

Slow Doula Method™ : Components

observing instead
of judging

meditation

opening

spirit and connection
to a guiding force

slow

centering / grounding

slowing down

out of the noise,
into the silence

tuning in / turning off

trusting

meeting your own
feelings with awareness

discernment

curiosity and staying
in the unknown

rapport

the art of asking
questions

doula

intentional presence

knowing the script and
how to change it

building a psychology
of alliance

power of language

creating a team

staying non-
judgmental

embodying
I am Fierce

connecting to the
larger movement

compassion

method

reframing, rethinking,
reimagining

embracing
advocacy

owning our role

representing ourselves
consistently