

Dr. Cathy Chargualaf

Dr. Cathy Chargualaf is an author, teacher, and the founder of the Life Esteem Wellness Center. She received her PhD in Metaphysical Humanistic Science, with a specialization in Metaphysical Spiritual Counseling and certified as a Holistic Life Coach. She also completed a doctorate in Clinical Hypnotherapy and is a board-certified Clinical Hypnotherapist through the American Board of Hypnotherapy.

She has over 20 years of experience working with individuals, companies, local schools, and universities developing organizational change programs and profiling individuals and teams for peak performance.

Dr. Cathy Chargualaf takes a holistic approach with you, going into the inner values, needs, and desires of the whole person's mind, body, and spirit. The journey is of wellness, balance, and inner peace.

Medicine of Spirit

By appointment only

543 E. San Bernardino Road, Suite A,
Covina, CA 91723

(626) 893-0340

www.medicineofspirit.vpweb.com

Holistic Life Coaching – *Unlock Your Potential*

- Myers-Briggs Type Indicator® (MBTI)
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Spiritual Counseling – *Connecting you to Spirit & Attract What You Want*

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- Life Esteem: Discovering Your Purpose
- Meditation
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- Understand your personality type
- Increase communication effectiveness
- Build Stress Management skills
- Strengthen Leadership skills
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- Resolve conflict and learn how to better approach conflict situations.



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Dr. Cathy Chargualaf, PhD, DCH, CLC
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Medicine of Spirit

A division of Life Esteem, LLC

Holistic Life Coaching & Spiritual Counseling

Life Lessons, skills, and techniques to enhance your life.

Dr. Cathy Chargualaf,
PhD, DCH, CLC

(626) 893-0340

What to Expect

Private Sessions by appointment only. Sessions can be over the phone, in person, or at a distance. She works with each client based on their individual needs. A typical session is 50 minutes.

Professional Disclosure:

Dr. Cathy Chargualaf is not a physician or mental health professional. It is the responsibility of each individual to seek and consult a mental health professional or physician for appropriate care and advice.



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(626) 893-0340

Gift certificates available for friends and loved ones.

Life Esteem, LLC

Valuing Life, Your Life!



Spiritual Counseling

The goal of **Spiritual Counseling** is to help you to find your spiritual self, which can include self-awareness, self-mastery study, finding your purpose, meditation, visualization, and bioenergy therapy (boosting your natural ability to heal).

Areas of focus:

- Spiritual growth
- Self-completeness
- Meditation
- Guided Imagery
- Increased Relaxation
- Decreased irritability and moodiness
- Improved learning ability & memory
- Feelings of vitality and rejuvenation
- Increased happiness
- Overcoming adversity
- Grief and loss related issues
- Intuitive Energy Healing
- Promote natural healing

Fees

Individual session: \$120
30 minute follow-up session: \$75
Discounts for multiple sessions.

Holistic Life Coaching

Holistic Life Coaching sessions are a collaboration, in which Dr. Cathy Chargualaf helps you move through and/or change patterns that are no longer useful. Her intent is for you to know and trust yourself, so that you can make choices that work for you, instead of against you.

Areas of focus:

- Sort through problems in a meaningful and organized way.
- Set meaningful and achievable goals.
- Learn to see life in a new perspective, helping you get past personal and professional blocks.
- Learn to see yourself in a proper and healthy perspective, improving your confidence.
- Learn new behaviors and new ways of dealing with old stuff.
- Learn assertive communication.
- Learn new skills that will help you in life and career.
- Become more positive and empowered to accomplish your objectives.