



Cat Cliff Doula – Training Undertaken

- Postnatal Depression Training, 1 day course, Liz Wise, Specialist Counsellor in Postnatal Depression and Anxiety, 2023
- Honouring the Postnatal Body, 1 day course, Younique Postnatal, 2023
- Family First Aid, Daisy First Aid – 2 hour course, 2023
- Intuitive Breastfeeding – 6 day course, Younique Postnatal - Peer Supporter Level, 2022
- Understanding and Preventing Reflux Workshop, Younique Postnatal, 2021
- Twins and More Workshop, Younique Postnatal, 2021
- Certificate in Babywearing Theory & Safety, Carrying Matters, 2021
- Understanding Newborns, Younique Postnatal, 2020
- Reflux Workshop with IBCLC Carol Smyth, 2020
- Mini Holistic Sleep Coaching Course with Lyndsey Hookway, 2020
- Postnatal Planning Workshop, Younique Postnatal, 2020
- Tips and Tools for your journey into birth-related research, Sara Wickham, 2020
- 'Duty of Care' First Aid Training, Daisy First Aid, 2020
- Developing Doulas Doula Training, 2020
- Home Start Charity, Volunteer Support Training, 2020
- NCFE Cache Level 2 Certificate: Introducing Caring for Children and Young People, 2019
- Introduction to Counselling Skills, Farnborough College, 2018