

MICHELE NIZZA

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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 Certified Birth Doula	2001 2005-2020
Healthy Children's Center for Breastfeeding Breastfeeding Course	2002
Penny Simkin Advanced Doula Training	2008
Lamaze International, Washington, DC Lamaze Childbirth Educator Exam Lamaze Certified Childbirth Educator	2009 2009-current
UC San Diego Extension, UC San Diego Lactation Counselor/Educator Program Certified Lactation Educator Counselor	2014 2014-current
Lamaze International, Washington, DC Independent Track Train the Trainer Workshop Accredited Program/Program Director	2014 2015-2019
Midwives College of Utah Received Midwife Assistant Certificate Graduated with an Associates of Science in Midwifery	2016-2020 2016 2020
Penny Simkin When Survivors Give Birth	2016
Evidence Based Birth® Evidence Based Birth Instructor Training Evidence Based Birth Instructor (for Parents and Professionals)	2019 2019-current
American Association of Birth Centers Skills Assessment Faculty Training Skills Assessment Faculty for Midwife Assistant Training	2018 2018-current
California State University Monterey Bay Masters Program in Instructional Science and Technology (MIST) Program start date: August 23, 2021	2021-current

TEACHING EXPERIENCE

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.

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**Hartnell College Nursing Program****Clinical Out Rotation for Second Semester RN students****2021**

Volunteer position. Due to the COVID-19 pandemic, nursing students had less in-person opportunities to do clinical work. I provided virtual opportunities for nursing students to observe my childbirth education courses. We also did chart reviews for both midwifery and doula clients. Students learned about pregnant bodies and their choices during labor and birth. The students also learned about the midwifery model of care compared to the medical model of care.

Lamaze Childbirth Educator Seminar**Lamaze Fast Track for Midwives and Student Midwives Workshop****ICEA-approved workshop: The Experienced Birth Professional****2001-2019**

For professionals, I taught Lamaze Childbirth Educator Seminars and an ICEA-approved workshop that I wrote, *The Experienced Birth Professional*. I currently mentor and train doulas. The Lamaze seminars offered CEUs for Lamaze International 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****2017-2018**

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

Mum's the Word, Monterey, CA

**Licensed Midwife, Doula, Childbirth Educator, Lactation Counselor
Massage Therapist, Childbirth Educator Trainer, Doula Mentor**

2001 – Current

I provide birth and postpartum services, lactation counseling, childbirth education, massage and parenting information for 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. I have created a childbirth educator training program as well as a doula training program. My emphasis is to provide diverse, equitable, and inclusive support and education to as many families as possible.

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. 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; coordinate with offsite and onsite analysts; provide weekly reports to department management related to publication for all book approval dates; Quality Control including procedures for the flow of books from the copyediting and typesetting and 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

Board of Director

2015 – 2019

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 – 2018

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

American Association of Birth Centers

Membership Committee and Conference Committee

2019-current

Board member for California Region (Secretary)

2021

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

Hartnell College Nursing Program

Clinical Out Rotation for Second Semester RN students

2021

Volunteer position. Due to the COVID-19 pandemic, nursing students had less in-person opportunities to do clinical work. I provided virtual opportunities for nursing students to observe my childbirth education courses. We also did chart reviews for both midwifery and doula clients. Students learned about pregnant bodies and their choices during labor and birth. The students also learned about the midwifery model of care compared to the medical model of care.

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.***

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

Lamaze International

Doulas of Monterey County

American Association of Birth Centers

National Association of Certified Professional Midwives (NACPM)

California Association of Licensed Midwives

HEALTHCARE CERTIFICATIONS AND LICENSES

Licensed Midwife, State of California, LM621

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

CPR/BLS

Neonatal Resuscitation Program

Midwife Assistant Certificate of Completion

SOFTWARE AND TECHNOLOGY

- Microsoft Office Suite (Word, PowerPoint, Excel, Outlook, OneDrive)
- Adobe Creative Suite
- Zoom
- Google (search, docs, calendar)
- Canva
- Quickbooks (basic tasks)
- Acuity Scheduling
- Wix
- Weebly
- ClientCare Electronic Health Records software
- Mobile Midwife Electronic Health Records software
- Teamwork (basic)
- Slack (basic)
- Various Android/Samsung phone apps
- HP Printers
- Blue Yeti microphone
- Some photo editing
- Logitech external camera
- And others...