

EXPERIENCE NEW LEVELS OF PERFORMANCE!

Life Esteem empowers Leaders to be the best versions of themselves by enriching self-awareness through the use of established assessments, professional experts, and trainers.

Our practical solutions are grounded in a deep understanding of psychometric tools: a platform for constant improvement. The psychometric tools provide an understanding of what really makes people tick, helping you to enhance organizational strengths and make great improvements in problem areas.

Overcome a variety of common business issues, unlocking the potential of you and your workforce.

Leadership characteristics can be organized into these five core performance areas:

- 1) **Self-management:** self-awareness, self-control, resilience
- 2) **Organizational capabilities:** use of power and authority, comfort with organizational structures, responsibility/accountability, decisiveness
- 3) **Team building and teamwork:** interpersonal skill, understanding others, capacity for collaboration, working with/through others action orientation
- 4) **Problem solving:** creativity, handling sensitive problems, action orientation
- 5) **Sustaining the vision:** self-confidence, managing change, influence, comfort with visibility

Organizations with a strong leadership pipeline bring in: **37% more revenue** per employee and are **4X more likely to be efficient.**



Life Esteem LLC
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Leadership Development & Coaching

Measuring True Managerial Potential



Life Esteem LLC



Dr. Cathy Chargualaf

Dr. Chargualaf is a credentialed Myers-Briggs Type Indicator® (MBTI®) Practitioner, HeartMath® Building Personal Resilience Coach and Mentor, HeartMath® Stress & Well-Being Assessment, licensed facilitator of California Psychological Inventory™ (CPI™), CPI 260 Leadership Assessment, and several other performance instruments. She combines over two decades of accelerated human performance expertise and change management. Cathy also specializes in such areas as human and team performance, leadership development, communication skills, decision making, conflict management, change management, career counseling, and adult learning.

She received her Ph.D. in Metaphysical Humanistic Science, Summa Cum Laude, specializing in Counseling and Transpersonal Coaching.

Key Offerings

Dr. Cathy Chargualaf establishes an advantageous relationship that uncovers hidden strengths and weaknesses within the leader.

- **The CPI 260® Client Feedback Report** gives a true-to-life picture of each person's temperament and behavior.
- **The detailed CPI 260® Coaching Report for Leaders** helps high-potential employees develop strengths, target areas for improvement, set goals, and plan next steps.

Compare your leaders' responses to responses from large groups of successful managers and executives and track for continued success and career advancement.

Assessments can be mixed and matched to:

- **Optimize leadership** at all levels throughout your organization
- **Build and develop great teams** that are your organization's powerhouse
- **Enhance communication** skills individually, within a team or across a whole business
- **Reduce damaging conflict** and the time and resources spent on it
- **Build resilience** to stress to prevent its damaging effects

Benefits

Leadership development that works from the inside out

From **awareness** to **action**, the right assessment offers practical insights and suggested action steps.

- Identify strengths and management development opportunities.
- Increase your self-awareness and help you adjust your behaviors for maximum effectiveness.
- Empower you to reach your full potential through a structured, consultative approach.
- Improve your leadership skills and help you fulfill your career path.
- Learn how to use the CPI 260 assessment and discover how to effectively identify and develop your leadership traits.

Contact

By appointment only

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www.lifeesteem.com



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