



LIZ FOSTER

LABOR DOULA
POSTARTUM DOULA
BIRTH LIFE COACHING
INFANT MASSAGE

ABOUT ME

I love to play piano and sing in my spare time (what spare time?). When I'm with my kids, we go to the park, Chik-Fil-A, Ninja Nation, or the swimming pool. I also love to cook and read!

WHAT MAKES YOU A GREAT CARE PROVIDER?

I work from the heart but am very level headed. I possess strong intuition, which allows me to meet my client's needs almost before they realize they need them. With a kind-hearted bedside manner, I embody that mothering presence that birthing mothers crave and I thoroughly enjoy providing that to them.

WHAT DO YOU ENJOY ABOUT THIS WORK?

In life, I enjoy meeting expectation with excitement and surprise. I love that birth is always changing, no one birth is the same and there is always something new to learn. There are no limits to what the human body can do and I find that exhilarating to meet that challenge!

WHAT SETS YOU APART FROM OTHERS?

Alongside my intuitive nature, I sprinkle bits of life coaching into my clients' experience with me. Fear will play a part in the journey of becoming a mother but we get to choose how much. I am on a mission to empower women through this journey, clearing out some of the junk in the closets of their minds so that they can birth peacefully and joyfully.