

# Doulas are Stronger Together

*We are human, we all have shadows, and there is no small value in giving others the benefit of the doubt when mistakes may have been made or misunderstandings may have arisen.*

*Listening is a doula superpower and is even more important when the subject area is one that makes us uncomfortable. Only through listening respectfully, and reflecting on our own biases and judgements can we begin to see things from other perspectives and have a chance of developing greater understanding and capacity for greater compassion.*

*Doulas can usually pride themselves for their emotional intelligence and capacity to learn from some of the most challenging situations a human being may face. Let's use this capacity for strength through humility also when dealing with each other and finding a way through difficulties.*

*There is already too much terrible conflict in the world, let's not bring conflict into the doula world too.*

*Finding pathways to respect, despite our differences, reflects our core values, which help us bring out the best in our common humanity.*

*We are stronger together.*



# Stronger Together

- Doulas do disagree, this can be healthy and be turned into an opportunity for growth
- Conflict can affect **all doulas** when public behaviour is not kept professional:
  - Treat everyone respectfully (we all make mistakes, misunderstandings happen)
  - Use a mediator (to help everyone find the way *forward*)
  - Use discretion - keep arguments offline (especially off social media)
  - Avoid polarisation (involving others or expecting other people to ‘take sides’)
  - Favour active listening and dialogue (as we are with our clients)

‘Get comfortable with being uncomfortable’