



# ESTEEM BOOSTING SUMMER

A 7-week online group coaching program

**Investment: \$287**  
*(less than a weekly insurance copay)*

- Space is limited
- Online Coaching
- Group Coaching
- One-on-one Support

More information and contact information on the back!

- Self-esteem Assessment
- Kill the feelings of inadequacy
- Discover malfunctioning beliefs
- Acquire techniques to boost self-esteem
- Exchange successful strategies with others.

REGISTER ONLINE AT  
[LIVINGEXCELLENCETODAY.COM/EVENTS](http://LIVINGEXCELLENCETODAY.COM/EVENTS)

# LET

Living Excellence Today



## ABOUT DR. KAUR

Dr. Kaur is a licensed professional counselor, a coach, and a speaker. She specializes in helping gifted adolescents and adults reach their optimal emotional and psychological health by coaching them through self-criticism, self-esteem/worth issues, idealism, perfectionist tendencies, over-analyzation, social anxiety, and feelings of inadequacy. Her clinical specialties include anxiety disorders and mood disorders.

*Call or Email us to schedule a complementary consultation with Dr. Kaur today!*

### General Contact info

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