

LOVE YOUR TRAINING ACADEMY

LEARN. OBSERVE. VALIDATE. EMPOWER

Her Story

Meet the Founder

Love Your Training Academy (LYTA) was created by Brittany Veal, founder of Love, Your Doula – Indy, and a dedicated maternal health professional with over 20 years of experience in public health, education, and community-based care.

As a Full Spectrum Doula, Doula Trainer, Certified Lactation Educator, CPR Instructor, Childbirth Educator, and Child Passenger Safety Technician (CPST), Brittany has worked across multiple areas of maternal and infant health—supporting families, training birthworkers, and collaborating with healthcare and community organizations to improve outcomes.

Through her work, Brittany identified a critical gap in the field: while many doulas were being trained, few were fully prepared to support clients in diverse, real-world environments or effectively collaborate within clinical care settings.

In response, she developed Love Your Training Academy to deliver a more comprehensive, evidence-informed training experience—one that integrates structured education, simulation-based learning, mentorship, and real-world application.

Grounded in the **L.O.V.E. Framework—Learn. Observe. Validate. Empower.**, LYTA prepares doulas who are not only knowledgeable, but confident, culturally responsive, and equipped to provide high-quality, client-centered care across a range of birth experiences.

Brittany's mission is to strengthen the doula workforce and improve maternal and infant health outcomes by ensuring every doula trained

through LYTA is prepared to support families with skill, compassion, and confidence.