



SARAH LIND

LABOR DOULA
POSTPARTUM DOULA
CLINICAL HERBALIST

EDUCATOR, POSTPARTUM COOKING, DOULA MENTOR, DOULA TRAINER,
CHILDBIRTH EDUCATION, PHOTOGRAPHER, ALLOTRIBE FOUNDER

ABOUT ME

Outside of work, I spend most of my time with my loved ones; I love to travel (my happy place is the beach), cook and host dinner parties, play dress up and go to the theater, and partake in many other hobbies. I spend a lot of my time in my garden and in the mountains, and you will also find me constantly learning new things or expanding my current skills; I love taking classes and workshops, even if it's just a composting class!

WHAT MAKES YOU A GREAT CARE PROVIDER?

From a very young age, I've had a constant desire to help people, so much that I wanted to be a doctor up until about college. Even though I never made it to medical school, I have found my passion in supporting women and new families. I love helping those around me by encouraging their own power and lifting their confidence.

WHAT DO YOU ENJOY ABOUT THIS WORK?

There are several aspects about this work that bring me joy, but my favorite part is supporting the labor process and holding space as the child comes into the world and makes new parents. Additionally, I am a teacher at heart, I have several instructor certifications and find a real joy in sharing my knowledge with others.

WHAT SETS YOU APART FROM OTHERS?

I get pretty enthusiastic about meeting my clients where they are, with no judgement, and intently listening to their desires and needs.

I am extremely self-motivated, but I take great pride in my work and professional standard. It is also important to me to challenge myself and to also remember to chase after my dreams.