



# YOUR CHEAT SHEET TO BECOMING A DOULA

&

PRINTER FRIENDLY CHECK-LIST

## STEP 1: HAVE A PASSION FOR BIRTH AND/OR BABIES!

That's all you need! Everything else, we will teach you. You will finish the course feeling so confident to get out into your community as a doula!

## STEP 2: APPLY FOR DOULA TRAINING

This typically takes 3 minutes to fill out the online application. You will then need to wait typically 1-2 days for the admissions counselor to review your application and call you.

## STEP 3: ADMISSIONS INTERVIEW

Although there are no training or professional prerequisites to becoming a doula, there is a short admissions interview required. This allows the certification program to ensure a good fit for the program and doula work. The main component an admissions counselor wants to see in an applicant is a passion for pregnancy, childbirth and/or after birth.

## STEP 4: SELECT A PAYMENT PLAN AND MAKE YOUR FIRST PAYMENT

International Doula Institute offers a number of different payment plans so that finances don't have to stop you from pursuing your dream of becoming a doula. Once you make your very first payment, you have immediate access to begin the course work. Many students are able to finish the program before they even make their last payment!

## STEP 5: LOGIN AND START THE COURSE!

Anywhere you have internet access, you can access the course!

## STEP 6: COMPLETE THE STEP BY STEP COURSE WORK

There are 9 Sections of the training. Each section should take you a week to complete. Remember that you can however you can go at your own pace and go as fast or as slow as you need to given your current demands.

## STEP 7: ATTEND AN IN PERSON CHILDBIRTH EDUCATION CLASS

Skip this step for those only doing the postpartum doula certification.

## STEP 8: RECEIVE YOUR CERTIFICATION IN THE MAIL!

That's it, it's that simple and straightforward.

## STEP 9: GO CHANGE LIVES

Doulas truly have a ripple effect on the entire family. Get out there and share you gift in your community.

# DOULA TRAINING WORKSHEET: GOALS WITH COMPLETION DATES

## ○ STEP 1: HAVE A PASSION FOR BIRTH AND/OR BABIES!

That's all you need! Everything else, we will teach you. You will finish the course feeling so confident to get out into your community as a doula!

Completion Date: TODAY!!!

Great, you already have one thing checked off your list!

## ○ STEP 2: APPLY FOR DOULA TRAINING

This typically takes 3 minutes to fill out the online application. You will then need to wait typically 1-2 days for the admissions counselor to review your application and call you. You can apply by going to [www.internationaldoulainstitute.com/enroll-now/](http://www.internationaldoulainstitute.com/enroll-now/)

Planned Completion Date: \_\_\_\_\_ TODAY \_\_\_\_\_

{Do this one today! No more putting it off!}

## ○ STEP 3: ADMISSIONS INTERVIEW

Although there are no training or professional prerequisites to becoming a doula, there is a short admissions interview required. This allows the certification program to ensure a good fit for the program and doula work. The main component an admissions counselor wants to see in an applicant is a passion for pregnancy, childbirth and/or after birth.

Planned Completion Date: \_\_\_\_\_

{This should be completed by tomorrow or the next day.}

## ○ STEP 4: SELECT A PAYMENT PLAN AND MAKE YOUR FIRST PAYMENT

International Doula Institute offers a number of different payment plans so that finances don't have to stop you from pursuing your dream of becoming a doula. Once you make your very first payment, you have immediate access to begin the course work. Many students are able to finish the program before they even make their last payment!

Planned Completion Date: \_\_\_\_\_

{This step can be completed during the admissions interview.}

## ○ STEP 5: LOGIN AND START THE COURSE!

Anywhere you have internet access, you can access the course!

Planned Start Date: \_\_\_\_\_

{This step can be completed the same day as step 3 and 4.}

## ○ STEP 6: COMPLETE THE STEP BY STEP COURSE WORK

There are 9 Sections of the training. Each section should take you a week to complete. Remember that you can however you can go at your own pace and go as fast or as slow as you need to given your current demands.

Planned Completion Date: \_\_\_\_\_

{This step will be completed anywhere from 2-52 weeks after step 5 however the average is 10 weeks}

## STEP 7: ATTEND AN IN PERSON CHILDBIRTH EDUCATION CLASS

Skip this step for those only doing the postpartum doula certification.

Planned Completion Date: \_\_\_\_\_

{This can be done at any time}

## STEP 8: RECEIVE YOUR CERTIFICATION IN THE MAIL!

That's it, it's that simple and straightforward.

Planned Completion Date: \_\_\_\_\_

{This date should be 2 weeks from the date you put down for Step 6}

## STEP 9: GO CHANGE LIVES

Doulas truly have a ripple effect on the entire family and community. Get out there and share your gift with the community.

{This date should be immediately after receiving your certification}

Planned Start Date: \_\_\_\_\_