Bo

1:1 coaching support for professionals and leaders

Psychologically informed coaching for confidence, communication, sustainable energy, and role transitions.

For HR, L&D, managers, and employees with coaching or training budgets.

bomerei.com · calendly.com/bomerei

Bo Mérei I Psychological Counselor & ICF-credentialed Coach



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Many capable professionals do not need another generic training.

They need a place to work with the patterns that affect how they show up: self-doubt, overthinking, low energy, unclear boundaries, communication blocks, or uncertainty in a new role.

This coaching is reflective and practical: psychological depth, clear goals, structured tools, and real-life application. A confidential, structured space for the human patterns behind performance.





ICF Professional Certified Coach (PCC) ·
Psychological counselor · Systemic coach

Coaching can support employees with:

- → confidence and self-trust
- → imposter feelings and self-doubt
- → sustainable energy and burnout prevention
- → communication, boundaries, and presence
- → time, focus, and prioritization
- → role transitions or new responsibilities

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Focused 1-month coaching sprints

For specific challenges, clarity, and immediate momentum.

Format: 4 × 75-minute 1:1 coaching sessions over one month, with check-ins, personalized exercises, and clear short-term goals.

Best when someone needs focused support to understand what is happening, regain clarity, and move forward.

Sustainable Energy Reset

For early signs of depletion, low motivation, emotional fatigue, or difficulty recovering from pressure*.

- → workload pressure and internal drivers
- → boundaries and recovery habits
- → over-responsibility or difficulty switching off
- → what drains and restores energy

Authentic Time & Energy Management

For prioritization, procrastination, remote work structure, to-do overload, or unclear availability boundaries.

- → procrastination and internal resistance
- → prioritization and decision fatigue
- → realistic routines and focus structures
- → boundaries with time and expectations

Clarity & Momentum Sprint

For professionals who feel stuck around a decision, project, transition, or next step.

- → what feels stuck and why
- → options, risks, and internal conflicts
- → self-doubt or fear of choosing wrong
- → moving from reflection into action

**Note: coaching support, not therapy or medical treatment.*

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4-month coaching journeys

For deeper confidence, communication, and leadership growth.

Format: a structured 4-month 1:1 coaching journey, combining weekly and biweekly sessions, accountability, reflection, and real-life integration.

“The balance between emotional exploration and practical advice was exactly what I needed.”

Client review via Trustpilot

Authentic Confidence at Work

For capable professionals who internally struggle with self-doubt, overthinking, or pressure to prove themselves.

- self-doubt and imposter feelings
- overthinking and inner criticism
- boundaries and self-respect
- confidence under visibility or pressure
- values, strengths, and identity

Confident Communication & Presence

For professionals who want to speak up more clearly and show up with greater presence.

- speaking up in meetings
- presenting with more presence
- assertive communication
- boundary-setting
- role-playing difficult conversations

First 120 Days Coaching

For professionals stepping into a new role, promotion, leadership position, or expanded responsibility.

- role clarity and expectations
- stakeholder relationships
- confidence in new visibility
- decision-making and boundaries
- sustainable ways of working

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About Bo Mérei

I am Bo Mérei, a psychological counselor and ICF-credentialed coach. My work sits at the intersection of authentic confidence, self-doubt, leadership identity, emotional awareness, and systemic inner development.

Before moving into coaching and psychological counseling, I spent more than a decade in international corporate environments, including leadership roles. That experience helps me understand the pressures, expectations, and emotional realities professionals often face in demanding work contexts.

My approach is warm, structured, psychologically informed, and practical. I work with people as whole human beings, not just as job titles.

ICF Professional Certified Coach (PCC) · Psychological counselor · systemic coach · intercultural background



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Confidentiality & ethical standards

Coaching works best when employees can speak openly, honestly, and without fear that the content of their sessions will be shared.

Bo's coaching follows ICF ethical principles, including confidentiality, respect for client autonomy, and clear professional boundaries.

When coaching is funded by an employer, the content of individual sessions remains confidential. Personal reflections, challenges, goals, development themes, and session content are not shared with HR, L&D, managers, or the organization.

The employer may receive only basic administrative information where relevant, such as dates, number of sessions used, invoicing details, or attendance confirmation.

Any alignment conversation with HR, L&D, or a manager only happens with the client's knowledge and consent. If a three-way goal-setting or review conversation would be useful, this is agreed transparently in advance.





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How to explore fit

Coaching can be used flexibly within employee development, leadership development, onboarding, wellbeing, resilience, or individual training budgets.

Suggested next steps

1. Initial conversation: we clarify the need, context, audience, budget and best-fit format.

2. Choose the right support: Depending on the situation, this may be a focused 1-month coaching sprint or a deeper 4-month 1:1 coaching journey.

3. Confirm practicalities: we agree on timeline, number of participants, confidentiality setup, invoicing, and any internal approval requirements.

4. Begin coaching: employees receive clear onboarding information, booking instructions, and access to the agreed coaching format.

5. Optional review: if useful, we agree in advance what kind of non-confidential progress review is appropriate.

Contact

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