



KATY HENSLEY

LABOR DOULA

ABOUT ME

During my off-time, I spend most of my time with my husband and two children, going for walks, playing at the park or in our backyard, taking a drive up to the mountains or just cuddling on the couch watching movies. I also love my time with my sister and my girlfriends either going out to dinner or coffee while we talk, laugh and sometimes cry. When I just need some alone time, I'll relax while reading a book, listening to calming music and taking a nice hot bath.

WHAT MAKES YOU A GREAT CARE PROVIDER?

I am compassionate, empathetic, sensitive, and caring. From a young age, I knew I was good at helping and nurturing others. I am a good listener and take pride in helping and encouraging people. I want to make others feel like they are heard and respected.

WHAT DO YOU ENJOY ABOUT THIS WORK?

What I enjoy most about this work is the beauty and strength of the woman's body and it's capability to carry and birth new life. I truly feel that it's my calling to help women as they enter their journey into motherhood and support the process all the way from pregnancy to birth.

WHAT SETS YOU APART FROM OTHERS?

I lost my mom to cancer two months prior to giving birth to my first child so my journey into motherhood came with so many mixed emotions. I felt so alone in my circumstance and therefore, I feel that it is so important to provide care to other expecting mamas who have suffered some kind of loss. Whether that loss is a parent, a child or a spouse, I want to support them not only in their grief, but in the beauty of life they are about to bring into this world.