

BOONMEE MCELROY

LICSW | TF-CBT | CLC | Trauma-Transformed Coach | Speaker | Author





About Me

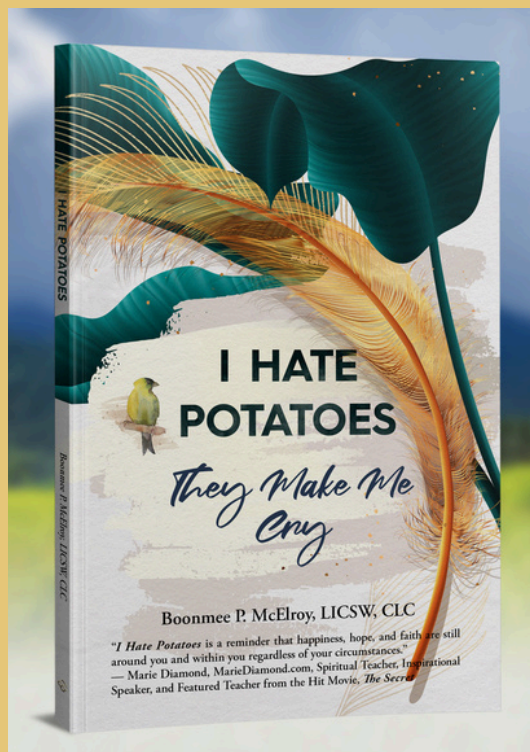
Boonmee P. McElroy is a licensed trauma therapist, transformational life coach, inspirational speaker, and award-winning author. Born in Thailand and orphaned at a young age, Boonmee endured extreme poverty, abuse, and homelessness, surviving on potatoes as her only food source. Despite these hardships, she transformed her pain into purpose, building a powerful framework to help others rewrite their stories.

After moving to the U.S. in 2009, she earned her bachelor's degree in psychology and master's in social work, becoming a trauma-focused mental health counselor. Yet she felt called to deeper empowerment work—supporting women in reclaiming their identities and stepping into leadership.

Today, through her signature Identity Blueprint™ framework, Boonmee helps clients break free from silence, shame, and survival mode to live with purpose, authenticity, and wholeness.

I HATE POTATOES; THEY MAKE ME CRY

Her memoir, *I Hate Potatoes; They Make Me Cry*, is both a testament to resilience and a love letter to her sons, reminding readers that no matter where you come from, you can heal and rise. Boonmee's story has inspired women globally to transform adversity into leadership.



BOOK



AUDIENCE TAKEAWAYS

- Reclaim identity, confidence, and purpose.
- Transform personal stories into healing and leadership.
- Practical tools for resilience and authentic growth.
- Experience storytelling as medicine for the soul.

SIGNATURE TALKS



- **From Pain to Power: Rewriting Your Identity Blueprint**
- **Storytelling as Medicine: From Trauma to Resilience**
- **From Victim to Victory: The Healing Power of Purpose**
- **How to Be Whole Without Being Perfect**
- **The Power of Storytelling: Using Your Voice to Inspire Change**
- **Love, Leadership, and Legacy After Trauma**

A LETTER FROM BOONMEE

Speaking on stage is more than a platform for me. It is a way to give voice to those who are still silent, to remind audiences that they are not broken, and to show through my story that transformation is possible.

Every talk is curated to meet the theme and needs of the audience. I weave together my personal journey, clinical expertise, and deep cultural background to inspire, educate, and empower. My goal is always the same: to leave people not only moved but equipped with tools to transform their lives.

It is my honor to serve, uplift, and make a lasting impact wherever I speak.



PAST & TARGET ENGAGEMENTS

TEDx and women's empowerment summits
Trauma recovery and mental health workshops
Corporate resilience and leadership trainings
Healing circles, retreats, and online summits

www.boonmeemcelroy.com

CLOSING REMARKS



"This isn't a coaching hustle. It's a healing movement. And Boonmee gets to build it without burnout."

Contact Information

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