

**EDUCATION**

Sacramento State University, Sacramento, CA <b>B.A. English</b>	<b>1991-1993</b>
Monterey Institute of Touch, Carmel, CA <b>Certified Massage Practitioner/Certified Massage Therapist</b>	2002-2003 <b>2002-current</b>
DONA International Birth Doula Training <b>Certified Birth Doula</b>	2001 <b>2005-current</b>
Healthy Children's Center for Breastfeeding <b>Breastfeeding Course</b>	<b>2002</b>
Penny Simkin <b>Advanced Doula Training</b>	<b>2008</b>
Lamaze International, Washington, DC <b>Lamaze Childbirth Educator Exam</b> <b>Lamaze Certified Childbirth Educator</b>	<b>2009</b> <b>2009-2024</b>
UC San Diego Extension, UC San Diego <b>Lactation Counselor/Educator Program</b> <b>Certified Lactation Educator Counselor</b>	<b>2014</b> <b>2014-current</b>
Coursera University of California, San Francisco <b>Abortion: Quality Care and Public Health Implications</b>	<b>October 2014</b>
Lamaze International, Washington, DC <b>Independent Track Train the Trainer Workshop</b> <b>Accredited Program/Program Director</b>	<b>2014</b> <b>2015-2019</b>
Midwives College of Utah <b>Midwife Assistant Certificate</b> <b>Associates of Science in Midwifery</b>	<b>2016</b> <b>2020</b>
Penny Simkin <b>When Survivors Give Birth</b>	<b>2016</b>
Evidence Based Birth® <b>Evidence Based Birth Instructor Training</b> <b>Evidence Based Birth Instructor (for Parents and Professionals)</b>	<b>2019</b> <b>2019-2022</b>
American Association of Birth Centers <b>Skills Assessment Faculty Training</b> <b>Skills Assessment Faculty for Midwife Assistant Training</b>	<b>2018</b> <b>2018-current</b>
California State University Monterey Bay Masters Program in Instructional Science and Technology (MIST) <i>Estimated date for graduation: December 2025.</i>	<b>2021-current</b>

**EDUCATION, CONTINUED**

International Cesarean Awareness Network <b>Member and Chapter Leadership Training</b>	<b>March/April 2024</b>
Postpartum Support International <b>Perinatal Mood Disorders: Components of Care, a 2-day Certificate of Completion Program</b>	<b>July 2024</b>
<b>Perinatal Mental Health Advanced Psychotherapy Training</b>	<b>July 2024</b>
Gold Lactation Academy <b>Lactation Consultant Training</b>	<b>August 2024-current</b>
Coursera Google Project Management Specialization <b>Course 1 of 6: Foundations of Project Management Certificate</b>	<b>March 2025</b>
Coursera Google Project Management Specialization <b>Course 2 of 6: Project Initiation: Starting a Successful Project Certificate</b>	<b>April 2025</b>
Coursera Google Project Management Specialization <b>Course 3 of 6: Project Planning: Putting It All Together Certificate</b>	<b>April 2025</b>

**TEACHING EXPERIENCE**

Monterey County Office of Education/Monterey Peninsula Unified School District/Carmel Unified School District <b>Substitute Teacher</b>	<b>1995 &amp; 2018-2019</b>
Taught the curriculum provided by the regular teacher in their absence.	
Mum's the Word <b>For Parents</b> <b>Childbirth education, Breastfeeding, and Bringing Baby Home Classes</b>	<b>2001-current</b>
I teach pregnancy classes, childbirth education classes, and breastfeeding classes.	
<b>For Professionals</b> <b>Hartnell College Nursing Program</b> <b>Clinical Out Rotation for Second Semester RN students</b>	<b>2021-2022</b> <b>Fall 2023</b>
Volunteer role introducing nursing students to the Midwifery Model of Care and its distinction from the Medical Model. Provided virtual and in-person opportunities to observe and engage in clinical work with pregnant individuals. Conducted chart reviews for midwifery and doula clients while educating students on pregnancy, labor, and birth options.	
<b>Lamaze Childbirth Educator Seminar</b> <b>Lamaze Fast Track for Midwives and Student Midwives Workshop</b> <b>ICEA-approved workshop: The Experienced Birth Professional</b>	<b>2001-2019</b>
Taught Lamaze Childbirth Educator Seminars and an ICEA-approved workshop that I developed, <i>The Experienced Birth Professional</i> . Mentored childbirth educators, with Lamaze seminars offering CEUs for Lamaze International and the California Board of Registered Nurses.	

## **TEACHING EXPERIENCE, *CONTINUED***

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 and co-taught workshops at hospitals in San Jose, Sacramento, and Clovis, California.

Lamaze International

**Specialty Workshops**

***Evidence-Based Nursing: Labor Support Skills Workshop***

***Breastfeeding Professional Support Workshop***

**2017-2018**

Taught labor support and breastfeeding skills to healthcare professionals, including nurses, doctors, and doulas. Workshops provided CEUs for Lamaze International and the California Board of Registered Nurses.

## **WORK EXPERIENCE**

Mum's the Word, Monterey, CA

**Licensed Midwife, Certified Professional Midwife, Certified Doula, Childbirth Educator, Lactation Counselor, Childbirth Educator Mentor, Doula Mentor, NARM Preceptor, NCM Preceptor, MCU Preceptor**

**2001 – Current**

I offer birth and postpartum services, lactation counseling, and childbirth education while creating and editing content for my website, marketing, and social media. I've spoken at birth-related events, mentor student midwives, new doulas, and childbirth educators, and developed a childbirth educator training program. My focus is on providing diverse, equitable, and inclusive support and education to families and trainees.

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

***Substitute Teacher***

**1995 & 2018-2019**

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

Lamaze International

**Board of Director**

**2015 – 2019**

Volunteer position. Attended board meetings and assisted the board with budget, policies, committees, etc.

California Maternal Quality Care Collaborative (CMQCC)

**Taskforce Member**

**2015 – 2016**

Volunteer role contributing to 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 (2016) and co-taught workshops across Northern California (2016).

Kelly Services/CTB-McGraw Hill, Monterey, CA

**Freelance Content Editor**

**2003-2006**

As Content Editor, I selected test items aligned with state content standards and developed assessments. I participated in state reviews for teacher approval and collaborated with Editing Services, Project Management, and Art and Production to ensure quality.

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.

## **WORK EXPERIENCE, *CONTINUED***

Paul Kagan Associates, Carmel, CA

**Publications Manager/Managing Editor**

**1997-2001**

Oversaw all departmental functions, including hiring and training employees, coordinating with analysts, and providing weekly publication reports for book approval dates. Managed quality control from copyediting through formatting, dummy stages, and final approval. Selected optimal design software, fonts, and book layouts.

## **VOLUNTEER EXPERIENCE**

Lamaze International

**Board of Director**

**2015 – 2019**

Served as a volunteer, participating in board meetings and supporting initiatives that align with membership priorities 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 – 2018**

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

American Association of Birth Centers

**Membership Committee**

**2019-2020**

**Program/Conference Committee (currently Co-Chair)**

**2019-current**

**Board member for California Region**

**2021-2022**

Volunteer positions. Provided input and ideas for growing membership and attendance at the AABC Birth Institute Conference.

Hartnell College Nursing Program

**Clinical Out Rotation for Second Semester RN students**

**2021-2022**

**Fall 2023**

**(as needed)**

Volunteer role introducing nursing students to the Midwifery Model of Care and its distinction from the Medical Model. Provided virtual and in-person opportunities to observe and engage in clinical work with pregnant individuals. Conducted chart reviews for midwifery and doula clients while educating students on pregnancy, labor, and birth options.

Birth Network of Monterey County

**Board of Director**

**2025**

Volunteer role supporting board initiatives by attending meetings and assisting with membership-focused priorities throughout the year. Currently serving as Newsletter Editor.

## **SPEAKING EXPERIENCE**

Lamaze International Conference

**Conference Speaker**

**March 2018**

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

Community Events throughout Monterey and Santa Cruz counties

**2001-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

**Fellowship of the Academy of Certified Childbirth Educators**

**(FACCE Designation)**

**2015**

## **LANGUAGES**

English – native language

Spanish – basic, not fluent

## **MEMBERSHIPS**

American Association of Birth Centers

California Association of Licensed Midwives

Birth Network of Monterey County

Evidence Based Birth

DONA International

## **HEALTHCARE CERTIFICATIONS AND LICENSES**

Licensed Midwife, State of California, LM621

Certified Professional Midwife (North American Registry of Midwives) #20090027

CPR/BLS

Neonatal Resuscitation Program

North American Registry of Midwives Preceptor

National College of Midwifery Preceptor

Midwives College of Utah Preceptor

Midwives College of Utah Preceptor

*As a holder of multiple certifications, I actively pursue continuing education opportunities each year.*

## **SOFTWARE AND TECHNOLOGY**

- Microsoft Office Suite
- Adobe programs (Captivate, PDF, etc.)
- Zoom
- Google Suite
- Canva
- Canvas (as a student and creator/teacher)
- Articulate Storyline
- TalentLMS (creator/teacher)
- YouTube (creator)
- Quickbooks (basic tasks)
- Acuity Scheduling
- Wix
- Weebly
- Vimeo
- Teamwork (basic)
- ClientCare Electronic Health Records software
- Mobile Midwife Electronic Health Records software
- Maternity Neighborhood Electronic Health Records software
- Slack (basic)
- Various Android/Samsung phone apps
- HP Printers
- Blue Yeti microphone
- Camtasia
- Some photo editing
- Video editing
- Logitech external camera
- Talent LMS
- H5P
- GoTo Meetings
- Panopto
- ClickUp
- Smartsheet