

Ecstatic Birth's
PRACTITIONER
WORKSHOP

**Transforming Birth from
Pain to Pleasure**

Video 3 Worksheet

Secrets to Transforming Birth

What is the biggest source of depletion and burnout among birth practitioners?

Pleasure is a powerful and _____ birthing tool that can help create better birth experiences for your clients.

Pleasure can play a powerful role in _____ your body and make your birth support even more effective.

What myths does the creation story of Adam Eve perpetuate?

What do you feel a divine presence (*or higher power, or universe, or natural order....*) would intend for women as they bring the next generation onto the planet?

Women’s Wellness Advocate & OB/GYN, Dr. Christiane Northrup points out that birthworkers are attracted to the birthing field to:

When making a decision, rather than asking yourself what makes the most sense, ask “_____?”

Desire is the spark of _____!

What is your desire?

For women's experience in childbirth?

For your professional life?

For your experience as a woman?

What 2 things are ESSENTIAL to nourishing and sustaining you on your journey in transforming the culture of childbirth?

1. _____

2. _____

We can each do this work to transform birth from pain to pleasure alone, but much like a birthing mom going through transition- that is so much harder.

_____ we are so much stronger than we can possibly be alone and the journey is a whole lot more _____!

Congratulations on completing this video training series!

I applaud you on your vision, passion and your commitment to **Transforming Birth from Pain to PLEASURE!**

Let's go deeper! Join me for the [Ecstatic Birth Practitioner Training](#) beginning in June. Together we can--

TRANSFORM THE LANDSCAPE OF CHILDBIRTH!