

No one can do this  
quite like YOU

Finding your niche,  
Celebrating your journey

**Brittany Edwards, CNM, WHNP**

“The revelation may not come from learning anything new, but remembering something you forgot”

# Where we are going..

My Journey

The Comparison Trap

The Essence of You

Your Niche - Time, Talent, Treasures

Reflection Questions

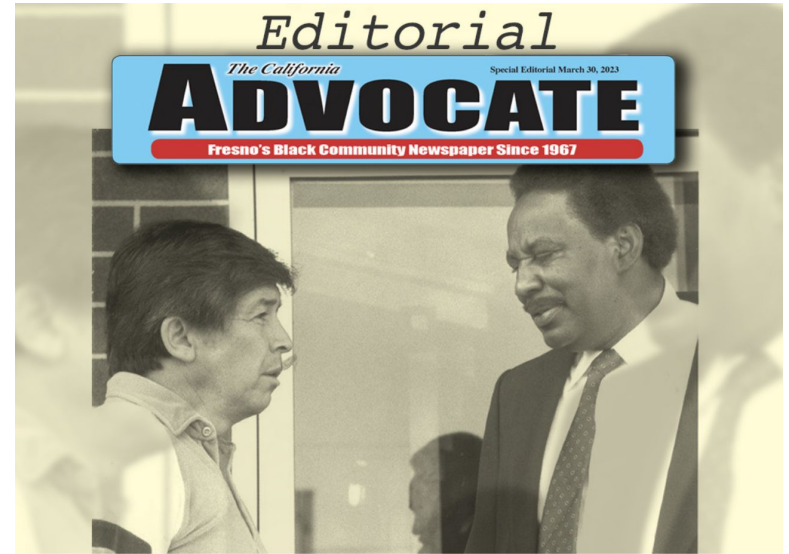
# My Journey

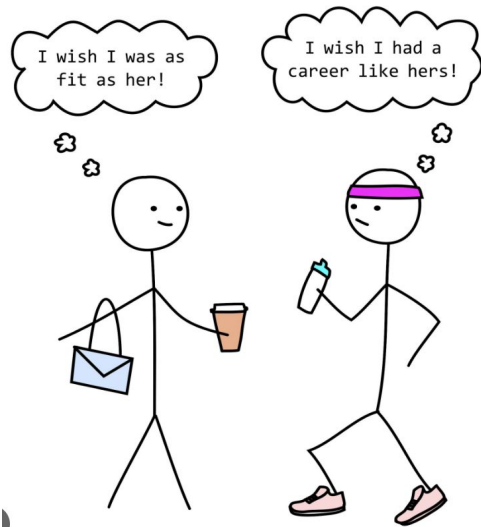
Community -> UCSF -> Qualitative Research



# My Journey

## Background/ Family





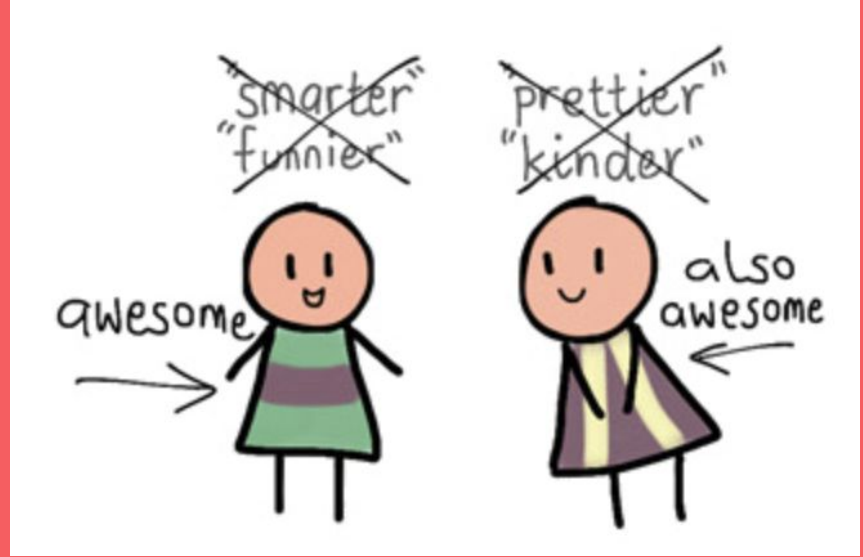
# The comparison trap

“ Social comparison theory is the idea that individuals determine their own social and personal worth based on how they stack up against others”  
- Psychology Today

**\*\*The thief of joy\*\***

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# Practicing Healthy Comparison



- Becoming aware
- Acknowledging triggers
- Limit social media
- Practicing gratitude

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Benefits of COMMUNITY

# The Essence of You

...When you walk into a room

YOUR PRESENCE MATTERS

*Your eyes*

*Your voice*

*Your hands*

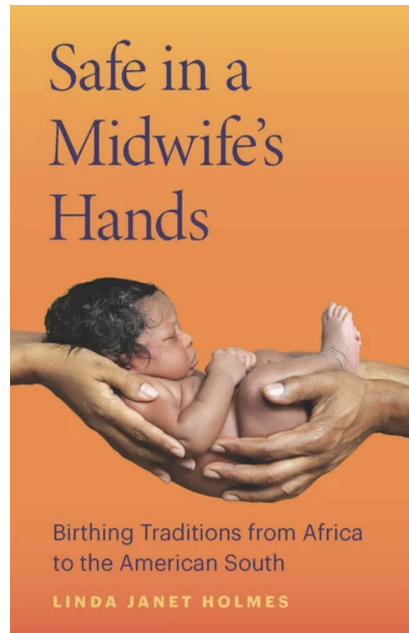


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# Time, Talent, Treasures

You are a WHOLE person  
What do you bring  
What makes you unique

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# Celebrating Your Journey

## REFLECTION QUESTIONS

Who helped you get to this part of your journey?

What unexpected gifts show up in your midwifery practice?

How can you practice gratitude daily?

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Thank you!

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