



What is Included in Class and Requirements for Certification

*Comprehensive class taught by a registered nurse, Kimberly Williams, RN. Kimberly has taken her experience working in a busy Ob/Gyn's office, labor and delivery for 11 years, and working alongside home-birth midwives and created a doula course that will equip you and prepare you to be the **BEST** doula. In class you will learn what the acronym, B.E.S.T stands for. Kimberly's passion is to educate you in both natural/unmedicated birth and medicated. Giving you an understanding of medical terminology, reasons for induction, forms of induction, reasons for a cesarean section, how to communicate with healthcare providers, comfort measures, and much more.*

Class will be held at a beautiful home in a country setting. Lunch and snacks will be provided. It will be a weekend full of fun, building relationship and community with other birth workers, and gaining a vast amount of knowledge about providing the BEST birth support.

Included in Class:

- No Annual recertification fees
- Certified by a registered nurse recognized within the birth community
- Resources and counseling for starting your business and obtaining professional insurance
- Support during the timeframe prior to certification
- Ongoing community support from Growing Your Nest birth workers

Requirements for Certification:

- You will be given a real-life scenario and have to write out a "doula plan of care"
- Make a list of local resources
- Obtain a reference from a birth worker or someone you have given birth support to
- Write an essay explaining why you want to be a doula (list your strengths and weaknesses)