



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

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

More information and
contact information on
the back!

REGISTER ONLINE AT
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

Dr. Gurpreet Kaur, EDD, LPC, NCC, CCMHC, ACS, DCC
609.923.9949

gkaur@livingexcellencetoday.com
www.LivingExcellenceToday.com

