

# AMBER DEANN SPEAKER SHEET

## COACHING BY AMBER

CONTACT AMBER:

408-921-4806

Amber@coachingbyamber

www.CoachingbyAmber.com

### **AMBER DEANN MISSION —**

Here fun, intuitive art/writing merges with practical life coaching to break self-defeating emotional patterns and move you into a mentally strong, resilient person.

**Breaking Response patterns gives you Freedom.**

### **AMBER BELIEFS -**

\*\*Introspection and self analysis are the most important ingredients in a fulfilled life.

\*\* All of our gifts, tools & life experiences have the power, when used correctly, to transform our lives.

\*\* We can free our thinking, calm our stress, create harmonious relationships & manifest our goals by working with our thoughts, feelings and spirit.

### **AMBER'S EDUCATION—**

Midland Lutheran College, BA Business Administration, Fremont, Ne

University of Nebraska, law degree, Lincoln, Ne

American River College, Sacramento, Ca

Clinical Touch School of Massage Therapy, Rocklin, Ca

Inner Quest School of Hypnotherapy, Auburn, Ca

Creative Journal Expressive Arts Training Program, Edinburg, Texas

Access Conscious Training , San Jose, Ca

Interchange Counseling Institute – San Francisco, Ca (coaching certificate)

psychic readings training — Sharon Sampsel

channeling training - Wendy Gayle — Angels Emerging

Nebraska Peer Support Specialist Training - Lincoln, Ne

## **Her Books —**

**Release Your Magical Child**, is a journey into the depths of psychology anguish caused by child abuse memories and the discovery of the path back to sanity-reconnection with inner spirituality and your Inner Child.

### **Mental Reset, power tools and a strategy to reset your mind for success.**

This interactive, self introspective book helps identify your underlying spiritual/emotional needs and walks you through 12 steps to be more empowered. It synthesizes the best of ancient wisdom, Law of Attraction and basic human psychological needs.

## **CURRENT SPEAKING TOPICS**

How to use Self Expression to Blossom through Chaos

Shift mindset to open to new possibilities

Building Courage to Change & be Resilient

Dealing with Fear constructively

Dealing with PTSD so it serves you

Dealing with Anxiety - prepare for the future

Clear Ancestor's programming and prejudices

Amber's workshops and talks incorporate personal life experiences, practical knowledge, humor, easy- to- use emotional awakening and transformational exercises and fun.

Amber's workshops and talks incorporate personal life experiences, practical knowledge, humor, easy- to- use emotional awakening and transformational exercises and fun.

## **AMBER SPEAKING VENUES**

### **Omaha, Ne**

Depression & BiPolarSupportGroupOmaha on PTSD, fear and anger topics

UnityOfOmaha - fingerpainting self expressive play class

UniQuest on curbing anxiety

### **Sacramento Ca -**

local bookstores, independent churches, Unity Church of Folsom, Ca

and women's groups like Successful Thinkers and National Association of Professional Women, spiritual empowerment women's groups

## **San Jose Ca —**

Meetups like Awareness Network,  
Unity Church  
Bay area practical intuitive skills classes

She has conducted classes for actors, taught at psychic fairs, dance studios. She has read her short stories, plays & poetry at author reads in local bookstores

## **TV—**

Good Morning Sacramento

## **RADIO—**

National Health Network  
Blog Talk Radio  
NAASCA - 2 interviews on dealing with PTSD  
INAURA - focuses on alternative health topics including energy healing

## **Podcasts -**

Mary Smith — for self employed

## **MOVING INTEGRATION MEDITATION**

Her most popular class is Moving Integration Meditation. It is a wonderful, fun, lighthearted technique which synthesizes movement, breath, inspiration and Universal energies. It prepares everyone for a more effective meditation experience.

## **TESTIMONIALS —**

First, I could tell that Amber speaks from her heart...she doesn't give a "canned" presentation. It's obvious that she has a passion for empowering the spirits of women, but anyone who is open would benefit from her subject. Her presentation was very interesting and funny, but the hypnosis exercises were my favorite. — Cynthia Schwartz

When going through a prosperity (blocks) class you expect to clear the negative energy around you so you can move into abundance. Which we did. But to find where the energy is stuck in your body and your thinking from family up bringing was eye opening. — Paula W

My physical health was connected to worry and stress and in this class I learned how to release it. The music used during the class help calm my fears and put me in touch with specific emotions to help me get balanced. Paula W

The class as a whole opened up new avenues of adventure and learning. It helped me to get in touch with me. — Paula W

I attended one of Ms. DeAnn's speaking engagements at a prestige's group who assist women with growing their businesses. Her topic was" making a business decision without thinking". Her presentation was engaging and highly interactive. She taught us very useful techniques in stress busting and helped us to perform these techniques correctly. — Donna Tanner Tahitian Noni International