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# BIRDIE JOHNSON

LABOR DOULA  
POSTPARTUM DOULA  
MASSAGE THERAPIST

## ABOUT ME

I love to spend time with my own children. I am an avid swimmer and reader. I am always looking for ways that support personal growth

## WHAT MAKES YOU A GREAT CARE PROVIDER?

I am a good listener. Being a good listener requires habits of being non judgemental. I have come into a place in life of understanding everyone is not the same and judgment comes from projecting my personal belief system on to another person. I have a great ability to hold space for women.

## WHAT DO YOU ENJOY ABOUT THIS WORK?

I enjoy helping mothers realize their inner strength and importance. I like helping moms step into habits of self care and self love. I absolutely adore babies and their innocence

## WHAT SETS YOU APART FROM OTHERS?

Honesty with civility. I am extremely organized and have the ability to foresee issues which allows better problem solving ahead of time.