



New Client

Information

Package

A GUIDE FOR OUR
FUTURE COLLABORATION



WELCOME

Making change is not easy, so I welcome and celebrate you in taking this first step towards greater wellness! I am honoured that you are considering me to walk alongside you on this journey.

DEON AMBERSLEY
MSW, RSW & CERTIFIED HEALTH &
WELLNESS COACH

My Mission

"Every woman has a story, but not every woman feel's she is the author of her life.." Deon Ambersley

I'm on a mission to help as many women as possible write their next chapter. To have them start living a life they are proud of. To love who they are, be inspired by what they do, and treat everyday as a beautiful experience

If you are ready to make some changes, reach out and let's get to work!

[Book Here!](#)

About Me

Deon Ambersley is a Certified Health and Wellness Coach, and registered Social Worker in good standing, with over 15 years of experience. She's worked in a number of settings from schools, and community agencies, to her own private practice.

Combining her skills as a Counsellor and Certified Health and Wellness Coach, Deon specializes in working with her clients to unearth what keeps them stuck and assists them in moving past this. She offers CBT (Cognitive Behavioral Therapy), MI (Motivational Interviewing), ACT and Solution Focused Therapy.

However, as proud as she is of the work she's done with clients, she is also very committed to her own personal growth, and is a self-proclaimed "student of life".

When she is not working with clients and enhancing her skills as a therapist and coach, she can be found taking care of her many plants, writing for her blog "Live in Cursive", or spending quality time with her friends and family.



Deon



THE FUTURE DEPENDS ON

“WHAT YOU
DO TODAY.”

Mahatma Gandhi

I can help you with....

DEPRESSION & ANXIETY

In our work together we will identify what your personal struggles with depression or anxiety look like and come up with coping strategies which work best for you.

FEELING STUCK

Feelings of stuckness is an issue many clients come to see me for. I help clients identify their ideal lives and figure out how to move past the barriers that prevent them from getting there.

RELATIONSHIP ISSUES

For 15 years I have worked with individuals on how to create healthy relationships. Not only intimate partners, but friends and colleagues too. If you're experiencing struggles within your relationships, or would like to ensure you keep them healthy, I can help.

DEVELOPING A HEALTHIER LIFESTYLE

As a certified Health and Wellness Coach I will work with you to get to your personal wellness goals. If you are struggling with a health concern, let's set up a plan to make change.

STRESS MANAGEMENT

Stress has become very commonplace in our society. In our work together we will identify stressors, and techniques to aid in coping, as well as creating more peace in your life.

Methodologies

CBT

Cognitive Behavior Therapy

ACT

Acceptance and Commitment Therapy

MOTIVATIONAL
INTERVIEWING

SOLUTION FOCUSED THERAPY

COACHING

THE

process

Meet and Greet

Making sure we are a good fit is essential. Our first step will be to have a meet and greet to help me understand your needs, and ensure I am the right fit for you.

Progress Meeting

In an effort to ensure you're working towards your goals, we will have regular meetings. In these meetings we'll discuss what is coming up for you. We'll celebrate wins, as well as, identify what's not working and how to improve

Mission Accomplished

Our common goal is to get you to the finish line. Get to a place where you feel you've met your goals. Once you've reached there it's time to hit Mission Accomplished!.

Assessment & Goal Setting

In our first session together, I am trying to understand you on a deeper level. Not only that, but what you are hoping to achieve in our work. From this we will develop some concrete goals.

Feedback

My role along your journey is to be a sounding board, as well as provide meaningful expertise and feedback.

Service Overview

Initial Assessment

\$175

Our first session will be dedicated to me getting to know you. Through conversation and questions, I will develop a greater understanding of your goals, and what is keeping you from achieving them. This session is an hour and a half to ensure that we have enough time to dive in.

1.5 hr

Follow Up Session

\$135

In our initial session we would have identified how frequent we will meet. Our follow up sessions will be dedicated to working through goals and discussing the thoughts, feelings and behaviors coming up for you.

1 hr

The best time for
new beginnings
is now.



FAQs

When will I see change?

The process of change is very personal, so results may vary. Everyone goes through the healing and transformation process at a different pace. However, while I can't say when things will shift, I will say the more committed you are to it, the greater the rewards.

How long will I need to be in therapy?

Like the question above, this is hard to determine, as healing is not linear and will look different for each individual. However, what I will say is that those who find use in it, stay for as long as they need to.

Are sessions in person?

At this time, I am only providing virtual sessions. There may be opportunity in future for in person sessions, but that is currently not the case.

FAQs continued

Do you accept
insurance?

Registered Social Workers are covered by most insurance plans. Check with your provider for what is covered and how much. Do know, you will always be provided an invoice to be reimbursed by your insurance company.

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Have a question that is not here? Reach out and I would be happy to answer!



Preparing for your session

REMEMBER

Healing is a process and not an event. Be gentle with yourself. There will be days when you feel like you've made great process, and others where you feel you are going backward. Continue to show up and do the work, it's all a part of the process.

BE COMFORTABLE

Treat your sessions as your sacred time. The beauty of working virtually is you get to create your ambiance. Feel free to come with a nice cup of tea or a comforting blanket. Whatever you need to feel comfortable and safe.

COME WITH QUESTIONS

Therapy works best when both therapist and client are fully engaged in the process. Come with questions or scenarios you want insight on. Come with the intention to receive what you need. This is your time.

BE PRESENT

It's probably not a good idea to schedule sessions during distracting times. Turning off devices, being in a comfortable quiet space will help you get the most out of the moment.

BE PREPARED FOR AFTER THE SESSION

Therapy is as much about what happens in session, as it is about outside. I will always do my best to end in a comfortable space. However, feelings may come up after the session. Therefore, prepare to take care of yourself. Allow time for reflection, and self care.

My Vision

"I see a world where women are able to define the outcomes of their lives, without the gnawing feeling of what they "should" be doing. Where they are able to appreciate their innate beauty, without thought of the latest trend, or any standard of beauty. A world where women feel safe within the confines of their skin, and are not afraid to stand out and shine. Where their worth is innately known, and this is mirrored back to them through who they choose to associate with."

If you would like to turn this vision into reality, please reach out to explore working together

[Book Here!](#)

Questions to Consider

01

What brings you to Coaching/Counselling? What are you hoping to achieve from taking this step?

02

What have you already done to address this problem? Why hasn't it worked?

03

What would happen if you didn't have this problem addressed? How would it impact your life?

What is your Mission Accomplished?

#1

#2

#3



"If you do what you
always did, you will get
what you always got".

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Hours of operation are 9-5, Monday to Friday. Please note I am not open on any Canadian public holidays.



BUSINESS
HOURS



RESPONSE
TIME

I will always do my best to respond to inquires during business hours, however please know 24 hours is my response time. Additionally, if you are experiencing an emergency please contact 911.

Next Steps

If you feel I am the practitioner for you or would like to book a meet and greet, click the link below and let's get started!

[Book Here!](#)

If you aren't quite sure, that's okay too, let's stay connected! Click the link below to follow me on Instagram or check out my blog Live in Cursive

