



Deirdre Burton, a current Indianapolis, IN resident, was born in Oklahoma City, OK. She is a graduate of Indiana University, with both Associate and Baccalaureate degrees in Occupational Therapy, and more recently, she completed a Master of Art in Marriage and Family Therapy from the Christian Theological Seminary. She is currently a Licensed Marriage and Family Therapist Associate and maintains a small private counseling practice.

Deirdre is a board certified wellness coach through the Center for Credentialing and Education. Her coaching mission and vision in life encompasses walking along side women who passionately desire a collaborative partnership for transformation of their lives through personal growth and well-being. Women who thirst for these qualities are invited to consider a partnership with Deirdre to explore achieving change through individual and group coaching and wellness workshops.

Deirdre is a wellness educator and empowers women too unashamedly live well through course offerings involving personal growth, vision and mission exploration and development, and living an optimal life style of wellness.

Deirdre has served her community as an Occupational Therapist (O.T.) for more than 20 years. She has experience as an O. T. in long term care, inpatient/outpatient rehabilitation, and home care. Currently, Deirdre is self-employed as an O.T. subcontractor for two local homecare companies and she is the business owner of, Living Well Therapies, LLC, established in 2002.

On a global scale, Deirdre has served her country through the United States Army Reserves with a military career that covers nearly 30 years. She is a veteran of the first Persian Gulf War and her military resume of service includes administrative specialist, squad leader, instructor/course manager, and currently, O.T./behavior health specialist. As the result of a military love connection, Deirdre has been married nearly 12 years her military sweet heart, who she married after the second, after a twenty year separation.

For Deirdre, walking is her "Sabbath." She is a mini-marathon junkie and has 29 finisher metals to validate her love for walking. She enjoys reading, listening to music, a good cup of tea at her favorite tea cafe, and bike riding. Last summer Deirdre ushered in her 48th birthday with a bang, by skydiving and participating in tight wire/zip line adventure. Deirdre's 2014 mantra is dual in nature, "move," and "The Best is Yet To Come."