

I had the pleasure of working with Desmond Scott, of PRIME fitness during my pregnancy and childbirth, and my husband and I couldn't be more satisfied with his services. One of the most valuable aspects of his support was his extensive knowledge. He was a wealth of information, and his expertise in both the realms of personal training and doula services was truly remarkable. He provided me with practical advice on how to stay fit and healthy during my pregnancy, tailored to my specific needs. His guidance on exercise was invaluable and helped me maintain my well-being throughout the entire process. His knowledge of pregnancy, childbirth, and postpartum care is truly remarkable.

Desmond's positive professionalism was evident from our very first doula meeting; he was always punctual, organized, and approachable. Desmond, consistently went above and beyond to ensure I, along with my husband felt comfortable and supported throughout my journey. He provided us with invaluable information and resources, helping me make informed decisions that were in line with my birth plan and preferences. His expertise put my mind at ease and gave me the confidence to navigate the various stages of pregnancy and labor.

Desmond's presence, along with his calm and composed demeanor was a source of reassurance and encouragement during laboring and delivery; allotting me the ability to maintain my focus and stay true to my desired birth plan, which was a crucial aspect of my birth experience. Desmond, remained adamant with adhering to incorporation of various birthing techniques as previously discussed, despite of laboring location; while simultaneously ensuring that my emotional and physical comfort were top priorities. Desmond exhibited unwavering poise and support, even in the most intense moments.

One of the standout qualities of Desmond is his advocacy. He was a powerful advocate for my needs and desires during labor, consistently communicating with the medical team on my behalf. His ability to effectively advocate for me while fostering a positive, respectful relationship with the medical staff was exceptional!

In summary, I can't express enough how grateful I am to have had Desmond as my doula. His professionalism, knowledge, poise, comfort, and advocacy skills played a vital role in creating a positive and empowering birthing experience. I would wholeheartedly recommend him to any expectant mother looking for an exceptional doula who excels in both the personal training and birthing realms.