

**Mothering the Mother, Inc** is providing a one year mentorship to 3-4 doulas.

**What is expected of the mentee doula:**

- Mentee's must be local and be attending births in Milwaukee County to be eligible.
- Mentees must have a commitment to working with women from all income levels and walks of life.
- Attend an ICEA birth doula workshop (provided by Mothering the Mother) - the workshop will be split up over several sessions so that attendees will learn skills and then be able to apply them to the work they are doing.
- Attend monthly meetings/educational opportunities - this format will be used to learn from one another, share ideas, have questions answered, and are mandatory to attend in order to stay in the program. In the event a meeting/education opportunity is missed the mentee must pay \$50 to make up the missed session, or will be excused from the program.
- Be available to participate in the mentorship program for one full year. This is a commitment to yourself, your business, the community, the program, and me. (I will not invest more in you than you will invest into your commitment to this work, the program, and your fellow cohorts.)

**What can you expect of Michelle throughout the mentorship program:**

- Michelle will be available to answer your questions 24 hrs of the day as you go through the program with the exception of days/times she is physically out of town. This means if you are at a birth and have questions you can call her for help or have questions that need to be answered.
- Michelle will provide educational opportunities as outlined below to help you gain experience.
- In addition to the educational opportunities you may schedule up to one hour of in person / independent one on one assistance per month with Michelle. These appointments will normally be available on Wednesday's from 9 am to 3 pm.
- Michelle will list you and your birth doula services on her website for potential clients to connect with you.

**Educational Events Mentees Will Be Provided and Must Attend (in the event a meeting is missed the mentee must either pay \$40 to make up the missed meeting and compensate Michelle for her additional time, or will be excused from the program):**

#1 - Interviews (February/September)

#2 - Prenatal one / discuss childbirth educator observation and handout form (March/October)

#3 - Stages of Labor (April/November)

#4 - Postpartum Visit / What can I do for you? (May/January)

#5 - Labor Support Techniques class (June/February)

#6 - Safety and Self Care workshop (July/March)

#7 - Childbirth education class observation discussion / discuss BRAIN (was this taught in the class?) / perinatal mood disorders (September/April)

#8 - Website design, social media, advertising (October/May)

#9 - Q&A help session / final meeting - for those wanting to certify go over: (November/June)

\_\_\_\_\_ As a mentee, I understand that I must attend all training opportunities provided by MTM Training and Mentoring, and if I do not I will be excused from the program.

\_\_\_\_\_ As a mentee, I understand that if I miss a monthly planned event I will need to pay Michelle \$40 and make up the missed meeting.

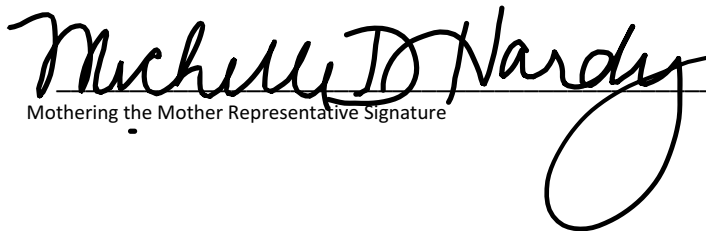
\_\_\_\_\_ As a mentee, I understand that I must represent myself in a professional manner at all times, and in the event that I do not I can be released from the program at the discretion of Michelle/Mothering the Mother, Inc.

\_\_\_\_\_ As a mentee, I understand that my requirements will increase as I move through the program, and I will be expected to put into play what I am learning.

\_\_\_\_\_ As a mentee, I understand I will receive all necessary papers for certification with ICEA after I have completed one year of mentoring.

\_\_\_\_\_ As a mentee, I understand that if I do not complete my one year commitment I will be prorated the fee for Michelle's time training me (this amount is equal to an ICEA doula training, \$600), and will be expected to pay \$50 for each month that I have not completed.

\_\_\_\_\_  
Signature

  
Michelle D. Nardy  
Mothering the Mother Representative Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date