



knowledge . power . support  
bringing new light to pregnancy and birthing™

## **LEADERSHIP REQUIREMENTS**

To become a Leader, you will need to complete the following assignments. Please submit each assignment to the Leadership Board as it is completed.

### **General Application Process:**

#### **Step 1:**

- Complete all required reading and be prepared to discuss with your Mentor.
- Write a paper on your favorite pregnancy/birthing book (maximum one page).
- Interview two women regarding their birth experiences. (The types of births will be assigned by your Mentor.) Be prepared to discuss the interviews with your mentor.

1.

2.

- Write a short personal biography. Include your birth and lactation experiences, if any, any relevant experience such as work-related experience, any organizations you are or have been a part of, etc., and any other qualifications you feel make you a strong candidate for Leader (maximum two pages).
- Submit all required paperwork.

After completion of Step 1, your Mentor will review your work thus far and determine if you are qualified to continue with Step 2.

#### **Step 2:**

- Attend two breastfeeding support groups, (such as La Leche League). Leader should sign attached sheet.
- Attend one childbirth education series in a hospital or clinic. Instructor should sign attached sheet.
- Attend one privately taught childbirth education series (such as Hypnobirthing, Bradley Method, Birthing From Within, etc.). Instructor should sign attached sheet.
- Arrange an in-person meeting or conference call with the Leadership Board for a formal interview.
- Successfully complete three mock telephone calls or in-person conversations with your Mentor. Your mentor will play a Dar a Luz member asking you for information and support.
- Submit all required paperwork.
- Agree to and sign the Leadership Agreement.