

# Growing Your Nest Doula Training Workshop

February 18-19th

**Saturday 8:00am-5:00pm-Sunday 9:00am-4:00pm Breastfeeding add-on 4:00-6:00**



## **Doula Training Schedule:**

### **Day One:**

What is a Doula?

What is the purpose of a Doula?

How to be the B.E.S.T doula

What a doula's role is not

Labor and Birth (stages of each and what happens in home and hospital birth)

A doula's role in labor and birth

A doula during postpartum

How to communicate with hospital staff and/or midwife

We will do hands on scenarios and practice doula skills.

### **Day Two:**

Preparing for life as a doula

Building your brand

Social Media and booking clients

Doula practice style

Strengths and weaknesses

Breastfeeding 101 class with Kimberly Hampton, LPN, IBCLC (this is an additional \$50)

Growing Your Nest Birth  
Services

Kimberly Williams, Rn  
[www.growingyournest.com](http://www.growingyournest.com)

(931)205-1963

Training location: 122 Elijah  
Parker Road Tullahoma, Tn  
37388

## Cost for Class and What is Included:



Growing Your Nest  
Birth Services

**\$650** for 2 day intensive workshop taught by a registered nurse with over 20 years of experience working in maternal healthcare. 11 of those years were spent working in labor and delivery. **\$50** for breastfeeding 101 with Kimberly Hampton, LPN, IBCLC.

**\$300** non-refundable retainer is due at the time of registration

**\$350** is due on February 1, 2023

Included: snacks and lunch

Send an email to [kwilliamsce@gmail.com](mailto:kwilliamsce@gmail.com) with your name, phone number, and if you would like to book an overnight stay Saturday night.

Venmo registration fee to: growingyournest or mail a check to:  
198 Old Lane Road Shelbyville, Tn 37160

\*overnight stay is **\$100** there are 3 private rooms available and will book fast.

\*Breastfeeding 101 with Kimberly Hampton, LPN, IBCLC add-on **\$50 go to:** [kimberly@middletnlactation.com](mailto:kimberly@middletnlactation.com) **to register**

Training Location:

122 Elijah Parker Road Tullahoma, Tn 37388