

Lizaveta Schaefer (Hameza)

CV July, 2025

34626 SE Swenson Dr, Snoqualmie WA 98065

lizahameza@gmail.com

EDUCATION

2007-2009

Vilnius, Lithuania

Cultural Heritage and Tourism Program, European Humanities University

2006

Saarbruecken, Germany

German Language Course for International Students, Saarland University

2002-2006

Minsk, Belarus

B.A. in Geography (Specialization: Demography), Belarusian State University

Thesis: Features of the Dynamics of Migration Processes in EU Countries.

WORK EXPERIENCE

2010 - present

Birth and Postpartum doula, Childbirth Educator, Postpartum Recovery Specialist (Self-employed)

- Supported over 450 women in their births (hospital births and home births) as a doula by now.
- Created and conducted regular childbirth education courses with over 250 pregnant women attending.
- Assisted mothers with postpartum recovery individually by providing postpartum belly massages, listening to birth stories, and performing postpartum sealing ceremonies for around 600 women.
- Supported more than 60 families by now as a postpartum doula through the early postpartum period (up to 4-5 months).

- Provided breastfeeding counseling for new parents.
- Gathered firsthand information on Slavic postpartum traditions and rituals in rural areas of Belarus.

2022 - Present

Creator, Project Manager

Oxytocin World (self-created non-commercial project)

- Developing a project to connect professionals in the fields of childbirth, parenting, and loving relationships worldwide.
- Communicating and planning interviews with experts such as midwives, anthropologists, psychologists, neuroscientists, educators, femtech entrepreneurs, researchers, and doulas.
- Handling filming, editing, and distribution.

2019 - Present

Educator/Mentor for Perinatal Specialists (Self-employed)

- Conducting a regular 3-week Birth Story Map Course for Doulas with over 40 participants worldwide.
- Teaching a regular 6-week Childbirth Education Course for Doulas with 25 participants.
- Conducting Slavic Postpartum Rituals Live Workshops in Cyprus and the USA (Minnesota and Florida).
- Mentoring Doulas individually in Russian and English.
- Gathering firsthand information on postpartum traditions in Cyprus mountain villages.

2020 - 2022

Podcast Co-host ("Warm, Quiet, Dark" - "Тепло Тихо Темно" in Russian)

- Created ideas and planned 3 seasons (24 episodes) of the podcast.
- Hosted and implemented the ideas.
- Communicated with guests.
- Created and moderated a community of listeners.

SKILLS AND TRAININGS

2025 - 1 day

CPR/First Aid with Red Cross

2024 - 3 days

DONA International Birth Doula Workshop

2024 - 3 days

DONA International Postpartum Doula Workshop

2023 - 12 weeks

Google Project Management Professional Certificate

2022 - 12 weeks

Go Practice, Inc. Simulator for Learning Data-Driven Product Management and Growth

2019 - 2021

Birthing from Within. Birth as a Heroic Journey. Childbirth Educator Certificate

2018 - 3 days

Amsterdam, Netherlands

Paramana Doula Course by Dr. Michel Odent and Liliana Lammers. Birth Attendant Certificate

2016 - 6 days

Odessa, Ukraine

Integrated Cranial Biodynamic Study Program One by Rosemary Wallace

2016 - 4 weeks

Birth from Within. Birth Story Medicine Course Part One by Pam England

2015 - 2 days

Minsk, Belarus

Postpartum Sealing Ceremony Workshop by Olga Vinogradnaya

2015 - 2 days

Minsk, Belarus

Traditional Thai Postpartum Healing Workshop by Anna Gedre

2012 - 3 days

Odessa, Ukraine

Doula Workshop by Daria Streltsova

2011 - 4 months

Motherhood Rainbow. Breastfeeding Counselor Certificate

2010 - 2 months

Apprenticeship with a local Belarusian midwife on birth and postpartum support of families.

TALKS AND PRESENTATIONS

2022

Inanna International Online Forum “Heroine's Journey”. Creator and Speaker.
March 1-5, 2022. (Canceled due to the war in Ukraine.)

2021

Doula Link Conference. Invited Speaker. “Childbirth as a Woman's Initiation.” May 18, 2021.

2019

Doula Link Conference. Invited Speaker. “Doula for Doula: Support at the Beginning of a Professional Journey.” September 12, 2019.

2019

Doula Link Conference. Invited Speaker. “Birth story as a Pillar of Motherhood.” February 11, 2019.

VOLUNTEER EXPERIENCES

2022 - Present

Oxytocin World

- Video-podcast dedicated to educating women about childbirth and postpartum. Conducting interviews with experts worldwide.

2022 - 2023

Creator and Administrator, "Cyprus Mom2Mom" group

- Volunteering society for refugee families from Ukraine (more than 800 participants). Providing assistance, children's items, and free childbirth education.

2010 - 2017

Independent Educational Events Organizer

- Arranging independent educational events for perinatal professionals in Belarus, featuring specialists from other countries.

LANGUAGE SKILLS

- Belarusian: Native
- Russian: Native
- Ukrainian: Advanced
- English: Advanced
- German: Intermediate