

*Welcome!*

# APPLICATION GUIDE

## 01 *Introduction*

We are so glad that you are taking the 1st step into training and certifying as a *rooted BIRTH DOULA!* We want to make sure that you are a good fit to participate in the training programme and that you would gain the most benefit out of it, so we can help you succeed. Applicants are hand selected based on the information you provide us in this document. Good luck!

## 02 *A little about you...*

We want to know about you! Tell us about who you are, what your passions are and anything else you think will help us invite you into the training programme. Make it count!

## 03 *Next steps*

This document does not yet contain all training programme details and is your 1st step in possibly joining the training. Upon completing your application, you will be informed of your selection to join the programme and will be updated with further details to help you decide to book your spot! (spaces are limited).



# 02 *A little about you...*

## Personal Information

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Full Name:

Age:

Nationality:

Spoken languages:

Mobile/Whats app no. :

Email address:

Instagram account (if any?):

## Educational Background

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Please let us know of any educational qualifications you may have (in ANY field):

## Work experience

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Please let us know of any work experience you may have (in ANY field):

## Personal status *(only for reference)*

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- Married / have a partner
- I have a child / children

*If you have children, please indicate how many children you have:*

## Birth experience *(if applicable)*

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Do you have a personal birth experience/s:

If yes, would you describe your birth/s as *positive* or *negative* experience/s?

Did you have Doula support?

Did you attend any antenatal / birth preparation classes during pregnancy?

### Your BIRTH DOULA interest

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Why do you wish to train and certify as a Birth Doula?

What do you hope to learn in your Birth Doula training programme?

Why are you interested to train with 'rooted' (*Caridad & Shereen*)?

Anything else you would like to include?

Thank you!

*"If a doula were a drug, it would be unethical not to use it."*

*– John H. Kennel, MD*