

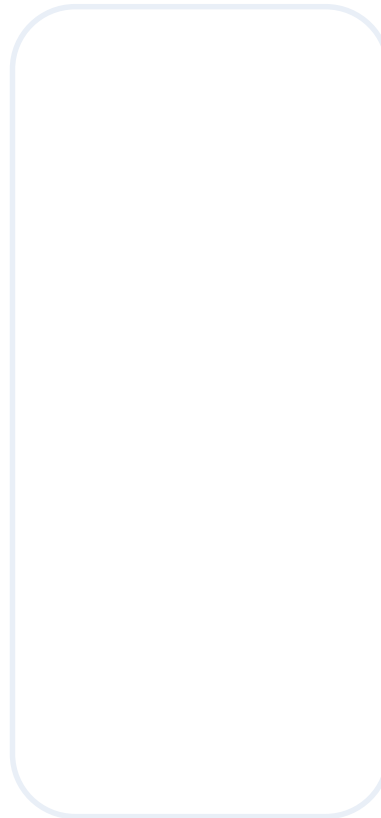
EXPERIENCE NEW LEVELS OF
AWARENESS & PEACE!

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 received her PhD in Metaphysical Humanistic Sciences, Summa Cum Laude, specializing in Spiritual Counseling and Transformational Life Coaching, and has worked with Anaheim's Community Services Program as a California State Certified Counselor. She is a Prosci Certified Change Management Professional, an Integrative Nutrition Health/Lifestyle Coach, author, and owner and founder of [Life Esteem, LLC](#) in Southern California.

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 Spiritual & Transformational 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 **overall wellbeing**
- Reinforce **positive behaviors**
- Make **sustainable changes**

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

Dr. Cathy Chargualaf
626-893-0340

www.lifeesteem.com

