

# SERVICES FOR BIRTHWORKERS

BECAUSE THE WORK YOU DO MATTERS.

# ONE ONONE SESSIONS

YOU PICK THE TOPIC, I BUY THE COFFEE.

## One on One Sessions

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We can book a zoom meeting or go grab coffee together if you're local! I'm happy to chat about all things birth work, the administrative nitty gritty, or anything else on your list!

I don't claim to be the authority on birth - but I love listening, asking intentional questions, and helping you clarify your message.

Birth Story Sessions are also available for birth workers...for more detailed info, please read more here.

## The Investment

## Let's Have Coffee

1.5-2 hour private meeting held over zoom or in-person for those local from Austin to San Antonio. You pick the topic! I'm happy to talk all things birth work, communication and administration, or just sit down for a good ole' vent sesh...your call!

Payment required at time of booking to reserve appointment time.

\$75 per session

#### Birth Story Session

Who is it for?

• Anyone who has experienced or witnessed a birth that needs to process the event. This could be the mother herself, her partner, a healthcare provider or any other witness/attendant.

#### What's included?

- 1.5-2 hour session held over Zoom or in person for those residing local to New Braunfels TX or Surrounding Areas
- An opportunity to tell your story, identifying the areas that feel the hardest, and a safe space to discuss how to move forward well.

\$75 per session

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# BIRTHSTORY SESSIONS

BECAUSE THE STORY MATTERS.

## Let's Chat

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Over the last fourteen years of working in birth, I've encountered many different stories. Ones of triumph, ones of struggle. Stories of joy, hope, pain, loss and even the deepest of traumas.

It was my exposure to these stories as I walked with women during pregnancy, as well as healing from my own trauma history, that drove me to pursue continuing education in Perinatal Mental Health and Trauma Informed Care.

The stories we live, and especially the ones we overcome, deserve to be told.

Along the way, I've met many women who have never been given the chance to healthfully process their experiences and find themselves still struggling with lingering emotions for years afterwards.

Even more so, I deeply identify with the care provider who walked that trauma too. Understandably but unfortunately so, it's the care providers who typically store that trauma unprocessed. We do this because we want to center the mama, and...we're honestly just too busy.

But what I've so intimately learned is that when our mouths are unable to process what we need to, our bodies will start to tell the stories for us. And for me, that looked like debilitating anxiety and near catastrophic burnout.

Don't let it happen to you.

It's for this reason I'm now offering private, one on one sessions to make sure every woman has the opportunity to feel seen, heard and empowered.

#### The Investment

#### Birth Story Session

- 1.5-2 hour session held over Zoom or in person for those residing local to Austin, New Braunfels, San Antonio or Surrounding Areas
- An opportunity to tell your story, identifying the areas that feel the hardest, and a safe space to discuss how to move forward well.

\$75 per session

# DOCUMENT 8 0\* CREATION

BECAUSE INFORMED CONSENT CAN BE BEAUTIFUL.



## **Practice Documents**

Midwives are busy, believe me I get it. And I can remember for years using borrowed, outdated or just plain boring handouts/educational materials. Who has time to reinvent the wheel anyway?!

Well...just so happens, I DO! (and I LOVE it!)

There are several materials already available for download over on my website but I'm also happy to work with you on something more specific from your list too!

#### The Investment

#### From Scratch

If I'm creating a handout or document from scratch, with your personal branding on it, prices are quoted per document. Documents are traditionally limited to 1-2 pages and can incorporate information provided by you, as well as fresh research from me if desired. These documents are then released to you for unlicensed commercial use as you desire. (Which is just a fancy way of saying you can use it however you want, and as much as you want!)

#### prices starting at \$30 per document

#### Flip & Refresh

If you have some pretty good content already in place but are just needing a quick refresh, this package just might be for you! I can take a fresh look at what you have, how well it's being communicated (tweaking as needed) and then updating the look. Whether that means updating the layout, adding your branding for a cohesive look across your content or making them EHR compatible...there's something for everyone!

#### prices starting at \$15 per document

If you have a custom project in mind, I'm always happy to chat over options and come up with a customized quote that fits your budget!

# WEBSITE BOYNESIGN

GIVING YOUR BUSINESS THE PLATFORM IT DESERVES

#### Why does my website matter?

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Your target demographic are the millennial and gen z moms - the generations that grew up with technology and they know how to use it! While we're taught "don't judge a book by it's cover", the reality is - we do! Appropriate or not, a confusing and tacky website can be a quick turn off to potential consumers.

An aesthetic and quality website not only is visually pleasing, but most importantly it helps YOU communicate the heart behind your service. It's the platform with which you share your story, your mission, and attract the clientele you're dreaming of.

#### **WEBSITE OBJECTIVES**

- Online Presence: Establish a strong online presence to increase brand visibility and credibility.
- Mobile Responsiveness: Ensure the website is fully responsive across various devices, including smartphones and tablets.
- Content Presentation: Showcase your products/services through compelling content, high-quality images, and engaging multimedia elements.
- Integration with Social Media: Connect the website with your social media profiles to expand your online reach and enable easy content sharing.
- Search Engine Optimization (SEO): Optimize the website for search engines to improve visibility and attract organic traffic.

#### For Squarespace Users Only

I limit my website building to those willing to use the Squarespace platform only. I'm sure there are other user-friendly website builders out there - but I've not met one quite like Squarespace.

#### **FEATURES & PERKS**

- Professional looking, user-friendly interface: no more emailing your website guy and waiting on him to make updates for you because you don't know coding. With Squarespace, the DIY-ers will have no trouble making quick edits all by themselves. (I'll teach you!) Plus, the customer service and tutorials online are easy to follow!
- Built-in Analytics: Monitor website performance with Squarespace's built-in analytics tools to gather valuable insights into user behavior.

#### **SQUARESPACE PRICING**

I typically recommend the BUSINESS plan for those not needing e-commerce functions. And the BASIC COMMERCE if you are selling products/classes/etc. Read specifics here: www.squarespace.com/pricing

# Elevating Your Business



#### My Portfolio

Take a look at some of my previous website work!

- www.joyful-beginnings.com
- www.ashleylking.com
- www.birthexperiencemidwives.com
- www.texasmidwives.com
- www.sanantoniomidwives.com

#### How It Works

- Client completes questionnaire, includes prompts about your services, your mission, communication style and personal details. You'll also send me any logos, photos, or branding colors you'd like me to use.
- Once I have that in hand, I'll get to work! If I have questions or need feedback along the way, I will shoot you an email or we can hop on a zoom call!
- Once the project is at 50% completion, I'll ask you to preview the private link and notify me of any changes you need. We can setup a zoom call if needed!
- Upon completion, we'll have 1 more review call via zoom with limited edits. (This means we can make small changes, but can't scrap entire pages/rebuild new ones.)

Once approved, I'll connect your domain and launch your new site into the world!



# Packages & Investment

#### The Bare Bones

\$1,900.00

This package sets you up with the most basic features to get you started. I will setup the site and create a maximum of 4 pages as listed below. You'll supply photos and write the content that I plug in (I will supply you with prompts so you know what I need written).

This package includes:

- 4 Pages: Home, About, Services, Contact (with contact form)
- I will connect your current domain
- Includes 60 days of limited support: as you have questions you can shoot me an email or text. I will give advice, make minor adjustments on your behalf, or give instructions for you.

**TIMELINE: 30-45 DAYS** 

#### The Dream

\$2,900.00

This package gives you everything you need to launch your business well so you don't have to think twice about it. Includes all the pages/perks of the previous package plus the following:

- +2 Pages: Resources Page, + another of your choosing
- I edit/write content, with your feedback/answers. See portfolio for samples of my writing style.
- 6 months of support, fixes and "hey can you add this photo, etc?" requests (limited to 4 separate questions/requests a month)
- 2 graphics announcing your website launch, sized for Facebook, Instagram and Instagram Stories

**TIMELINE: 45-60 DAYS** 

#### Payment Plan

- Initial 50% Payment is due at the start of the project
- Remaining 50% Payment is due at the end of the project before the website is connected to your domain and released to you as owner