



CRISTINACARDIGO
DOULA

My mission as a doula is to support and accompany each family with respect, information, and care, so they can experience pregnancy, birth, and postpartum with confidence and peace of mind.

EDUCATION

- **Advanced Doula Training**
Rede Portuguesa de Doulas
2016-2017
- **Introduction to Childbirth for Doulas, Birth Doula,**
DONA International
2015
- **Social Innovation Bootcamp**
INSEAD-IES –Social Business School
2014
- **PhD in Marketing**
ISCTE-IUL
2008 -2013
- **Master in Marketing**
ISCTE-IUL
2005 -2007
- **BSc in Management and Administration**
ISCTE-IUL
1999 -2005

PROFESSIONAL EXPERIENCE

- **Doula and Breastfeeding Counselour**
Since 2015
- **Water Doula**
Estoril Wellness Center, Health Village Wellness
Since 2023
- **ADN – Supporting Business Growth for Doulas**
2020 - 2023
- **Positive Birth Movement Oeiras**
2018
- **Marketing and Social Innovation, Grãos de Gente**
2015 –2016

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PROFESSIONAL EXPERIENCE

- **2017 - Curatorship HUMANOS Conference**
With pediatrician Carlos González, among others parenthood specialists
- **2014-2019 - Entrepreneur, Mimami**
Social Project for full time moms
Supported by Banco de Inovação Social – BIS/SCML, Fundação EDP, DNA Cascais
- **2010 –2017 - University Lecturer**
ISCTE/IUL, Universidade Nova de Lisboa,
Instituto Politécnico de Leiria, IPAM, CASES
- **2008 –2013 - PhD Research Fellow**, funded by FCT (Fundação para a Ciência e a Tecnologia)
- **2008 – Consultant,**
Accenture
- **2007 - CRM Engineer,**
Microsoft
- **2004-2007 - Sales Operations,** Hewlett-Packard
- **2004 - Summer internship**
Instituto de Marketing Research

PROFESSIONAL DEVELOPMENT

- **2025**
Water Rebozo Training, Water Doulas
- **2024**
Spinning Babies, Maíra Libertad (Obstetric Nurse)
Expanded Birth Anatomy and Physiology, Maíra Libertad (Obstetric Nurse)
Thai Massage for Pregnancy and Postpartum, Marjorie Sá (Doula)
Fascia: From Pregnancy to Menopause, Laura della Negra (Physiotherapist)
Aurora: Nurturing Menopause, Carla Fernandes (Nutritionist)
- **2023**
Venuas - Connection Circles on the History of the Body, Susana Fialho (Doula)
Rebirth in Warm Water, Lurdes Rodeia (Midwife), Estoril Wellness Center



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PROFESSIONAL DEVELOPMENT

2022

Internal Family Systems LABS, Vasco Gaspar (Psychologist)

Social Presencing Theater - The art of making a true move, Arawana Hayashi (Performer)

Aquamãe - Aquatic Preparation for Pregnancy, Birth, and Postpartum, Mariana Rosa (Physiotherapist)

2021

Reusable Nappy Consultants Course - Business Development Support Mentorship

The Wisdom of Trauma Talks, Gabor Mate, Science and Nonduality (SAND)

Organic Aromatherapy Course, Level I, Module 2, Raquel Costa's Aromatherapy School

Pelvic Health for Doulas, Sílvia Charepe (Physiotherapist)

2020

Therapeutic Tools for Pandemic Times, Liana Netto (Psychologist)

Annual Midwifery Course "The Art of Birth", Naoli Vinaver (Midwife)

Returning to Ourselves: The Wisdom of Trauma, Gabor Mate (Doctor)

2019

Introduction to Somatic Experiencing, Jaques Delgado (Psychologist)

Deep U (Theory U, Mindfulness, Heartfulness, and Embodied Presence), Vasco Gaspar (Psychologist)

Embodiment – Cognitive Meaning in the Self-Regulation of the Child, Ale Duarte (Psychologist)

Being a Woman in Full – Vulva and Vagina: The Place of Pleasure, Radmila Jovanovic (Obstetrician)

Female Pelvic Health and Sexuality, Ana Carina Portugal (Physiotherapist)

A Journey Through the Female Body: Historical, Symbolic, and Archetypal, Liana Netto (Psychologist)

Use of Rebozo in Pregnancy, Birth, and Postpartum, Raquel Cajão (EESMO)

Dancing in Emotions, Bibi Fernandes (Dancer)

Aromatherapy in Birth, Esther de Leon Rodriguez (Doctor)

Integral Women's Health Course, Antonella Vignati (Nutritionist)

2018

Accepting Our Pain and the Pain of Others, Noordev Kaur (Therapist)

Organic Aromatherapy Course, Level I, Module 1, Raquel Costa's Aromatherapy School

The Joy of Parenting, Leslie Potter (Educator)

Understanding Baby's Crying – "The Period of PURPLE Crying", Brazelton/Gomes-Pedro Foundation

Emotional Changes in Pregnancy and Postpartum, Ana Vale (Mental Health Nurse)

COST Conference – "From Birth to Health – Towards Sustainable Childbirth"

Born in Love Conference



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2017

Rescuing the Essence of Our Sexuality Course, Naoli Vinaver (Midwife)
Lactation Consultancy Course, Rosa Sorribas (IBCLC)
Genders, Sexualities, and Families – the Doula in Diversity, Mário Santos (Sociologist)
Dynamic Birth, Jason Baker (Therapist)
Psychological Disorders in Postpartum: How to Recognize, How to Help?, Ana Rocha (Psychologist)
Born in Love Conference
Rebirthing Workshop, Lurdes Rodeia (Midwife)

2016

Babywearing Consultancy, Rosa Sorribas (IBCLC)
Infant Massage Instructor, International Association of Infant Massage (IAIM)
The Nature of Life Course, Naoli Vinaver (Midwife)
Children's Meditation Facilitator Course, Myogi
Academy of Breastfeeding Medicine Conference, with Jack Newman
Touchpoints Model – A Common Language for a Culture of Children, with Joshua Sparrow
SOS Breastfeeding Conference – Breastfeeding: A Key to Sustainable Development

2015

Neurobehavioral Approach to Breastfeeding, Nils Bergman
IBFAN Portugal Masterclass, Prematurity and Breastfeeding, Induction of Lactation and Relactation, How to Identify Musculoskeletal Issues in Newborns That Hinder Breastfeeding
Pregnancy Massage, M^a João Alvito (Physiotherapist)
Breastfeeding Counselor WHO/UNICEF, IBFAN Portugal
International Code of Marketing of Breast Milk Substitutes, IBFAN Portugal
CIAM, Prematurity and Breastfeeding, with Uwe Ewald
CSMAM, Breastfeeding and Work: For it to Work, the Commitment is Everyone's, with Marcus Renato
Bionascimento Conference, with Nils Bergman

2010-2012

Co-supervisor, with Prof. Paulo Rita, of the Master's Theses by Diana Casanova and Marta Gomes, ISCTE-IUL.

2009 - 2010

Conference Organization - European Doctoral Programmes Association in Management & Business Administration (EDAMBA) Annual Meeting and European Marketing Academy Conference.

2009 – 2013

Presentation of scientific research – European Marketing Academy Conference (Nantes, Copenhagen, Slovenia, Portugal), European Conference of the Association for Consumer Research (UK), Academy of Marketing Conference (UK), American Marketing Association Educators' Conference (Boston).