

GentleBirth Weekend Workshop – First Day

1:00pm	Welcomes & Introductions
1:15pm	Perfect Birth Exercise
1:30pm	Understanding pain perception
2:00pm	Biology of Fear
2:15pm	Stress video, Fight/Flight, Challenge Response
2:45pm	Resources Strengths & Skills Exercise
3:00pm	BREAK (15-20 minutes is enough with a few minutes buffer)
3:30 pm	Sensahake video, Mindset & Priming
4:00 pm	Sports & Performance Psychology
4:30 pm	Internal/External Distractions Exercise
5:00 pm	Power Pose / Power Positions
5:10 pm	Intro to Mindfulness
5:30 pm	Intro to Hypnosis
5.40 pm	Begin hypnosis session
6:00 pm	End

GentleBirth Weekend Workshop – Second Day

9:00am	Mindfulness Session (2-3 mins) and recap of main points from Saturday's class.
9:30am	Hormones during birth and facilitating an undisturbed birth.
9:45am	Hacking your hormones
10:00am	Breathing Techniques + Video
10:30am	BREAK
10:45am	Physical comfort measures
11:15am	Signs of labor/Activities for labor
12:00pm	LUNCH
1:00pm	Acupressure Points
1:45pm	Hospital admissions process, Active Management of Labor, BRAIN
2:30pm	Recap
2:45pm	Final hypnosis session
3:15pm	Video
3:30pm	Wrap up

Throughout the 2 day weekend workshop Instructors can include 'mini demos' to keep parents engaged and awake especially for Day 1. For example every hour take 5-10 minutes to practice one comfort measure such as one acupressure point, the double hip squeeze, counter pressure (keep the ball and TENS machine for Day 2 as you'll need the extra time for discussion/demo). During that time you can also demo the acupressure points etc. For the 1-day blended class mini demos are scheduled every hour.

GentleBirth One Day Class – Blended Learning

9:00am	Welcomes & Introductions
9:15am	How your brain gets in the way of a positive birth. Perfect Birth Exercise Using the App
9:50am	Flipchart exercise – what makes labor painful? Stress /Biology of Fear + video
10:15am	Shoulder Acupressure point
10:30am	Intro to Mindfulness & focus training/SWITCH technique
11:00am	Sport psychology as birth preparation
11:15am	Double hip squeeze, counter pressure & hormone hacking Signs & stages of labor + in labor activities - flipchart
12:00pm	LUNCH
1:00pm	Comfort measure & Group activity - What Would You Do?
1:30pm	Breathing & 2 nd stage - Using the birth ball - Birth video
2:00pm	Routine care Vs evidence based care, birth preferences & BRAIN
3:00pm	BREAK
3:15pm	The importance of a calm, confident and birth partner – WTF group exercise.
3:45pm	Comfort measure (Hand acupressure point). Immediate postpartum – what babies need.
4:15pm	Review of labor toolkit
4:45pm	Intro to hypnosis
5:30pm	Additional resources (Institute, Help Desk, Knowledgebase & Facebook
6:00pm	End