

Rebecca Williams

Director & lead occupational therapist

Rebecca is the Director and Lead Occupational Therapist at Fuller Life Therapy Services. She is passionate about supporting children and families through strengths-based, neuro-affirming, and person-centred therapy that celebrates each individual's unique strengths and potential.

As an AuDHD mother of three neurodivergent children, Rebecca brings both professional expertise and valuable lived experience to her work. She understands the joys, challenges, and advocacy involved in navigating life as a neurodivergent family and is deeply committed to helping individuals and families feel understood, supported, and empowered. Rebecca is dedicated to creating a welcoming and inclusive environment where children feel empowered, families feel supported, and meaningful connections can flourish. She works collaboratively with children, adults, and their support networks to develop practical, engaging strategies that build confidence, participation, and independence in everyday life.

Her compassionate approach, authentic understanding, and commitment to quality care are at the heart of everything she does, helping individuals and families live fuller lives.

