



MENTORSHIP PROGRAM

FOR PRACTICING DOULAS



THE DOULA COLLECTIVE



WANT TO BE A PART OF
A SUPPORTIVE
COMMUNITY?

The Doula Mentorship Program

*Where the ones who hold are held -- growing wiser, steadier,
and stronger together.*

A mentorship program is designed for working doulas to **support sustained professional growth.**

Through **continuous education, guided supervision, reflective practice, and case study analysis**, participants strengthen their skills, **process emotional experiences** from birth work, **deepen their confidence** in real-world practice and have the support of peer group of doulas.

MENTORSHIP PROGRAM

- ★ Continuous round the year mentorship and peer support
- ★ Fortnightly Live Webinars on fixed calendar dates
- ★ Sessions each month include Case Study Review and Learning Lesson
- ★ Ongoing WhatsApp access to Community

Session 1 : Case Study Review

This group discussion session, held once a month, is designed for practicing doulas seeking **reflective learning and peer support**. Each session is facilitated by experienced course mentors who guide participants through **structured, in-depth exploration of a real-life case**.

Before the session, **participants submit anonymised case studies drawn from their own professional experiences**. From these submissions, one case is thoughtfully selected for focused discussion. The presenting doula provides contextual background (with all identifying details removed), outlining the circumstances, challenges, emotional responses, decisions made, and personal reflections.

Guided by the mentors, the **group engages in supported reflection**—exploring emotional dynamics, communication approaches, boundaries, cultural considerations, ethical questions, and practical strategies. The emphasis is not on judgment or “right answers,” but on **collaborative learning, critical thinking, and strengthening professional confidence**.

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Session 2 : Learning Lesson

This **monthly mentor-led interactive live teaching session**, held once a month, offers practicing doulas focused, structured learning on a **selected professional development topic** using guided discussions, reflection, and practical application.

We work with real-world examples, reflective prompts, and practical tools that doulas can immediately integrate into their work. The emphasis is on developing **confidence, ethical clarity, relational skill, and long-term resilience** within professional practice.

Topics include

Communication

- Language, listening skills, conflict navigation, advocacy,
- Maintaining clarity in emotionally charged environments

Client Interaction

- Strengthening rapport, managing expectations, supporting informed decision-making
- Working with diverse family dynamics.

Ethics

- Reviewing scope of practice, boundaries, confidentiality, professional accountability
- Navigating complex ambiguous situations

Self-Care & Nervous System

- Understanding stress responses, co-regulation, burnout prevention
- Cultivating sustainable practice habits

Additional Resources

- Downloadable PDFs
- Recommended articles
- Evidence-based guidelines
- Practical tools frameworks

Course Mentors

Divya Deswal - the founder of The Doula Collective and an experienced doula trainer leads the sessions and provides continuity throughout the program

Divya is supported by other **senior doulas** of The Doula Collective and **invited expert guests** who contribute specialized insights and broaden the learning experience.

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PROGRAM FEES

Doulas from other trainings or practicing doulas	INR Rs. 18,000 (For 6 months)
Doulas who have completed Seminar 1 of The Doula Training Program	FREE for 6 months
Certified Doulas - who have completed the full doula training program with The Doula Collective	FREE Lifetime Membership (as long as certified)

ADDITIONAL LEARNING OPTION

Mentorship participants can choose to opt into Doula Training Seminar 1 modules that are pre-recorded modules at a discounted rate, allowing deeper alignment with shared frameworks and language.

Section	Topic	Module Pricing (in INR)	Membership discount	Mentorship Pricing (in INR)
Anatomy	A & P	10000	50%	5000
Doula Skills	Communication	5000	50%	2500
	Labour Support	8000	50%	4000
Medical Interventions	Interventions, Informed consent, complex needs	8000	50%	4000
Interactive Skills	Client Interaction	5000	50%	2500
	Birth Plans	2000	50%	1000
	Ethics and Scope of work	2000	50%	1000
TOTAL (in INR)		40,000		20,000