



ABOUT ME

Raised and grown throughout New England, with roots in southern Maine, New Hampshire, and now Connecticut.

I have always naturally been the safe space and the confidant for the people in my life, and now I've found a way to make a career out of it. With a calming, grounding, and soothing essence, I can neutralize even the most overwhelming days.

CONTACT ME

 guidedbyrachel@gmail.com



CT & New England

EDUCATION

University of New Hampshire
B.S. Health Management & Policy
Class of 2020

CERTIFICATIONS & EXPERIENCE

My postpartum doula journey started in 2024. Experienced with private in-home childcare, specializing in newborn and infancy stages.

Currently tackling my Newborn Care Specialist (NCS) and birth doula certifications to expand my knowledge and support clients throughout pregnancy, labor, and delivery in the near future!

Certified Postpartum Doula

Childbirth International

Certified in:

- Anatomy & physiology (postpartum, infant, lactation)
- Postpartum mental health
- General postpartum doula skills
- Communication
- Diversity & Cultural Safety
- HIPAA Compliance

CPR/AED/First Aid Adults & Babies

American Red Cross

Birth Doula (in progress)

Childbirth International

Newborn Care Specialist (in progress)

Newborn Care Training Academy

TRAITS (lovingly shared with me by others)

Intentional, Grounded, Empathetic, Caring, Open, Gentle, and Kind Hearted



CHILDBIRTH
INTERNATIONAL
training without boundaries

Certificate of Completion

This is to certify that

Rachel Sauter

Graduate ID: RSA-110324

has successfully completed 139 hours of Postpartum Doula training including

Communication Skills (33 hours)

Diversity & Cultural Safety (11 hours)

Ethics & Professionalism (10 hours)

HIPAA Compliance (1 hour)

Postpartum Anatomy & Physiology (36 hours)

Postpartum Doula Skills (49 hours)

and is now certified as a

Postpartum Doula



Signed on this day 14 December 2025

Nikki Macfarlane
Founder & Managing Director
Childbirth International

Certificate of Completion

Rachel Sauter

has completed the requirements for

**Adult, Child and Baby First Aid/CPR/AED
Online (Eligible for Skills Session within 1
days)**

conducted by:

American Red Cross

Date Completed: **11/25/2025**

Valid Until: **11/25/2027**

Certificate ID: **024EPU0**



Scan code or visit:

[https://www.redcross.org/take-a-class/qrcode?
certnumber=024EPU0](https://www.redcross.org/take-a-class/qrcode?certnumber=024EPU0)