



Readiness for Certification Self-Assessment

We hope that before you apply, the answers to these 11 questions are all yes. If not, we encourage further engagement in order to be more fully prepared.

1. Have I completed INELDA's EOLD training or a foundational end-of-life doula training and INELDA's Bridge training?
2. Do I feel clear about which area of end-of-life support (direct service, community outreach, advocacy, education, etc.) I am most drawn to?
3. Have I gained any hands-on experience in supporting individuals or circles of care at the end of life or early grief (e.g., volunteering, caregiving, shadowing a doula, facilitating grief support circles)?
4. Do I feel confident in providing emotional and practical support to individuals and their circles of care during end-of-life transitions and early grief?
5. Have I had any personal or professional experiences with grief or death that have prepared me for this next step?
6. Do I have end-of-life doula experience opportunities lined up for the next 12 months, or am I in the process of creating new opportunities to practice within the next 12 months?
7. Am I willing to invest time in further developing my practice during the year-long certification program?
8. Have I considered how to organize my life tasks and responsibilities and what it will take for me to fully participate in the year-long program?
9. Do I feel prepared to balance the emotional demands of end-of-life doula experiences with self-care practices?
10. Do I have a vision for how I would like to grow my practice after certification (e.g., expanding services, community involvement, etc.)?
11. Am I committed to remaining active and involved in my practice for the full duration of the year-long certification process?