



Your Weekend Course is now an Interactive Virtual Weekend Workshop with a change of location.

You can now attend your interactive course from the comfort of your home. Your Certified Educator will guide you through Zoom. Times are still 9.30am - 5.30pm over 2 days.

We deliver the same scientifically verified program with the same transformational conversations and now give even more education and support in the lead up to birth and afterwards.

Our founder, Nadine Richardson held a hugely successful Virtual Weekend Course with 14 couples this last weekend. Here's what they said:

'After both my partner Dean and I attended the She Births workshop via online video conference, we were both pleasantly surprised how accessible and interactive the experience was. Dean was most hesitant before joining as the thought of missing out on face to face interaction was a concern for him. However, once we were all connected online, (we hooked the computer up to our TV) we could speak and interact freely with one another, sharing and listening to thoughts, feelings and questions. After the weekend was finished, we were quite thrilled to have completed the course in the comfort of our home and still felt like we were connected with Nadine and the other She Birth participants. We have plans to meet face to face with the people in our workshop group once the pandemic challenges settle down.'

First time mum Sarah Mason

'Nadine I'm so appreciative that you were able to adapt and facilitate She Births® as a virtual workshop. What you shared was incredibly useful, relevant and you really encouraged the dads to step up as Daddy Doulas. I felt so held and am 100 times more confident that he and I are equipped on our journey bringing bubba earth side. Thank you with all my heart.'

Tessa, expectant first time mum

'We couldn't have been more satisfied with the virtual learning environment. If you have found yourself in a similar position, fear not. We gained as much as we would've from attending in-person and encourage you to approach the experience with that in mind. There was plenty of space and time for individual contributions, partner exercises, and Q+A which dissolved many concerns we had'

Viv Paul, expectant first time dad

Getting the information across

We have always used an array of teaching strategies at She Births® to ensure our tools are used correctly and safely and willing to provide a satisfaction guarantee. We know one of your big concerns with this learning might be about *knowing* when you are on the right acupressure point or if you are practicing the other SB techniques correctly.

Empowering Partners

One of the reasons I created She Births® was to empower and prepare Dads to be the Doula in the room. See our #daddydoula awards. Now more than ever you will need your partners support for labour and birth as doula's will not be permitted. Here is a great place to start

<https://shebirths.com/wp-content/uploads/2019/01/DADS-GUIDE-TO-SHE-BIRTHS.pdf>

You will discover an incredible amount of empowering information about the role of your providers in the SB course. One fact that often surprises people is to know that midwives mostly attend your labour for a few minutes every half hour to check on you and your baby's vital signs. Here is a bit more information for your partner before your Weekend Course.

<https://www.the-father-hood.com/article/5-things-every-dad-must-know-before-their-partner-gives-birth/>

More Support in these uncertain times

In order to give your family more support and value during these uncertain times your She Births® Educator and our whole team are here and ready to make your journey calmer, easier and positive.

- Your educator will also be available via email and/or DM in the lead up to birth and even during labour if possible to give you tips and support in decision making.
- Bonus 2 hr catch up sessions will be provided for all your questions within your She Births® Weekend Course group.
- She Births® will create live meetups for you all when the time arrives in the future as well.
- Bi and tri weekly Grounding and Support sessions will be held via our Private Facebook Forum. Please join the [group here](#) if you haven't already.

Even over ZOOM beautiful and long lasting bonds have been created. Our couples from last weekend also created their own whatsapp group to keep chatting as well.

We hope you are finding peace and power in this time. Remember your She Births® Prenatal Yoga practice is there for you via the app as are all the visualisations.

I look forward to seeing you online and helping you create a truly beautiful birth experience.

Xxx Nadine and the She Births® Team

