

## ABOUT THE TRAINER:



**Elena Carrillo**, CD(DONA), LCCE, FACCE, AdvCD(DONA),BDT(DONA),PCD, CLC, CLE

## Elena Carillo CD(DONA)

Elena Carrillo, is the proud mother of four and grandmother to eight. Ms. Carrillo has been a childbirth educator and doula for almost 45 years. As Director of International Certifications in Anahuac's University postgraduate program "Perinatal Specialist" in Mexico and DONA approved birth doula trainer, she has trained doulas, childbirth educators, and lactation educators around the world. More than 2,500 attended births and almost 4,000 couples taught confirm that childbirth education, labor and post partum support ensure the best outcome for mothers and babies, regardless of where the birth occurs.

She has been successfully teaching DONA Approved training for nearly 30 years traveling internationally, taking the workshop wherever it has been requested.

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**Qualifications:**

Lamaze International Certified Childbirth Educator  
Lamaze Trainer  
DONA International Certified Doula  
DONA International Postpartum doula  
DONA International Advance Certified Doula  
DONA Birth Doula Trainer  
Certified Lactation Counselor (Asociación de Lactacia Humana)  
Certified Lactation Educator (CALMA)  
Certified Pre And Post Natal Fitness Instructor (Moms on the Move)  
Certified Pre and Post Natal Aqua Aerobics Instructor (Waterbirth International)

**Professional Activities:**

Founder and Director of the Perinatal Centre “Nabor Carrillo”  
Program Director of Lamaze /Universidad Anahuac Certification Program (1994 to date)  
Director of International Certifications of the Perinatal Specialist Post Graduate Program  
Universidad Anahuac (1994 to date)  
Founder of ANIPP (Mexican Childbirth Educators Association)  
DONA International Board of Directors (1997-2007)  
International Development Director. DONA International Board of Directors (2017-2019)  
DONA International President (2021)  
Lamaze International Board of Directors (2004 -2007)  
Lamaze International International Committee Chair (2023)  
Member of Lamaze International Certification Council & Exam Development Committee  
(to date)  
Served in Lamaze Certification Governing Body as Chair of Recertification  
Member of DONA International Certification Committee (to date)  
Appointed to REACH Global Maternal Health Advisory Board 2021 to date  
CIMS Ratifier  
IMBCI founder and served as Representative for Mexico  
ICI Member  
Member of the Health Editorial Board of Reforma Newspaper (2009-2011)  
Recipient of the Penny Simkin Award (2012)  
Recipient of Lamaze International Award (2006)  
Consultant of educational materials of INJOY Productions (2013, 2014)  
International speaker



**Shereen Zarroug, CD(DONA)** – DONA Middle East at Large Ambassador, Founder at Belly Baby Mom, LCCE, Transformational Birth Coach, Childbirth Educator, Hypnobirthing Practitioner, Breastfeeding Counselor, Doula Mentor

## **Shereen Zarroug CD(DONA)**

Born and raised in the UAE (for 41 years!), Shereen is a mom of 3 children, and began her research and preparation during her 3rd pregnancy, that led her to discover the role of a 'doula' and the practice of 'Hypnobirthing'. That experience opened up many doors for her within the pregnancy and birth field that she soon realized, this was her true calling. Shereen went on to train and certify as a Birth Doula and Childbirth Educator in 2015, and later trained in 'Hypnobirthing' with KG Hypnobirthing & The Wise Hippo programmes, as she wanted to enforce the belief of achieving 'Positive Birth experiences' amongst the birthing community in the UAE. In 2018 she trained and certified with the world recognized Doula & Childbirth training organizations, DONA (Doulas of North America) & LAMAZE International, and also certified as a Lactation Counsellor, so she could better support the new mothers she worked with. In early 2018, she set up Belly Baby Mom as UAE's 1st licensed Doula & Childbirth support agency, which later on evolved to be her personal brand/company. Today, Shereen is also a speaker, brand consultant, Doula mentor and has successfully organized Doula, Childbirth & Waterbirth training workshops since 2018, and is currently the DONA Middle East at Large ambassador, also co-facilitating DONA Doula workshops in the last year.

**To learn more about Belly Baby Mom and its services please visit [www.bellybabymom.com](http://www.bellybabymom.com)**