

IZEM NUR BOY

Barcelona, Spain

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Meditation facilitator and aspiring life coach with a background in Communication Sciences and over one year of focused experience in meditation practices. Currently based in Barcelona, actively deepening my personal and professional development while attending a Spanish language program. I combine structured training with intuitive awareness to create grounded, impactful sessions tailored to individual needs.

I have delivered private meditation sessions through my personal platform and contributed to multiple retreat programs in Turkey, gaining hands-on experience in group facilitation, emotional support, and energy management. My approach integrates mindfulness, breathwork, and nervous system regulation techniques.

With a strong foundation in communication, I am skilled at creating safe, engaging, and transformative environments for clients from diverse backgrounds. I bring clarity, empathy, and presence into every interaction, supporting individuals in achieving mental balance and self-awareness.

Key Skills

Meditation guidance (private & group sessions)

Breathwork & nervous system regulation

Strong verbal and non-verbal communication

Emotional intelligence & active listening

Client relationship management

Content creation & personal branding (social media)

Adaptability in multicultural environments

Education & Training

B.A. in Communication Sciences

Meditation & Life Coaching Training (certified, Turkey)

Ongoing Spanish Language Education (Barcelona)

Languages

English: Fluent

Spanish: Beginner

Turkish: Native