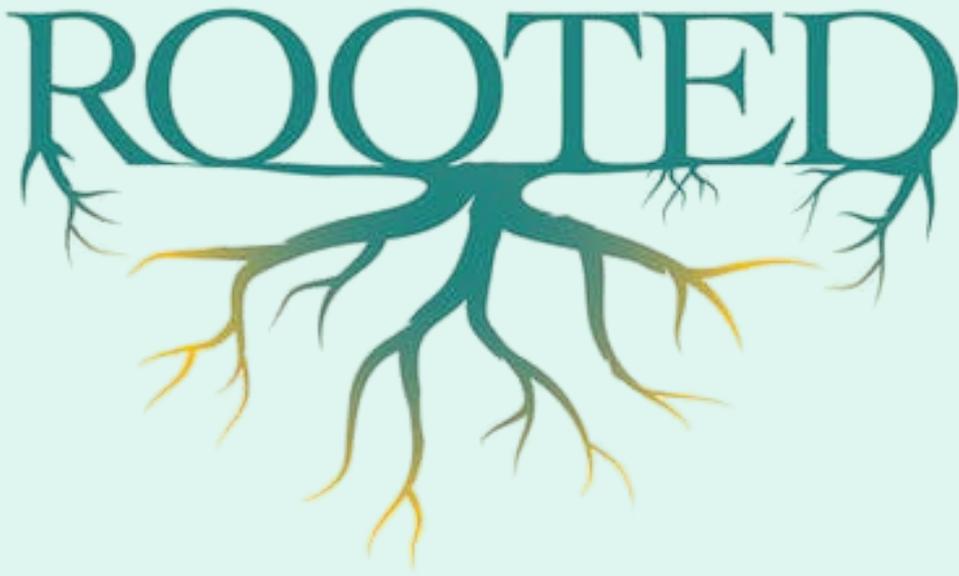


● BECOME A BIRTH KEEPER ●



LIFETIME ACCESS,
INTENSIVE,
INTERSECTIONAL DOULA
TRAINING



COURSE GUIDE

WHY ROOTED?

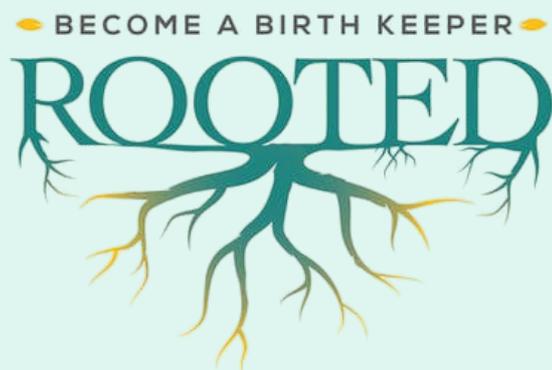
Rooted is the only doula training programme in the world that gives you all the practical knowledge and training you need to attend to and advocate for someone during birth, as well as the cultural grounding you need to truly support them as a doula, and the business training you need if you're going to make a go of this professionally.

It's the product of my decades of experience as a doula to parents of all sorts, from straightforward pregnancies right through to 'high-risk' multiples, as well as the experience and training of some of the Leading Lights in the world of birth. What's more, it's deeply rooted in the traditions that have seen people through to healthy, happy births for millennia.

It's designed not only to teach you, but to ground you so you can channel all that care, and nurturing, and passion into a sustainable, long-term change for all of us.

When someone has a good birth, you heal seven generations backwards and forwards.

Creating the safety, space, and support for a good birth is, quite literally, world-changing. And there's no other programme out there that teaches you how to do that in a culturally-grounded, heritage-rich way that makes birth safe for ALL -- not just the chosen few.



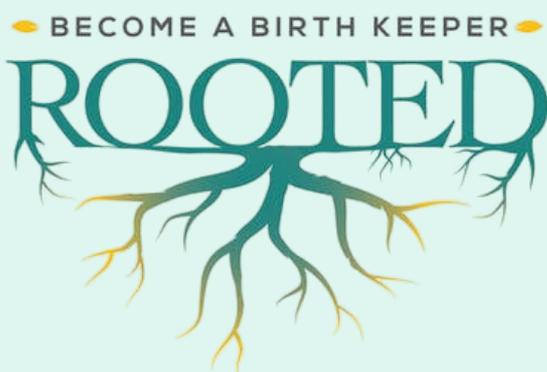
THE DETAILS

Rooted takes place across 6 months, and consists of a mixed curriculum of independent study, face-to-face training, ongoing mentorship calls, and community support.

6 Independent Study Modules that cover the Perinatal Period

Each month of your time in Rooted, I'll assign you a subject to go in-depth with. These include loss, birth activism, encouraging straightforward labour and working with partners, or anything else I can pull from my extensive repertoire of training. I choose the modules month to month based on the needs of the cohort, to ensure that everyone gets *exactly* what they need.

During this time, you'll also be asked to concentrate on one chapter of the main books on the reading list, and you'll have podcasts to listen to and articles to read, as well as an exercise that relates directly to the topic you're studying that month.



THE DETAILS

Rooted takes place across 6 months, and consists of a mixed curriculum of independent study, face-to-face training, ongoing mentorship calls, and community support.

Face to Face Sessions

You will do face-to-face training with me, during which we'll go through the practical aspects of doula-ing, and look at the stories we tell ourselves, take them apart, and see how they impact our doula-ing.

These are incredibly powerful days, including LIVE weekly calls, in which you're invited to show up truly as yourself, and make space for others to be themselves. It is, without exaggeration, world-changing.



THE DETAILS

Rooted takes place across 6 months, and consists of a mixed curriculum of independent study, face-to-face training, ongoing mentorship calls, and community support.

Leading Light Sessions

You'll also have a monthly mastermind session with one of our Leading Lights, each of whom has been chosen for their expertise and experience in the field.

They have all been chosen because they are Black or brown-bodied, or culturally safe, and have experience in caring for Black and brown-bodied parents.

The topics covered in the Leading Light Sessions are:

Module 1 - Nailing the Birth Doula Interview

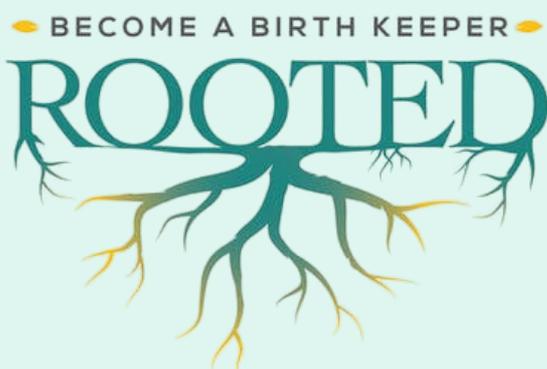
Module 2 - Oils in the Birthing Year

Module 3 - Trauma

Module 4 - LGBTQ+ Competency

Module 5 - Advocacy

Module 6 - Business and Marketing



THE DETAILS

Rooted takes place across 6 months, and consists of a mixed curriculum of independent study, face-to-face training, ongoing mentorship calls, and community support.

Post Course Project

You will also be required to complete a post-course project within 9 months after finishing the independent learning modules in Rooted -- but this is not your typical book-report type assignment! Your project will demonstrate how your doula training ties in with your culture, heritage and traditions, and can be anything you can think of. So far, we've had poems, videos, art, a PhD dissertation, and even a book draft!

Reading and Community Support

You'll have a list of assigned reading to complete throughout, and each month we have a reading and reflection week, so you can integrate what you're learning.

You'll also have ongoing support of the Abuela Doula community so you can talk, learn, and network with your peers. (Who will also become your greatest friends and allies as you start doing this work)!

ON COMPLETION YOU'LL HAVE...

Your certificate as an official Abuela Doula!
(Everybody loves a certificate)

Lifetime access to our closed Abuela Doula community
So you can continue building the friendships and support network you create during Rooted long after you're finished.
Access the all recordings and LIVE weekly calls.

The props that come with being trained by a pioneer in the field
(That's me!) Plus, you've got me in your corner for the rest of your working life.
Because a relationship doesn't stop when the course ends.

LIVE weekly calls

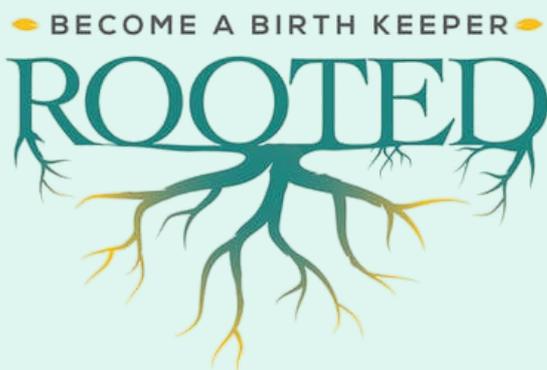
After the learning module part of the course is over, you will continue to have the LIVE weekly calls, access to all records and all of my recorded workshops for birthkeepers.

Ongoing Mentorship

With your Rooted mentor (optional)

Ongoing Email Support

From the Abuela Doula team as you complete your post-course project.



THE BONUSES

Of course there's bonuses!

Upon signing up to Rooted, you'll get immediate access to the community, as well as...

- The world's best goodie bag. Delivered to you in a beautiful teal-green Abuela Doulas tote bag, you'll get a notebook for your notes throughout the course and the Rooted education guide.
- A 2-hour workshop with hyper-nerd with a heart of gold, Jonathan Stewart, who will help you take care of the techy side of running a doula practice.
- Free access to my Loving Multiple Parents course, which is all about caring for parents expecting twins (or more!)

Ultimately, it all comes down to this:
Are you the kind of person who's called to nurture, care, and advocate for people as they go through one of the most important experiences of their lives?

THE INVESTMENT

FULL PAYMENT	TWO PAYMENTS	FIVE PAYMENTS
£2500	£1250/month	£500/month
	There's no penalty for payment plans. I just want you to be here for this work.	There's no penalty for payment plans. I just want you to be here for this work.

I'M IN!

— BECOME A BIRTH KEEPER —

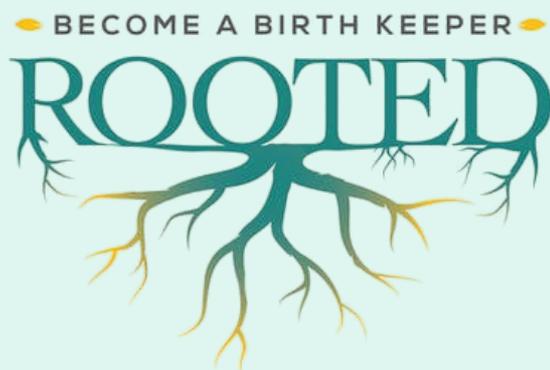


ARE YOU IN?

This is for you if...

- You want to change the world of birth, and make it better for everyone involved.
- You are committed to ensuring that anyone who goes into birth or into the post-natal period under your watch feels safe, held, and heard.
- You've got a heart for nurturing and nourishing people. (Whether you've doula-ed before or not! You can come to this completely new, if you like.)
- You're excited to learn how both support parents from a culturally-grounded perspective.
- You're willing to confront your unconscious biases, and are doing your own anti-racism work.
- You think Mars is pretty cool and you want to be in her world

I'M IN!



ARE YOU IN?

This is NOT for you if..

- You can only and exclusively learn in a soft, “love and light” environment. We are kind, and human, and gloriously flawed here -- and we do not shy away from the truth, or our humanity.
- You’re only doing this because you think it’ll do something for you. Doula-ing is not about you, it’s about those you serve.
- You are committed to learning from a white-centred perspective. We have a deliberately diverse curriculum, and that might make you uncomfortable. But you come to this work with cultural humility, or don’t come at all.
- You can’t make a mistake. We all make mistakes here. We do not repeat them. But we do make them. And if that scares you, you need to find something else to do.

I'M IN!

