

EXPERIENCE NEW LEVELS OF
PERFORMANCE!

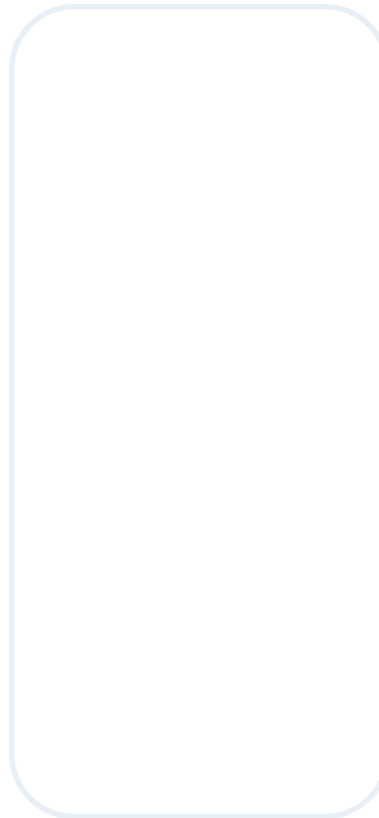
Life Esteem empowers people to self-regulate their emotions and behaviors to reduce stress, increase resilience, and unlock their natural intuitive guidance for making more effective choices. This enables people to break through to greater levels of personal balance, creativity, insight and health.

Experience HeartMath science-based **Building Personal Resilience** program for taking charge of your life. Proven to help you reduce stress and anxiety by **increasing your inner balance and self-security**.

Building Personal Resilience improves your ability to **bounce back**, **reduce stress**, **increase your energy**, and **master new skills** to **better handle the day-to-day challenges** and stressors for **overall well-being**.

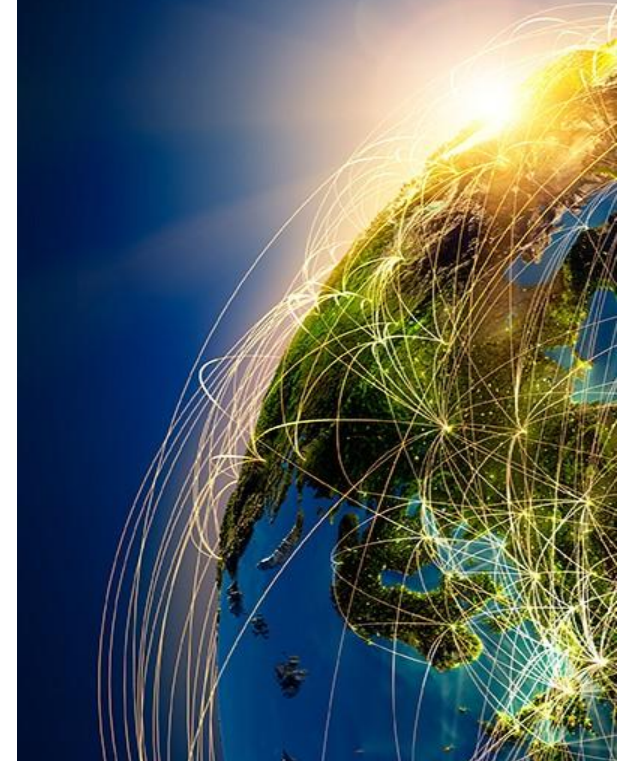


Life Esteem LLC
Dr. Cathy Chargualaf
P.O. Box 772, Perris, CA 92572



Organizational Resilience

Building Personal Resilience



Life Esteem LLC

Job stress is estimated to cost American companies more than \$300 billion a year in health costs, absenteeism and poor performance.



Dr. Cathy Chargualaf

Dr. Chargualaf is a HeartMath trained professional, certified to coach, mentor, and train on a variety of HeartMath tools and techniques. With over two decades of training, mentoring, and accelerated human performance expertise, she received her Professional Certification in Building Personal Resilience, provider for the Personal Well-Being Assessment, and Certified Health Coach from State University of New York.

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

Key Offerings

Building Personal Resilience Training

Building Personal Resilience skills has been shown to provide a wide range of long-term benefits, including:

Increase

- Performance levels
- Resilience 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

- Healthcare expenditures
- Job absenteeism caused by stress
- Stress, worry, overwhelm and feelings of anxiousness
- Miscommunications

Personal Well-Being Assessment

40% of job turnover results from stress.

This assessment provides you a snap shot of your current level of well-being and stress management. It measures four key dimensions of well-being: stress management, adaptability, resilience, and emotional vitality. Heart coherence is essential in stress management and sustainable behavioral change.

Client Testimonials

"At work and at home I am able to bounce back from negative situations, because I have the tools and techniques that help me respond to the situation in a healthy way."

"I learned more options to dealing with problem situations, which will help me make healthier choices and bounce back easily during challenging situations."

"I was not even aware of the stress I was holding on to, until I learned the HeartMath techniques. Now I notice immediately when something is stressful and have the techniques and mind set to change my perception and deal with the situation in a positive way. Wow!! This really work."

"I learned how to identify stress that drains me, and techniques that helped me return back to who I am."

Contact

By appointment only

Dr. Cathy Chargualaf

626-893-0340

www.lifeesteem.com

