

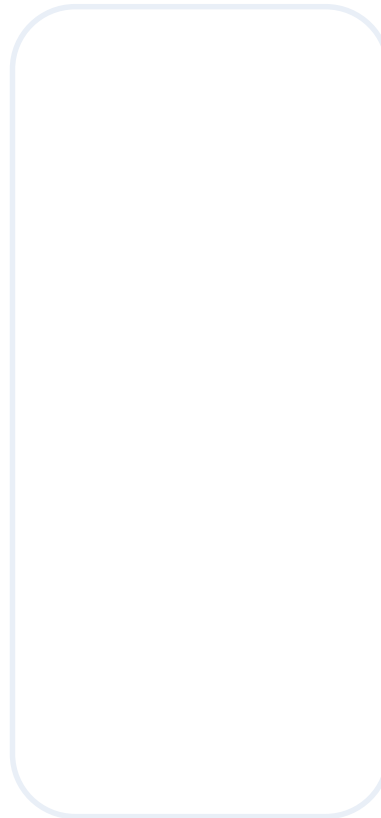
EXPERIENCE NEW LEVELS OF
AWARENESS & PEACE!

The mission of Life Esteem is to raise our consciousness, awaken our intuition, and live a meaningful life and existence.

Life Esteem embraces the human spirit, through self-discovery, personal transformation, and healing.

Dr. Chargualaf facilitates growth by combining over two decades of Accelerated Human Performance, Integrative Nutrition Health, Transformational Life Coaching, and Change Management to provide a compassionate and structured approach to help you go deeper in uncovering your inner wisdom, and create the life you want.

Sessions are by appointment only, and are available in-person, Skype, or telephone.



Life Esteem LLC
Dr. Cathy Chargualaf
P.O. Box 772, Perris, CA 92572

Life Esteem

PRIVATE SESSIONS

*Change is the end result of
all true learning.*



Life Esteem LLC



Dr. Cathy Chargualaf

A session with Dr. Chargualaf enables you to gain revealing insights into unresolved issues and hidden motivations that may be keeping you from living a full and joyful life. Dr. Chargualaf supports and guides you to a deeper understand of the essence of who we are.

Dr. Cathy Chargualaf is a Prosci Certified Change Management Professional™ (CCMP™), Transformational Life Coach, Integrative Nutrition Health/Lifestyle Coach., author, and owner and founder of [Life Esteem, LLC](#) in Southern California. She received her PhD in Humanistic Sciences, and has worked with Anaheim's Community Services Program as a California State Certified Counselor.

With a broad range of expertise, Cathy specializes in such areas as team performance, leadership development, communication skills, decision making, change management, career counseling, and adult learning. Dr. Chargualaf is also a credentialed Myers-Briggs Type Indicator® (MBTI®) Practitioner, HeartMath® Building Personal Resilience Coach/Mentor, and a qualified facilitator of California Psychological Inventory™ (CPI™), CPI 360 Leadership Assessment.

Private Sessions

Life Esteem Coaching

Move **beyond the limits** of “traditional coaching” and go deeper

- Understand **who you truly are**
- **Expand your awareness** to your inner wisdom
- Learn to **create healthy relationship**
- Understand how to **attract the life you want**
- Learn how to **raise your emotional state**
- Become more adept at sensing, feeling and attuning to **the voice of your true self**
- Access more of the **heart's intelligence** to release resistance
- Learn to foster and trust **living life as who you truly are**
- **Overcome your inner most limitations**

Health & Lifestyle Coaching

We all choose what we take into our heart, mind, and body. Being more aware of your choices will improve your health and wellbeing

- Improve your **health and happiness**
- Learn about **nutrition**
- Learn how to **achieve what is important** for your body and lifestyle
- Improve your **health and wellbeing**
- Make **sustainable changes**



Dr. Cathy Chargualaf CSC, DCH, Ph.D.
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HeartMath Building Personal Resilience (BPR) Coaching/Mentoring/Training

Improve your personal resilience, reduce stress, increase your energy, and master new skills to better handle the day-to-day challenges and stressors for overall well-being.

Increased:

- Resilience, vitality and overall well-being.
- Mental clarity for decision-making, problem-solving and planning.
- Emotional awareness and sensitivity to relationship issues.
- Ability to maintain or reestablish composure in challenging situations.
- Ability to communicate more effectively.
- Cooperation among co-workers and team members.

Reduced:

- Worry, overwhelm and feelings of anxiousness.
- Sleeplessness and fatigue.
- Generalized stress and physical symptoms of stress.
- Miscommunications.

Contact

By appointment only

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626-893-0340

www.lifeesteem.com

