewed and featured across international platforms from the Caribbean to North America and beyond. WeLead selected her as a keynote speaker for its **DisruptHER Women's Empowerment Conference**, describing her as an award-winning writer, podcaster, speaker, media personality and mental-health advocate whose candid style made her a natural voice for its global audience. She has also appeared as a featured speaker and panelist at forums including the **SocaMom Summit**, where she led conversations on mental health and emotional exhaustion in Caribbean communities.

Jay's work has been recognized for both cultural impact and community leadership. She was named a **Caribbean Life Impact Award** honoree, recognized for her contributions to Caribbean media and community life, and has received proclamations, citations and professional recognition for her service, advocacy and cultural work. Earlier in her career, she was honored as a **Rising Star** by U.S. Representative Yvette D. Clarke and later received recognition from New York City and New York State leaders for her community contributions. Her body of work has also been acknowledged across Caribbean media, civic institutions, women's leadership spaces and cultural organizations.

Over more than a decade, Jay has built a multidisciplinary career across **digital media, broadcasting, podcasting, live hosting, speaking, cultural advocacy and storytelling**. What distinguishes her work is not simply subject matter, but perspective: she brings Caribbean cultural fluency, lived experience, emotional intelligence and journalistic curiosity into spaces that too often flatten complex human stories.

Today, Jay is shaping the next chapter of **JayBlessed.com** around the ethos **"Human Experience. Caribbean Perspective."** Her focus is broader, deeper and more intentional: telling stories that examine how people survive, heal, belong, love, migrate, rebuild and become.

After a significant period away from public-facing work, Jay returns with more lived experience, a sharpened point of view and a body of work that already demonstrates reach, trust and cultural impact. She is actively expanding her work across **writing, speaking, hosting, interviewing, podcasting, live events, cultural commentary and media partnerships**.

For producers, editors, conference organizers, brands and institutions looking for a voice that is **thoughtful without being distant, culturally grounded without being limiting, emotionally intelligent without being performative, and capable of connecting deeply across audiences**, Jay Blessed brings a proven record—and a renewed readiness to work.

Her work remains rooted in a simple belief:

Stories can help people feel seen.
Perspective can change what people understand.
And telling the truth well is its own form of service.

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