



Birth Doula Training Course Information

What is a Doula?

Doula is an old Greek term meaning “A servant of the Woman” and refers to the woman who helps a woman through her labour, birth and early motherhood.

Doulas are also known as Childbirth Assistants, Labour Support Professionals, and Birth Companions

Doulas are trained by Julie to provide emotional, physical and informational support during pregnancy, labour, birth and immediate postpartum.

Doula connections create lasting bonds of friendship with the families they help. Doulas are the birth companions at any birth in hospitals, birth centres, and homebirth. Doulas are not employed by hospitals in Australia; they usually have a simple contract agreement with the

pregnant woman who requires their service. They are available to help all mums and dads-to-be to have a more positive, relaxed, easier birth experience.

The Doula does not replace the midwife, who is medically trained and responsible for monitoring, assessing and safety.

The Doula follows the birth preferences listed in the pregnant woman's



birth plan to fulfil her needs and desires during the birth experience.

Why Become A Doula?

Birth Doulas are able to provide help and guidance and gentle

kind care throughout the hours of labour for the labouring woman and her partner.

Some trained Doulas work voluntarily and prefer to simply support their family and friends at their church.

Other Doulas will create a micro business with a website and have a limited number of clients. They might charge between \$500 and \$2000 or more depending on what level of experience and how many services they provide. They usually grow their business over time as they add for example; massage, photography and post-natal doula training or breastfeeding counselling to their skill set.

They may do between 1 to 4 births per month will can result in an

income up to \$8000 per month. They control their own workload by choosing how many births they attend per month or year.

Will I receive a “Certificate of Achievement” ?

Yes. The Doula Certificate provided by the Doula Academy of Australia is signed and dated by the trainer Julie Clarke. It proves you are qualified and that you have undertaken and successfully completed the



"Birth Doula" course.

Future clients will be quite satisfied with viewing a copy of the certificate in your portfolio (The trainee Doula will be guided through how to put together a good simple portfolio to show clients). Pregnant clients will also be able to view this website if they want to know any details about the training.

Julie is professional and transparent. You will be well

informed and trained, as we provide a very high quality course which does not involve unnecessary study to the learner / trainee.

Do you withhold the Doula “Certificate of Achievement” if I do not have a current First Aid Certificate?

No! Not at all. Julie will be delighted to present you with your certificate at the end of the final day of the course.

You have earned the Doula training course certificate of Achievement and you are well deserved to hold it proudly. First aid certificate,

although not essential, is a great course to complete to support your portfolio.

Do you withhold the Doula Certificate of Achievement if I have not yet attended any births as a Doula in training?



NO! Not at all. You have done all the educational work required, including all the practical “hands on” skills you need so you absolutely DO qualify to have the Doula training course certificate of Achievement. Julie will provide you with your certificate on the last day of training freshly printed, in a protective sleeve, for you to take home and celebrate with your family and friends and enjoy that great feeling of achievement.

Do I need a Cert IV for Doula Training?

NO! Not at all. This is an unregulated industry and very likely to remain that way for the foreseeable future. There is no sensible reason to undertake excessive training demands or expense that is not actually needed or required.

A trainee Doula does need a great trainer who is focused, dedicated, can provide flexible options, high quality training to meet your own needs and requirements, a trainer who will personally connect with you, listen to you and help you in your journey.

You want someone who you can communicate with easily, who you can call direct anytime for help.

You might like to test that out actually and contact others and see what the response is like. It's probably the best way isn't it to test out the quality of response?





Course curriculum includes, but is not limited to these topics.

This list just gives you a rapid idea of the extensive richness of the course inclusions:

- How to get started as a Doula and having control of your future
- Developing your micro business, how to grow it if you want to
- Understanding the role of the Doula – what is and isn't relevant
- Creating your own independent Doula practice
- How to love your life as a Doula
- Rules, ethics and guidelines
- Understanding research, what it means and why it matters
- Identifying the personal benefits of being a Doula
- Working with staff in hospitals, birth centres, homebirth
- Simplifying legal, insurance and other matters
- Communication, language, positive influence
- Challenging people, situations, why it happens and what the solutions are
- Enjoy being a unique Doula, your qualities, Self-growth, self-awareness,
- The finer art of all the important comfort measures for labour,
- the active birth positioning and details for effective pushing positions,
- maintaining an intact perineum,
- magnificent massage techniques that make women release and relax,
- the details of breath work, deep relaxation for you and the clients
- conserving the labouring woman's energy so she's not exhausted,
- how to deal with breech positions,

- acupuncture acupressure points for overdue and during labour,
- suggestions for challenging situations, knowing how to help women recover
- creating the most beautiful memories for families before, during and after
- tips on how to observe and listen carefully to a labouring woman to be able to match up your skills with what she needs at the right moment.
- How to help women use their own facilities at home during pre-labour and early labour prior to coming into the hospital,
- best use of hospital facilities, being aware hospitals vary in what they offer.
- Waterbirth, benefits, setting up, what to expect.
- The midwife's role and things you don't need to worry about
- Stages of labour, what, why, how, where, when – all you'll need to know
- Enhancing partner's role, guiding the partner, vital points to be well aware of when working with partners, understanding the wide range of reactions and ensuring they have a pinnacle life experience to remember
- Being part of the team if other friends and family are present.
- Maintaining harmony and calmness during challenges.
- Physiology, anatomy, hormones. Simplified insights to help your understanding,
- The use of technology and the benefits to you
- Enhancing partner's role, boosting his/her confidence, ensuring he/she is taking care of themselves with sufficient food, breaks if required.
- Bonding and the first breastfeed.
- Follow up appointments debriefing the birth experience afterwards.
- How to be the Doula all staff love to welcome
- How to be the Doula all families want to use for subsequent births
- How to be the happiest, most content Doula
- Video footage of births. Photographs. Best angles to use, creative.
- Delicious meals, Spectacular conversations you'll never forget, Laughs, Fun.
- You'll also receive the Post Natal Doula Course workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years.
- You will be absolutely thrilled with the endless possibilities of learning here with Julie, She knows exactly how to "Doula" you through the courses

A trainee Doula does need a great trainer who is focused, dedicated, can provide flexible options, and high quality training to meet your own needs and requirements. They also need a trainer who will personally connect with you, listen to you and help you in your journey.

You want someone who you can communicate with easily and who you can call direct anytime for help.

Is there more awareness and a growing demand for Birth Doulas?

Most certainly Yes!

Australia needs a lot more Birth Doulas. There is a real shortage.

If you train in Sydney and then relocate to Queensland or another state you'll be assured of plenty of potential pregnant clients no matter where you are situated.

You are able to practice as a Doula anywhere in the world.

Doulas are well known, common and popular in both the USA and the UK.

Did you know Megan Markle has engaged the services of a Birth Doula?

Yes, it hit the headlines. Harry will probably be very glad she has done that, won't he? He won't realise it yet but after the birth he will be ever so grateful they had a Doula.



This course is amazing!!!

I completed my Doula training with Julie in November 2016 and loved every minute.

Unlike other courses I attempted to complete, this was the first one that I

looked forward to every week and actually completed!!

My ultimate goal is one day pursue a midwife career but with my education background, it just wasn't in the foreseeable future right now. But I was keen to find something along these lines to gain experience and this course is perfect!

A friend of mine tagged me in Julie's first Doula training add and I jumped straight in and was immediately dazzled by Julie's explanation of what her curriculum entailed. I booked in and attended the first session and didn't want to go home.

Julie is such a calm spirit who draws you in with her 30 years of Doula wisdom. She has a way of explaining every detail to which there is no confusion.

Our workbook that Julie put together herself is jam packed full of useful information, tips and trade tricks that helped me immensely during my first birth in February.

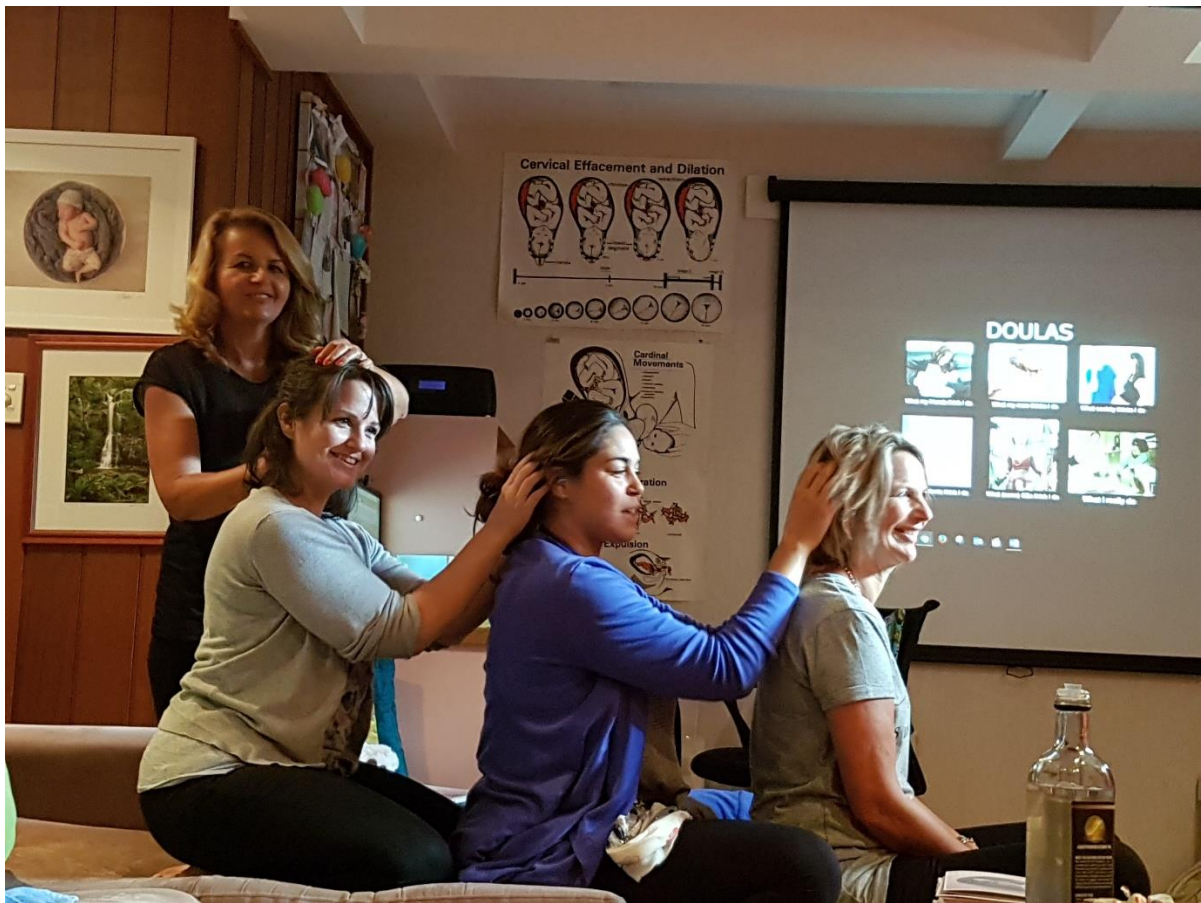


My first birth was indescribable. I applied everything that I was taught by Julie while with the labouring mother. I learnt things in my very first birth that I never knew during my own pregnancies. I cannot wait for my next birth!

You can't go wrong with this Doula Training!

Lauren Sefo

Newly Qualified Doula



Come along and train with Julie Clarke in Sylvania Sydney Australia over just 3 days or more. **She makes the training, quick, fun and stress-free, with no exams or pressure.**

You'll be amazed how much you'll gain personally and learn professionally.

The training is so enriching.

You'll have great notes to take home to keep referring to anytime you need. Being a Doula is a truly rewarding job with the most heartfelt joy and thrill at the sight of the arrival of gorgeous new babies!

Julie has created the course so there are no heavy assignments or terrifying exams. It is relaxed, friendly, interesting and easy to absorb all

the information given. Julie has an amazing gentle teaching style with incredible experience and skills to pass on to you as a trainee Doula. Julie is a mum of 2 boys, born naturally. She has been a Doula for over 30 years and has attended well over 150 births. She has the most remarkable passion and commitment, which is completely wholesome, infectious, fun and upbeat.



Home Study Courses are available

The **Home Study Correspondence Online course**: only \$500 provides the full printed Birth Doula workbook in a kit posted for you to complete at home over 12 months.

This course is ideal for confident, independent, self-directed learners. You can use the cost of this as a credit to upgrade to any other option listed below.

What other options aside from Home Study?

See Menu Course Options on page 26 of this E-book

The F2F Face to Face training with Julie at Sylvania, Sydney is run in small groups. It is fun – she explains everything at a pace to suit you – she's one of the kindest, gentlest people ever – with 30 years of being a Doula and teaching birth. She knows what's important and she'll ensure you feel welcome, included, nurtured, listened to, supported, respected, confident in your ability, and secure in the knowledge of receiving continued support via mentoring for the 24 months following your training.

Is there much work for Doulas?

Yes, a lot of women wish they had another woman to care for them during their labour for a variety of reasons. Last year there was over 300,000 (three hundred thousand) babies born around Australia, that lot of potential clients isn't it?

every
woman
deserves a
doula

is a

Who is ideal to train as a Birth Doula? Women of all ages who are kind, gentle, caring, sensitive, compassionate, and have empathy for others feelings. The best Doula training course will enhance these qualities in you and a skilled facilitator such as Julie Clarke will also

guide you in fine tuning your intuition, instincts and open up your confidence in women's wisdom.

Are Doulas warmly welcomed and accepted by midwives in the delivery suites, birth centres and at homebirths?

Most certainly yes! They are grateful for the extra help and assistance in our under staffed hospitals.

Are Obstetricians happily endorsing the work of Doulas?

Most certainly yes!

In 2017 the American Obstetrician's Association developed an official policy to endorse every laboring woman to have access to the care and support of a trained Birth Doula to



care for them throughout their labour and birth experience to reduce the need for medication and intervention such as cesarean section and enhance a normal birth such as waterbirth and active birth. The benefit of Doulas is evidence based by research and statistics.

No not at all. There is no prior training required as Julie will cover everything necessary for you to be a qualified certified Doula. It would be worthwhile if you already have your first aid certificate, completed a photographic course or a massage qualification, but not at all necessary.

Yes it is with Julie's guidance you will be amazed how quickly and easily you'll soak up the knowledge.

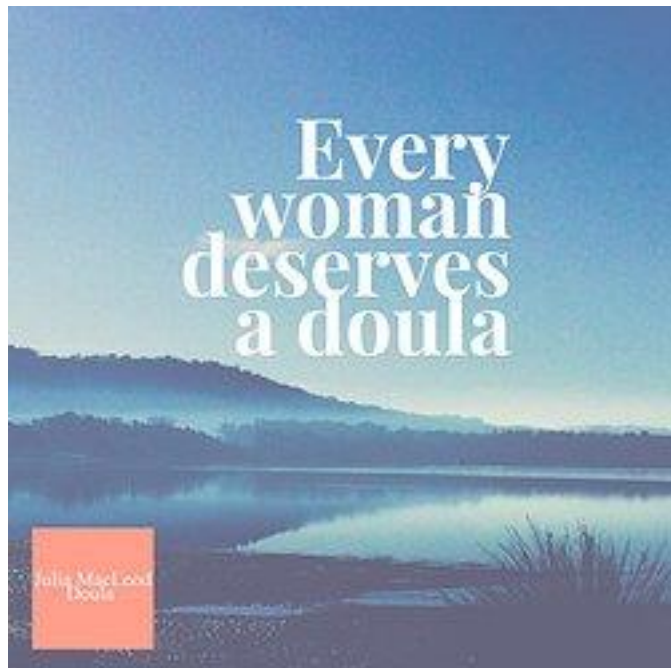
Yes, as it takes some of the pressure, physical stress, and emotional burden off the partner by sharing the load over 2 people especially with a long labour.

Is Julie a qualified Facilitator, Birth Educator, Trainer and Assessor?

Yes she is fully qualified and very capable of teaching you to a high standard without any of the stress of exams, endless pages of assignments or time consuming homework. Julie is very capable of assessing your knowledge and supporting you in a variety of ways of learning to the desired competent standard.

Will Julie be available to keep on helping, supporting and mentoring me after the course is over?

Yes, most certainly. Julie provides 24 months of free ongoing mentoring support for all her trained Birth Doulas. The close friendship continues. You will have access to Julie via text, email, phone, skype and any other options that suit you best. All Birth Doula Training course dates are listed below.



When am I allowed to begin attending Births as a Doula? As soon as you have successfully registered a placement in the course by full payment and filled in the enrollment form you are ready to have the discussion with Julie about attendance at your first birth as a Doula. Julie will guide you step by step through the process.

When do I receive my Certification of Completion of the Birth Doula Course?

On the final day of the course your beautiful certification endorsing your new qualification will be handed to you to



cherish. You'll be delighted at your achievement and what excitement your future holds of attending Births and helping woman and their partners have amazing empowering births of their beautiful new babies.

Do you have a payment plan available for the Birth Doula Courses?

Yes, payment plans are available either using cash, credit cards, direct deposit, or in a variety of schedules either 2 payments or up to 10 payments over a couple of months (or) your own preference prior to the commencement of the course.

All fees must be paid prior to the course starting, which is a standard requirement of any vocational course.

A vocational course means it will assist you towards working and earning money for your own employment in the future. View the Birth Doula course as an investment in your future towards owning and running your own business.

Can I earn a good income by being a Birth Doula?

Yes, the average is between \$500 and \$2,000 per birth. Everyone has bills to



pay so it's only fair to value your time and dedication with a fair price.

At the very start you may prefer to keep your price low for a while as you gain experience and very soon your confidence will grow and you will feel comfortable charging a higher rate. Julie explains this in more detail in the course.

Most Birth Doulas book around 1 to 4 births per month depending on other commitments. Within a very short while you will have earned back the money you spent on your training.

Is there a correspondence Birth Doula Course option available?

Yes, there is a correspondence course with Skype or WhatsApp support course for Birth Doula's who are unable to travel to Sydney. You'll receive the package by post to take a year to complete the answers in the Workbook.

What if I do the correspondence Birth Doula Course and then decide I want to come along to attend one of the other options as a Silver, Gold or other course as well; what options can you offer me?

Yes, it's perfectly understandable that once you have a feel for the Birth Doula Course and your confidence has increased, you decide you'd like to take it a step further and attend in person and enjoy the small group atmosphere. Julie will kindly support you in this journey by allowing you to put the course cost already invested in the correspondence course towards any of the 3, 4, 5, or 9 day options that suit your schedule. The deduction of "the course cost" will make the attendance / face to face course more accessible and affordable for you.

What if I can't afford the Birth Doula Training with Julie? The option of asking family and friends to purchase gift certificates for you for your birthday, Christmas presents and Mother's Day presents could accumulate enough to assist you towards being able to purchase the course. You'll find the option of gift certificates in the bookings/shop section of the website. Or perhaps you are in a close-knit community such as a church group who may be able to provide sponsorship by raising funds to assist you, so in turn you'll be enabled to provide trained birth support to the parish you belong to. Do you think it might be possible for you to create for yourself a Facebook Page "Go Fund Me to Become A Doula?"



I've been excited and passionate about all things to do with pregnancy and birth forever. I'm sure this is my calling to become a trained Birth Doula and I'm so excited at the opportunity to go ahead. I'm in a position to pay upfront and I want to get started as soon as possible. What do I do next?

You sound perfect for the course and highly motivated. Good on you. The next steps for you are:

1. Choose your preferred attendance dates and notify Julie via text or call on 0401265530 or (02) 95446441

2. Choose your preferred payment method: PayPal, visa, Mastercard, direct deposit or cash
3. Fill in the enrollment form and either email or post back to Julie
4. Be excited to get started!

Is this course tax deductible? Yes, it is for those who go on to attend births and be paid by clients. Not everyone is concerned about this and that's fine, however for those who are concerned it's always wise to **consult your accountant** about the fine details of your own personal and business financial situation.

Important: Prerequisites are to be a kind, caring compassionate person who simply wants to help other women in their journey to motherhood. It is **not necessary** to be a nurse or a midwife or hold any other qualification to train as a doula.

The Doula training course is open to all women of all ages, there are no restrictions and you will be warmly welcomed.





Julie is motivated to share her 30 years Doula experience and extensive birth knowledge with all her trainee doulas.

How does she share her knowledge?

Julie has written the most amazing comprehensive, yet simple and easy to follow, Doula Course Workbook which will provide a structure for your learning at your own pace week by week.

The amazing workbook is filled with all the best ideas to get you started on this fantastic journey. It consists of beautiful pictures conveying some of the incredible concepts that words can't convey, all the "how to's" on attracting and meeting clients, how to conduct the first coffee chat interview, basic counselling techniques, communicating effectively with clients and meeting the woman's needs physically and emotionally.

Hypothetical exercises are a fun way of exploring a variety of "What If" situations. Julie has added these all to the workbook to enable plenty of

exploration for preparing Doulas for a range of smart solutions.

There is a complete overview of Pregnancy, labour, birth and early bonding to assist Doulas to gain thorough knowledge of every step along the way.

Quick ready reference tables are provided to signpost the steps through all the labour phases. This allows Doulas to confidently assist any laboring mother.

Guidelines on being a respected, balanced, professional and successful happy Doula are also provided.

Note pages help Doulas keep all their jottings, extra thoughts and ideas all in organised locations in the workbook.

Presented in a clear, concise, simple, straightforward way the workbook is a brilliant inspirational valuable asset for the Doulas to keep referring to for years to come.





Would you like specifics of what topics are covered in the Birth Doula Course? Here is the contents page for you to assist you to assess the depth and quality of the course

The Contents page from the Birth Doula Workbook:

- 5 Welcome Introduction
- 6 Birth Doulas How to Get Off to A Great Start with 20 Constructive Positive Tasks
- 8 Journaling will help you develop personal Insights on your Amazing Birth Doula Journey
- 9 List What Would You Love to Achieve
- 10 Birth Doulas are the Future in Maternity in Australia as we Face a Birth Boom and Falling Staff Levels – Birth and Post Natal Doulas will be in Hot Demand
- 12 Legal Agreement to sign and return to Julie to gain the Birth Doula Certificate
- 13 How You Can Start Up A Birth Doula Business in Australia
- 16 Goals & Aims for You as a Birth Doula
- 17 Birth Doula Client Form (sample)
- 18 Towards Normal Birth Dept of Health NSW Policy to improve safer outcomes
- 21 Consider yourself as a Birth Doula
- 22 Self Reflection Q's to prepare yourself for client interviews

- 23 Rehearsal for Answering Clients Qs during the Interview
- 24 Doula charges and payment plan – your choice
- 25 Interview goals – what do you want to achieve?
- 27 What to Pack in Doula “Goody Bag”
- 28 Book Reviews: fill in your insights
- 30 Resilience in Business
- 31 Julie’s Affirmations for her Birth Doulas
- 32 Inspirational Quotes from Tony Robbins – see “I am Not Your Guru” on Netflix
- 36 Mind Map Journaling
- 38 Self-Growth and Self-Awareness
- 39 Short Answer Questions Gays/Surrogacy
- 40 Common Pregnancy Discomforts and their safe natural remedies
- 47 The Ideal Birth Doula – identify and describe in your own words to create the clear visualisation to aim towards
- 48 Short Answer Definitions: Labour
- 49 Short Answer Q’s Hazards in Pregnancy
- 50 Short Answer Q’s Natural Active Birth
- 51 Mindfulness Questions
- 52 Questions: The Role of Hormones Short answers required
- 53 Questions: Hormones During Labour Questions – short answers required
- 54 Questions: Relaxation
- 55 Questions: Visualisation
- 56 Questions: Active Birth
- 57 A Guideline To Create A Positive Birth Plan – not one filled with don’t do this and don’t do that – always focus on the positive of what we “DO” want instead of what we “Don’t” want
- 59 Informed Consent: Communication with MW and OB – Client is responsible for communicating and asking questions. The Birth Doula assists with suggesting Q’s
- 60 Aromatherapy Oils to use during Pregnancy Labour Birth and Beyond
- 61 Nutrient Research Exercise – identify RDA’s Recommended Daily Allowance for Pregnant Women and fill in table
- 63 Learn by Observing & Critique You Tube births – answer the questions to gain insights
- 69 Short Answers: How to Turn a Breech Baby – there are many ways to attempt turning Babies with Malpresentation such as Breech

- 72 - 82 Complete Overview of Steps through Pregnancy – Labour – Birth – Post-partum
- 83 Suggestions of What to Try Safely if Overdue (post 40 wks)
- 85 - 90 The Good Guide to the final weeks Pregnancy, stages of labour, Birth, Breastfeeding
- 91 Birth Options Table: Interventions and Locations “What happens where”
- 92 Questions to answer: How Doulas can support in Medical a variety situations – when the client is experiencing Medical Interventions and/or Medications
- 97 Ways to become Relaxed in Pregnancy
- 101 The Seven most Frequently Asked Questions about Labour
- 103 How to Identify the labour progress for Doulas
- 106 What items need to be packed for Labour and/or assembled for a Home Birth
- 108 Midwife Phone Assessment Q’s Prior to Admission – Typical q’s a midwife asks
- 109 Recovery and Healing after an Episiotomy
- 110 The Epi-no Childbirth Training and Pelvic Floor Exerciser
- 112 – 119 Scenarios and Solutions for Doulas
- 120 Ways to Stimulate a Slow Labour
- 121 What to do when the Waters Break
- 122 Life Skills: Overcoming Anxiety
- 123 Special Table of Birth Doula care during all phases of labour
- 126 Insights for Doulas: Survivors of Sexual Abuse; how to support them
- 130 Insights for Doulas: Understanding the Profile ACOH; Adult Children of Alcoholics
- 133 A Sample Birth Plan (that worked)
- 138 Online or Face 2 Face Birth Doula Course Evaluation (post or email)
- 140 Congratulations message from Julie upon completing the online course



You will be astounded by how much you gain personally as well as professionally from attending this course with Julie.

The Menu of Doula Courses 10 Packages Available for Your Selection

Pick your favourite course style from the following list.

Fine details on the following pages.

The Doula Courses have several choices suitable for:

- Locals living in Sydney*
- Interstate across Australia*
- International Doulas with broad options*

Plan 1. 10 Weeks: The Titanium Doula Course one day/ week 9am -3pm \$1,750

Plan 2. 10 Weeks: The Titanium Doula Course 1 evening/week 6pm \$1,750

Plan 3. 5 Weeks: The Titanium Doula Course two days/week 9am -3pm \$1,750

Plan 4. 10 Weeks: The Titanium Doula Course two evenings/week 6pm \$1,750

Plan 5. 3 days The Silver Doula course \$1,000

Plan 6. 4 days The Gold Doula course WTFS \$1,850

Plan 7. 5 days The Platinum Doula course on WTFSS \$1,950

Plan 8. 9 days The Diamond Doula Sat - Sun \$2,500

Plan 9. 14 days Crystal Doula course \$2,950

Plan 10. The Ultimate 6 months (or) 12 months day or evening flexi format for Birth Doula, Post Natal Doula & Childbirth Education training \$5,000

Plan 1, 2, 3 & 4 (Titanium course) all consist of the same content and provide all the same inclusions listed below.

All 4 plans are flexible over the days of the week and the times they are run.

5 weeks (or) 10 Weeks: Offered Mon – Fri: One chosen day per week
9.30am to 3.30pm or
condensed 3 days: 10am start to 7pm (times can be flexible).

Attendance at the Doula Academy Studio as a “Titanium Guest”

provides learning and interaction within a small intimate group, as a pair or an individual. It is particularly smart to bring a friend who lives in your region to train together as Doulas so you can “back each other up for births” if one is sick or busy the other can respond. Having a buddy or partner can be an awesome support for you both. This is certainly not essential just a brilliant idea if you can do it.

The 10 sessions spread over 5 or 10 weeks will be fun, highly educational, stimulating, uplifting, inspiring, interesting, enlightening and fascinating. It’s a great opportunity to make wonderful new friendships and develop the most amazing and empowering career.

The Titanium course generous inclusions are: The latest up-to-date edition of the Birth Doula take-away workbook of over 140 pages, filled with pictures, tables, diagrams, illustrations, the correct important links, for your [future reference](#), [authored by Julie Clarke](#).

New Free Bonus: You'll also receive the complete [Post Natal Doula Course](#) - workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years

More inclusions are:

- The valuable USB stick collection of audio, music, and video Mp4 files particularly worthwhile and useful for a doula starting out, a full set of 3 pregnancy and birth relaxation & meditation CD's with Julie's calming voice, all handouts, and the most important reference library textbooks.
- Your own brand new doula basic starter kit to add to your Doula Bag to take to births will also be presented to you as a gift from Julie when you receive your prized "Doula Certificate of Achievement"!
- You'll also receive the Post Natal Doula Course workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years.
- Inclusions each day: Unlimited refreshments such as chai, cappuccino tea, coffee, hot chocolate, herbals, fresh organic juices, bottled water x 2 each day. Inform Julie of any dietary requirements.

Please note: Breastfed, non mobile babies are absolutely 100% welcome and Julie can supply everything for the baby free of charge: fresh clean port-a-cot, change-table, baby carrier, slings, car seat and pram.

Plan 5: 3 days The Silver Doula course – the quick express option – is open to all applicants but is especially very suitable for those who are already well qualified professionals as health practitioners, natural therapists or birth photographers who've already attended many births and are after more knowledge, insights, solutions, understanding and skills.

The Silver Doula course usually runs on Monday, Tuesday and Wednesday (or) Wednesday, Thursday and Friday (or) Friday, Saturday, Sunday (or) Saturday, Sunday, Monday from 10am-7pm but is flexible.

Attendance at the Doula Academy Studio as a “Silver Guest” provides learning and interaction within a small intimate group, as a pair or an individual. It is particularly smart to bring a friend who lives in your region to train together as Doulas so you can “back each other up for births” if one is sick or busy the other can respond. Having a buddy or partner can be an awesome support for you both. This is certainly not essential just a brilliant idea if you can do it.

The 3 days will be fun, highly educational, stimulating, uplifting, inspiring, interesting, enlightening and fascinating. The opportunity to make wonderful new friendships and develop your most amazing and empowering career.

The Silver course generous inclusions are: The latest up-to-date edition of the Birth Doula take-away workbook of over 140 pages, filled with pictures, tables, diagrams, illustrations, the correct important links, for your future reference, authored by Julie Clarke.

New Free Bonus: You'll also receive the complete Post Natal Doula Course - workbook and handouts in correspondence/online/skype form

so you will be perfectly equipped to take care of families over their first few years

More inclusions are:

- The valuable USB stick collection of audio, music, and video Mp4 files particularly worthwhile and useful for a doula starting out, a full set of 3 pregnancy and birth relaxation & meditation CD's with Julie's calming voice, all handouts, and the most important reference library textbooks.
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Plan 6: 4 days The Gold Doula course

4 days **The Gold Doula course** usually run 10am – 6pm on Wednesday, Thursday, Friday and Saturday – or other combination – flexible.

Attendance at the **Doula Academy Studio as a “Gold Guest”** learning and interaction within a small intimate group, as a pair or an individual. It is particularly smart to bring a friend who lives in your region to train together as Doulas so you can “back each other up for births” if one is sick or busy the other can respond. Having a buddy or partner can be an awesome support for you both. This is certainly not essential just a brilliant idea if you can do it.

The Gold course generous inclusions are: The latest up-to-date edition of the Birth Doula take-away workbook of over 140 pages, filled with pictures, tables, diagrams, illustrations, the correct important links, for your **future reference, authored by Julie Clarke.**

New Free Bonus: You'll also receive the complete **Post Natal Doula Course** - workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years

More inclusions are:

- The valuable USB stick collection of audio, music, and video Mp4 files particularly worthwhile and useful for a doula starting out, a full set of 3 pregnancy and birth relaxation & meditation CD's with Julie's calming voice, all handouts, and the most important reference library textbooks.
- Your own brand new doula basic starter kit to add to your Doula Bag to take to births will also be presented to you as a gift from

Julie when you receive your prized “Doula Certificate of Achievement”!

- You'll also receive the Post Natal Doula Course workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years.
- Inclusions each day: Unlimited refreshments such as chai, cappuccino tea, coffee, hot chocolate, herbals, fresh organic juices, bottled water x 2 each day. Inform Julie of any dietary requirements.

Please note: Breastfed, non-mobile babies are absolutely 100% welcome and Julie can supply everything for the baby free of charge: fresh clean port-a-cot, change-table, baby carrier, slings, car seat and pram.

Optional free inclusions are 7am Yoga and beach walk each morning. Or simply sleep in and relax, or go for a 10 minute walk, read a book at the nearby rainforest and pretty creek. If you select an option with a free day off you might like to go to the famous Cronulla Beach or shopping 5 minutes away at one of the largest Westfields in the Southern hemisphere: Westfield Miranda.

No extra charge for sleepover style arrangements staying in the Studio lounge room / course room – carpet, cushions, air-conditioned, using sleeping bags, unlimited hot water in the bathroom for long hot showers.

Or other options: arrange at your own charge motel or Airbnb accommodation nearby, in Sylvania, or local in the Sutherland Shire.

Plan 7: 5 days The Platinum Doula course

5 days The Platinum Doula course run 10am – 6pm on Wednesday, Thursday, Friday and Saturday – or other combination – flexible.

The Two extra days in the special 5 day package of this course involves a very big plus for any trainee doula.

The valuable experience of attendance for a day of EITHER or BOTH the new Mindful Hypnobirth course AND/OR the Transition into Parenthood course., as an observer of the session to gain insights into how to communicate with pregnant couples by tuning in to the way Julie mindfully describes labour and birth, the power of the mind and body working together, breathing, relaxation, visualisations, practical comfort measures for labour and her answers to the group's interesting questions.

Watch, listen and learn how to interact with pregnant couples to inspire them to aim towards birthing naturally and working as an awesome effective team with their Doula.

#Important note: Julie will not normally allow “extras” into the Transition into Parenthood or the new Mindful Hypnobirth course, however she extends this special privilege to her Doula students during their training and it is one of the most significant contributions to their understanding of the whole journey.

The 5 day Platinum course generous inclusions are: The latest up-to-date edition of the Birth Doula take-away workbook of over 140 pages, filled with pictures, tables, diagrams, illustrations, the correct important links, for your **future reference, authored by Julie Clarke.**

New Free Bonus: You'll also receive the complete **Post Natal Doula Course** - workbook and handouts in correspondence/online/skype form

so you will be perfectly equipped to take care of families over their first few years

More inclusions are:

- The valuable USB stick collection of audio, music, and video Mp4 files particularly worthwhile and useful for a doula starting out, a full set of 3 pregnancy and birth relaxation & meditation CD's with Julie's calming voice, all handouts, and the most important reference library textbooks.
- Your own brand new doula basic starter kit to add to your Doula Bag to take to births will also be presented to you as a gift from Julie when you receive your prized "Doula Certificate of Achievement"!
- You'll also receive the Post Natal Doula Course workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years.
- Inclusions each day: Unlimited refreshments such as chai, cappuccino tea, coffee, hot chocolate, herbals, fresh organic juices, bottled water x 2 each day. Inform Julie of any dietary requirements.

Please note: Breastfed, non-mobile babies are absolutely 100% welcome and Julie can supply everything for the baby free of charge: fresh clean port-a-cot, change-table, baby carrier, slings, car seat and pram.

Plan 8: 9 days The Diamond Doula course

9 days The Diamond Doula course as a Diamond Guest usually runs

10am – 6pm on Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday – or other combination – flexible.

Includes everything from the Platinum course and the following:

Attendance at the **Doula Academy Studio as a valued “Diamond Guest”** learning and interaction within a small intimate group, as a pair or an individual.

It is particularly smart to bring a friend who lives in your region to train together as Doulas so you can “back each other up for births” if one is sick or busy the other can respond. Having a buddy or partner can be an awesome support for you both. This is certainly not essential just a brilliant idea if you can do it.

The course generous inclusions are: The latest up-to-date edition of the Birth Doula take-away workbook of over 140 pages, filled with pictures, tables, diagrams, illustrations, the correct important links, for your [future reference](#), [authored by Julie Clarke](#).

New Free Bonus: You’ll also receive the complete [Post Natal Doula Course](#) - workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years

More inclusions are:

- The valuable USB stick collection of audio, music, and video Mp4 files particularly worthwhile and useful for a doula starting out, a full set of 3 pregnancy and birth relaxation & meditation CD’s

with Julie's calming voice, all handouts, and the most important reference library textbooks.

- Your own brand new doula basic starter kit to add to your Doula Bag to take to births will also be presented to you as a gift from Julie when you receive your prized "Doula Certificate of Achievement"!
- You'll also receive the Post Natal Doula Course workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years.
- Inclusions each day: Unlimited refreshments such as chai, cappuccino tea, coffee, hot chocolate, herbals, fresh organic juices, bottled water x 2 each day. Inform Julie of any dietary requirements.

Please note: Breastfed, non-mobile babies are absolutely 100% welcome and Julie can supply everything for the baby free of charge: fresh clean port-a-cot, change-table, baby carrier, slings, car seat and pram.

The extra days in the Diamond package of this course includes:

The valuable experience of attendance at BOTH the new Mindful Hypnobirth course AND the Transition into Parenthood course. , as an observer of the session to gain insights into how to communicate with pregnant couples by tuning in to the way Julie mindfully describes labour and birth, the power of the mind and body working together, breathing, relaxation, visualisations, practical comfort measures for labour and her answers to the group's interesting questions.

Watch, listen and learn how to interact pregnant couples to inspire them to aim towards birthing normally and working as an awesome effective

team with their Doula.

#Important note: Julie will not normally allow “extras” into the Transition into Parenthood or the new Mindful Hypnobirth course, however she extends this special privilege to her valued Doula students during their training and it is one of the most significant contributions to their understanding of the whole journey.

This course level will provide you with some flexible free time to rest and relax in Julie’s lovely garden to enjoy access to Julie’s extensive library of books and other resources such as DVD’s.

What else is extra special about doing 9 days with Julie?

You’ll have extra time to deepen your friendship with Julie, ask her extra questions and hang out together or even some spare time to exercise, meditate, swim, yoga, lunch and go shopping at the nearby Westfield Miranda.

Importantly, you will receive the complete Mindful birth course and Transition into Parenthood course which will reward you with a rich experience to empower you towards being an extremely knowledgeable Doula. Truly amazing course, with as many time out breaks as you need to allow you not to feel overwhelmed and time to soak up the wealth of the course.

Julie will include you in her life for 9 days, which is a healthy, fun, energetic lifestyle full of pregnancy, labour, birth, newborns and motherhood.

If she is called to a birth as a Doula in this time you may well be able to attend with her. You will also be welcome to join Julie’s Mums and Bubs Pram Walking Group session and any Baby Care Support Service visits she conducts during these 9 days. If you can’t quite keep up the pace with her that’s fine, she’ll run a beautiful deep aromatherapy spa bath for you, grin and leave you in peace to rest and relax in her bathroom.

Plan 9: 14 days The Crystal Doula course

14 days The Crystal Doula course as a Crystal Guest usually runs 10am – 6pm on Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday – or other combination – flexible. **Includes everything from the Platinum course and the following:**

Attendance at the **Doula Academy Studio as a valued “Crystal Guest”** learning and interaction within a small intimate group, as a pair or an individual.

It is particularly smart to bring a friend who lives in your region to train together as Doulas so you can “back each other up for births” if one is sick or busy the other can respond. Having a buddy or partner can be an awesome support for you both. This is certainly not essential just a brilliant idea if you can do it.

The course Crystal generous inclusions are: The latest up-to-date edition of the Birth Doula take-away workbook of over 140 pages, filled with pictures, tables, diagrams, illustrations, the correct important links, for your **future reference, authored by Julie Clarke.**

New Free Bonus: You’ll also receive the complete **Post Natal Doula Course** - workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years

More inclusions are:

- The valuable USB stick collection of audio, music, and video Mp4 files particularly worthwhile and useful for a doula starting out, a full set of 3 pregnancy and birth relaxation & meditation CD’s

with Julie's calming voice, all handouts, and the most important reference library textbooks.

- Your own brand new doula basic starter kit to add to your Doula Bag to take to births will also be presented to you as a gift from Julie when you receive your prized "Doula Certificate of Achievement"!
- You'll also receive the Post Natal Doula Course workbook and handouts in correspondence/online/skype form so you will be perfectly equipped to take care of families over their first few years.
- Inclusions each day: Unlimited refreshments such as chai, cappuccino tea, coffee, hot chocolate, herbals, fresh organic juices, bottled water x 2 each day. Inform Julie of any dietary requirements.

Please note: Breastfed, non-mobile babies are absolutely 100% welcome and Julie can supply everything for the baby free of charge: fresh clean port-a-cot, change-table, baby carrier, slings, car seat and pram.

The extra days in the Crystal package of this course includes:

The valuable experience of attendance at BOTH the new Mindful Hypnobirth course AND the Transition into Parenthood course. , as an observer of the session to gain insights into how to communicate with pregnant couples by tuning in to the way Julie mindfully describes labour and birth, the power of the mind and body working together, breathing, relaxation, visualisations, practical comfort measures for labour and her answers to the group's interesting questions.

Watch, listen and learn how to interact pregnant couples to inspire them to aim towards birthing normally and working as an awesome effective

team with their Doula.

#Important note: Julie will not normally allow “extras” into the Transition into Parenthood or the new Mindful Hypnobirth course, however she extends this special privilege to her valued Doula students during their training and it is one of the most significant contributions to their understanding of the whole journey.

This course level will provide you with some flexible free time to rest and relax in Julie’s lovely garden to enjoy access to Julie’s extensive library of books and other resources such as DVD’s.

What else is extra special about doing 14 days with Julie?

You’ll have extra time to deepen your friendship with Julie, ask her extra questions and hang out together or even some spare time to exercise, meditate, swim, yoga, lunch and go shopping at the nearby Westfield Miranda.

Importantly, you will receive the complete Mindful birth course and Transition into Parenthood course which will reward you with a rich experience to empower you towards being an extremely knowledgeable Doula. Truly the Ultimate course, with as many time out breaks as you need to allow you not to feel overwhelmed and time to soak up the wealth of the course.

Julie will include you in her life for 14 days, which is a healthy, fun, energetic lifestyle full of pregnancy, labour, birth, newborns and motherhood.

If she is called to a birth as a Doula in this time you may well be able to attend with her. You will also be welcome to join Julie’s Mums and Bubs Pram Walking Group session and any Baby Care Support Service visits she conducts during these 9 days. If you can’t quite keep up the pace with her that’s fine, she’ll run a beautiful deep aromatherapy spa bath for you, grin and leave you in peace to rest and relax in her bathroom.

Be Excited! Ready to get started on a new wonderful life, you will be in charge, you are your own boss, you get to make all the rules and make the important decisions, how many clients to take on per month or per year, when you work, when you take a holiday break and for how long ?

Step 1 - payment of your chosen course:

payable via direct deposit to

St George Bank Sylvania Southgate

Account: Transition Into Parenthood

Account number: 028 538 865

BSB: 112 879

quote reference: Doula training and your name / copy and paste receipt to me

Easy payment plan available (price divided by 2 to 10 payments) or other plan if required – negotiate with Julie by email. Once you have made the decision to come into the next course simply make your payment either direct deposit if you prefer or call Julie to book in over the phone with Mastercard, Visa or Amex.

Payment achieved?? *Julie will then email you the fun insightful enrolment form.*

Step 2 - fill in the enrolment form and send back to Julie asap

Step 3 - attend, have a great time learning with Julie leading you and receive your Certificate of Achievement on the final day

Step 4 - receive continued mentoring free from Julie for the next 2 years. She will hold your hand and guide you while you set-up.

Step 5 - celebrate your wonderful achievement of creating a new work life as a Doula

Mariana – Doula trained in 2017

I feel quite special being on a DOULA journey with Julie. Her love, compassion, knowledge and experience goes beyond pregnancy and birth, she really understands and knows how to inspire us to be the best support person for a woman and family during this incredible time of their lives. Julie has built a community and I hope to be part of it, always. Gratitude and success to you dear!

