

Sarda bestowed Tahirih Award for community efforts

Nassim Sana has been a resident of the Valley of the Sun for the past 25 years and is the founder of Beauty in Truth Life Coaching LLC.

A certified life coach, Ms. Sana focuses her efforts to empower women holistically.

She is a member of AZ Women I Should Know and a Persian Women of Arizona board member.

Ms. Sana organized her first annual empowerment event Sept. 29 for women coined "Beauty in You Workshop ... A Day of New Possibilities for Women."

The mission and purpose of the event was to touch, move, empower and inspire women.

Ms. Sana says The day was for a chance for women to give back to the world and provide the opportunity for women and girls to be educated.

The events profits -- a total of \$1,000 -- were donated to the Mona Foundation, monafoundation.org.

The event was supported and sponsored by nearly 100 local businesses such as Pepin's Restaurante Español, Sweet Tooth Fairy Cupcake, Office Max, Nation Wide Insurance, Rejuvena Health and Aesthetics, Azy's Photography, Pam's Floral, and Dash Fine Art.

All the attendees enjoyed, listened and learned from eight professional speakers.

Speakers of the events included Niky Burr, Jennifer Denkers, Linda Machado and Irene Norman.

The second portion of the day presented the Tahirih Award for outstanding woman in the community to Donnalee Sarda, executive director of Defenders of Children, defendersofchildren.org.

Mrs. Sarda is a state-licensed counselor and the founding executive director of Defenders of Children, a nonprofit, child-advocacy agency helping abused children and their families.

Mrs. Sarda has worked in abuse prevention, intervention and recovery for 15 years -- and volunteered another eight at a domestic shelter then called Faith House.

With an early work background in finance and management and founding her own public relations business, her career change into social services led to her master's degree in counseling psychology from Arizona State University.

She has since served as supervisor with the Childhelp National Hotline, a board member and then executive director of Justice For Children—AZ working to give forgotten children a voice.

Ms. Sarda served on the Reports Committee of then-Governor Janet Napolitano's commission to reform Child Protective Services where she wrote "Eleven Components of a Child Protection System," which has now become "A Child Advocate's Wish List."

Ms. Sarda serves on the victims' rights committees of Attorney General Tom Horne and was with former AG Terry Goddard's



Special to the Independent/Azy Scotten
Nassim Sana, left, founder of Beauty in Truth Life Coaching, presents the Tahirih Award for outstanding women in the community to Defenders of Children Executive Director Donnalee Sarda.

council, as well as on the victims' rights committees of the AZ Coalition against Domestic Violence.

The Beauty in You Workshop not only successfully raised funds to help other women and a girl become empowered, but has inspired many attendees to create their own empowerment events.

Editor's note: This information was provided by Ms. Sana, founder of Beauty in Truth Life Coaching LLC.

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