

## **Neri Life Choma, MA, CD,CBE,CHT, Life Coach, Author**

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[www.BirthCoachMethod.com](http://www.BirthCoachMethod.com)

### **Objectives:**

To establish patient-centered and safe maternal care by integrating the principles and strategies of coaching into the practice of multi professional maternal care teams. Coaching is the best strategy for leading individuals to optimally perform in various fields, or challenging life circumstances, which require new skills. Childbirth is a natural life event in women's' life which became a 'Natural Challenge' in light of the modern culture of alleviating both pain and the female menstrual cycle.

### **Experience:**

**Oct. 2017** - Birth Coach Method is BRN CE Approved Provider License no. CEP16948

**Nov. 2016** – Published *The Art of Coaching for Childbirth*

**Nov. 2009- present** - Developed the Birth Coach Method through blog posts and international webinars

**Nov. 2013** - Published audio-visual guide (DVD) Practicing for an Active Birth

**2008-present** – Mentoring Birth doula trainings and practicing as a birth doula and coach.

**2007-present** – Practicing life coaching in person and by phone, and facilitating women coaching groups.

**2004-2006** – Director of Blossom Birth resource center, a non for profit organization located in Palo Alto, CA

**2004-2012** instructor of childbirth Ed Classes in the Bay Area, in English & in Hebrew.

**2000** – Founder of *Mama Center*, a birth resource center for expectant couples and new mothers, Tel Aviv, Israel.

**1999 – present** – Lead CBE classes and supported hundreds of expectant couples throughout their childbirth as a doula, Israel and California

**1999** – Initiator of the first doulas' support program in a central hospital in Israel.

### **Education:**

**2007-** Certified as a Transformational Life coach by ITP, Palo Alto, Ca

**2004** – Certified as a hypnotherapist at HTI in Santa Rosa, CA

**2000** – Certified as a group facilitator in a 3 year program of the Israeli ministry of education, Tel-Aviv, Israel

**1999** – Certified as a birth doula and childbirth Educator in a yearlong program in Misgav Ladach hospital, Jerusalem, Israel

**1998** – Graduated M.A in Cognitive Science, Tel – Aviv Univ., Israel

**1990** – Graduated B.A in Film and Television (major) Women Studies (minor) Tel- Aviv Univ. Israel