



MENTORSHIP
HELP AND SUPPORT
FOR NEW DOULAS



**ADVANCED DOULA
WORKSHOPS**
LUNCH-&-LEARN



DOULA SUPPORT GROUP
TEAM BUILDING,
EDUCATION & SUPPORT

DOULAS



Congratulations. You took the first step.

You have followed your passion and calling to take the first step in becoming a doula! You have taken a training workshop and have started the steps towards certification and opening your own bad-ass birth business. Now you're ready for more: more information, more hands-on experience, more team-building with other professionals, more community, more support.

Now it's time to dive in.

We know how hard it can be to take the first, big step towards accomplishing your goals.

- It's vulnerable and scary.
- It's a big investment of time+money+heart.
- It's also exciting to be finally starting a career doing something you really feel passionate about!

After a certification training, most new doulas feel a combination of information overload + mind-blowing inspiration.

“You start to get all these ideas about how to grow your business. You also begin to feel like you don't know what to do next.” -Sarah, doula trainee

That's because most of us don't get everything we need out of one, 2-day training. We need more: more education, more hands-on experience, more guidance & support, more connectedness in our community.

We want to help you find the “more” you're looking for.

So here are **three new ways** for you to dive in to the next phase of accomplishing your goals and making your passions a reality.

Let's get started!

Your success is our passion.



It's very simple: you succeed, we all succeed. When you are confident and successful in your career, it benefits our entire birth community. Families have access to better care, doctors and midwives are more likely to recommend qualified doulas to their patients, and this makes our budding profession the best that it can be.

1. Register for an Advanced Doula Workshop which will take place at Roots Wellenss. We will spend one whole afternoon covering topics such as:

- Building Your Birth Business Facebook book club 1/31/2018 (\$20)
- Rebozo and Positioning workshop 5/1/2018 10am-12pm (\$45 includes lunch)
- Labor Comfort Measures Workshop 4/3/2018 10am-12pm (\$45 includes lunch)
- Waterbirth Workshop 3/24/2018 10am-1pm (\$30 includes lunch)
- A doula's guide to homebirth 4/14/2018 (FREE with home birth supplies donation)

2. Doula Dinners. French obstetrician, Michel Odent, noted that oxytocin is release amongst friends sharing a meal together. With this in mind, we have created this 4-week small group series for anyone who is looking to connect with other professionals and gain in-depth information on topics such as:

- Self Care and Community Connectedness
- Working with Trauma Survivors (incl. traumatic births and sexual abuse)
- Peer Review and Birth Processing

Dinner is included! To maintain a safe and trusting environment, this group will close after the first week and no new registrants accepted until the next series begins. We will choose the best evening based on the needs of participants schedules. This series will begin in February. Please register ASAP so that we may start the process of creating our group. Cost of this workshop is \$90.

3. Mentorship Program

In any other field of women's health, students work towards degree/certifications after spending several thousands of dollars and hours of education, including hands-on clinical skills. Unlike professionals such as nurses, PTs, or medical school students, doulas are on their own to obtain this education and support, and it can be difficult to navigate the waters in knowing how to build your birth business from the ground up. There is where I can help you succeed.

Mentorship Goals:

- Assist doulas in the certification process or in developing their own business.
- Mentor doulas in training through their first experiences with clients prenatally, during labor and the postpartum period.
- Peer review for doulas in training in order to facilitate learning from their experiences and improving the care of the pregnant, birthing and postpartum woman.

- In-service training and advanced doula workshop opportunities for all doulas to continue educating themselves beyond the initial doula training workshop.
- Program Benefits:
- Back-Up: Program assists with back-up arrangements for mentorship program participants.
- Referrals: Nurture, LLC and Erica Manto-Paulson will put your name on a referral list for new clients.
- Client Specific Information: including VBAC, Pre-eclampsia, Gestational Diabetes, etc.
- Bi-Monthly Meetings with Erica in person or over the phone
- All participants in the mentorship program are permitted to state their affiliation with Nurture, LLC.
- Birth Opportunities - All doula certifying organizations require you to attend and document a certain number of births as the primary doula. Nurture, LLC can provide opportunities for new doulas to attend births through volunteer and paid opportunities.

How Do I Become a Part of the Mentor Program?

1. Be enrolled in a doula certification program & be seriously pursuing certification or experience.
2. Sign the Terms and Agreement Form
3. Have internet access.