

Evolution Consulting Online Coaching Session



Evolution
Consulting



Coach Yanet Gonzalez

Consciousness and self-growth coach

Improving Self-Esteem

Evolution Consulting Coaching Session



COACH YANET GONZALEZ

Origins of Self-Esteem issues
Solutions to Improve Self-Esteem

Self-Esteem

Origins of Self-Esteem Issues

- Issues with Parenthood in childhood: Lack of motivation, inspiration or support on behalf of parents.
- Issues with schooling or lack of proper education.
- Issues with guidance.
- Issues with feeling unprepared.
- Issues with feeling unable to deliver expected results.
- Issues with past failures and being generally discouraged.
- Issues with giving credit to other's opinions.
- Issues with shyness or personality.
- Issues with having been past on opportunities.
- Issues with finding your personal value.

Solutions to Improve Self-Esteem



Coaching Session Conclusion

Self-esteem can be improved by taking into consideration the solutions provided to you in our session

We need to maintain our personal value unhinged from any disturbances and concerns so that our intelligence can flourish and support us in the process of Life.

Self-Esteem can be resolved by understanding the factors that opened it up and made us its prisoner.



Show your
value

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YES

YOU CAN

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