

MICHELE NIZZA

P.O. Box 1872, Monterey, CA 93942 | 831-238-0655 | michele@mumstheword.biz

EDUCATION

Sacramento State University, Sacramento, CA

B.A. English

1991-1993

Monterey Institute of Touch, Carmel, CA

Certified Massage Practitioner/Certified Massage Therapist

2002-2003 (current)

DONA International

Birth Doula Training

2001

Certified Birth Doula

2005-current

Healthy Children's Center for Breastfeeding

Breastfeeding Course

2002

Lamaze International, Washington, DC

Lamaze Childbirth Educator Exam

2009

Lamaze Certified Childbirth Educator

2009-current

UC San Diego Extension, UC San Diego

Lactation Counselor/Educator Program

2014

Certified Lactation Educator Counselor

2014-current

Lamaze International, Washington, DC

Independent Track Train the Trainer Workshop

2014

Accredited Program/Program Director

2015-current

Midwives College of Utah

Student Midwife

2016

Received Midwife Assistant Certificate

2016-current

AWARDS

U.S. Senate Certificate of Recognition

2005

Community Impact Award/Individual Impact Award

(For Breastfeeding Advocacy)

U.S. Congress

2005

Certificate of Special Congressional Recognition

(For Breastfeeding Advocacy)

Lamaze International, Washington, DC

2015

FACCE Designation

Fellowship of the Academy of Certified Childbirth Educators

TEACHING EXPERIENCE

Monterey County Office of Education/Monterey Peninsula Unified School District/Carmel Unified School District

Substitute Teacher**1995-1998**

Taught the curriculum provided by the regular teacher in their absence.

Mum's the Word

For Parents**Childbirth education, Breastfeeding, and Bringing Baby Home Classes** **2001-Current**

For parents, I teach pregnancy classes, childbirth education classes, breastfeeding classes, touch and comfort for labor classes, and Bringing Baby Home classes.

For Professionals**Lamaze Childbirth Educator Seminar****Fast Track for Midwives and Student Midwives Workshop****ICEA-approved workshop: The Experienced Birth Professional****2001-Current**

For professionals, I teach Lamaze Childbirth Educator Seminars, an ICEA-approved workshop, *The Experienced Birth Professional*, and mentor/train local doulas. The Lamaze seminars offer CEUs for Lamaze and the California Board of Registered Nurses.

Monterey Institute of Touch

Massage Instructor/Editor**2003-2012**

I taught Prenatal Massage and Certification (the school's 250-hour Certified Massage Practitioner course). I was also the school's editor for their newsletter and flyers.

California Maternal Quality Care Collaborative (CMQCC)

Author/Instructor: Labor Support Workshops**2016**

Authored the Comfort Measures section of the Labor Support Workshops curriculum. Presented and co-taught these workshops in Northern California to local hospitals in San Jose, California, Sacramento, California, and Clovis, California.

Lamaze International

Specialty Workshops**Evidence-Based Nursing: Labor Support Skills Workshop****Breastfeeding Professional Support Workshop****2017-Current**

For professionals, I teach labor support skills and breastfeeding skills to nurses, doctors, doulas and other professionals working with pregnant women. These workshops offer CEUs for Lamaze and the California Board of Registered Nurses.

WORK EXPERIENCE

Monterey County Office of Education/Monterey Peninsula Unified School District/Carmel Unified School District

Substitute Teacher**1995-1998**

Taught the curriculum provided by the regular teacher in their absence.

Mum's the Word, Monterey, CA

Doula, Childbirth Educator, Lactation Counselor**Massage Therapist, Lamaze Program Director****2001 – Current**

I provide birth and postpartum services, lactation counseling, childbirth education, massage and parenting information for peninsula families. I write and edit all text for my website, marketing materials and social media. I also speak at various birth-related events. I mentor student doulas, childbirth educators, and other birth workers as they learn their roles. My emphasis is to provide diverse, equitable, and inclusive support and education to as many families as possible.

Lamaze International

Board of Director**2015 – Current**

Volunteer position. Attend board meetings and assist the board with budget, policies, councils, etc.

California Maternal Quality Care Collaborative (CMQCC)

Taskforce Member**2015 – 2016**

Volunteer position. Assisted with the development and writing of various pieces of the CMQCC Toolkit, *Support Vaginal Birth and Reduce Primary Cesareans* (2015). Authored the Comfort Measures in Labor section of the Labor Support Skills workshop curriculum to support the Toolkit (2016). Co-taught this workshop throughout Northern California (2016).

Kelly Services/CTB-McGraw Hill, Monterey, CA

Freelance Content Editor**2003-2006**

As Content Editor I chose test items appropriate to various states' content standards and created the tests for the state assessment that I was involved in. I attended various state reviews to receive teacher approval of chosen items. I worked with Editing Services, Project Management, and Art and Production to ensure the best possible product.

Evan-Moor Publishing, Monterey, CA

Freelance Copyeditor/Technology Editor**2002-2012, 2018**

I provided copyeditor services for a variety of educational products, mostly K-12 textbooks and materials, both online and print.

Paul Kagan Associates, Carmel, CA

Publications Manager/Managing Editor**1997-2001**

Maintained all aspects of the department to include the following: hire and train all department employees; maintain schedules and overtime budget; coordinate with offsite and onsite analysts; provide weekly reports for the Production Manager, Marketing Manager, Art Department and Chief Operating Officer for all book approval dates; Quality Control including procedures for the flow of books from the copyediting and typesetting/formatting stage to the various dummy stages and eventual approval (I was the final approval for all books); provide insight as to the best design software, fonts and book designs.

VOLUNTEER EXPERIENCE

Lamaze International

Diversity & Outreach Council Chair**2018 – Current**

Volunteer position. Facilitate Council meetings. We are working to build a more diverse, equitable, and inclusive membership that is engaged with Leaders in their own communities.

Lamaze International

Board of Director**2015 – Current**

Volunteer position. Attend board meetings and assist the board with what they are focused on for the membership throughout the year.

California Maternal Quality Care Collaborative (CMQCC)

Taskforce Member**2015 – 2016**

Volunteer position. Assisted with the development and writing of various pieces of the CMQCC Toolkit, *Support Vaginal Birth and Reduce Primary Cesareans* (2015). Authored the Comfort Measures in Labor section of the Labor Support Skills workshop curriculum to support the Toolkit (2016). Co-taught this workshop throughout Northern California (2016).

Monterey Jazz Festival

Patron Services Tent Supervisor**2000 – Current**

Volunteer position. Supervise 10 volunteers who manage a tent to support attendees of this world renown jazz festival.

SPEAKING EXPERIENCE

Lamaze International Conference

Conference Speaker**March 2018**

Volunteer position. Spoke on the importance of collaborating with other birth workers in their communities: ***Collaboration for Maximum Impact.***

LANGUAGES

English – native language

Spanish – conversational

MEMBERSHIPS

Lamaze International

Doulas of Monterey County