

12:30 PM

Guest Speaker, Dr. Sara Safari – “Climb Your Everest”

Dr. Sara Safari is an author, speaker, mountain climber, college professor, Electrical Engineer, and advocate for women's empowerment. She is the founder and president of a nonprofit called “Climb Your Everest”, which focuses on empowering marginalized young women through educational programs. Sara has received the award for The Global Citizen from United Nations Association in 2015. She has also received the award for Outstanding Practice with Broad Impact in women and leadership from International Leadership Association in 2017. Sara is the first Iranian to climb the Seven Summits, the seven highest peaks in each continent. She works with organizations that want to develop highly productive teams that deliver profit, performance, and engagement. Sara is featured in the documentary Aftershock on Netflix.

2:30 PM

Mental Health Panel Discussion

Moderator – Haleh Nia M.A., MHFA certified, ACE certified
OMID Multicultural Institute of Development

Dr. Foojan Zeine is a psychotherapist, podcast host, international speaker, and an author. She has her Doctorate in Clinical Psychology and is a licensed marriage & family therapist, practicing online and in her office in Southern California. Dr. Zeine is the originator of "Awareness Integration" educational and psychological theory and intervention, and author of 6 books, including “Life Reset – The Awareness Integration Path to Create the Life You Want”. She is the host of A Heartfelt Chat with Dr. Foojan Podcast. Foojan is a lecturer at California State University Long Beach and is obtaining graduate certification in human behavior topics from Harvard University. She appeared on the Dr. Phil show and is a guest speaker at major universities, including MIT, UCLA, UCSB, and Harvard.

Nelly Farnoody-Zahiri, Ph.D. is a licensed clinical psychologist, an author, and keynote speaker with more than 20 years of experience, serving the Iranian American community locally and globally. Nelly is the Executive Director of the Global Education Institute, board member in several nonprofit organizations focusing on Social Emotional Learning and children's development, author of "Peace Parenting Essentials" an SEL Parenting Curriculum, and a school mental health advocate for multicultural families in her community. Nelly is the founder of Multi-Media International Center for Peace Learning, has been on many podcasts as a parenting expert speaker, a psychologist, and has produced and co-hosted mental health advocacy programs such as "Little Humans", Conscious Parenting, SEL4CA, Don't Hide It Flaunt It (DHIFI), Positive Coaching, Peace Parenting, MomTalk on Tasvir Iran, Andisheh TV, NITV, and 670KIRN radio shows since the year 2000.

Ehsan Gharadjedaghi, Psy.D., is a Licensed Clinical Psychologist, and Founder and Executive Director of the Norooz Clinic Foundation, a nonprofit mental health clinic in Santa Ana, CA.

4:30 PM

Law & Business Panel Discussion
Hosted by Iranian American Bar Association

Sanaz Jahangard, Esq. is a partner in the business department of Brown & Streza LLP, representing clients in mergers & acquisitions, joint ventures, income tax planning, and real estate transactions. She works closely with her clients' advisors, such as accountants, valuation experts, financial planners, and bankers, to provide comprehensive services that benefit her clients. As a successful former business owner, Sanaz understands the unique and complex dynamics of closely held businesses and helps her clients navigate the competing goals of financial growth and harmony amongst owners.

Krystal Anderson, Esq. is a litigation and trial attorney in Holland & Knight's Orange County office, where she focuses on zealous advocacy in high-stakes commercial disputes. She has experience successfully representing national and international clients from a wide range of industries in breach of contract, unfair competition, mass tort, real estate, trademark and trade secret litigation, as well as representing banks/financial institutions on a variety of litigation-related issues. Clients know they can rely on Ms. Anderson to provide strategic, innovative and practical solutions to complex legal issues, and to gently guide them through stressful conflicts by making litigation more comfortable and comprehensible. In the community, Ms. Anderson is involved in several efforts to advance diversity, equity and inclusion, and the legal profession, including acting as the current President of the Iranian American Bar Association - Orange County branch.

Eemaan Jalilin Esq., CPA, who graduated from the University of California, Hastings College of the Law with a concentration in Tax. After graduating in 2012, he worked in complex litigation and appellate law, advocating for clients in the California and Federal Trial Courts and Courts of Appeals. Currently, he serves as in-house counsel for local companies, working closely with executives to help facilitate the aspirations of each company and counsel them on matters ranging from litigation to tax. As a sincere advocate of diversity and inclusion he speaks four languages fluently (English, Farsi, Spanish, and Japanese) and serves as Iranian American Bar Association's National Representative for Orange County and on the Orange County Bar Association's Diversity and Inclusion committee.

6:30 PM

Alternative Healthcare Panel Discussion

Dr. Afsoon Ghazvinian PharmD, CFMP is the founder and CEO of REIVAS, an education and consulting company for female entrepreneurs, corporates, and organizations. As an executive coach and change strategist for menopause in the workplace, she is on a mission to change the narrative around menopause with holistic and evidence-based education and support, empowering women to take control of their health, raise their performance and unlock their highest potential. Dr. Afsoon is an innovative and solution-focused Certified Functional Medicine Practitioner from Functional Medicine University, and Doctor of Pharmacy from Temple University, a member of Rho Chi honor society, board certified in the USA and Singapore, an elected member of 106th Pharmaceutical Society of Singapore council, with 25 years of experience and international training in preventative and integrative health.

Kimya Asad, Yoga Instructor & Spiritual Healer, is a highly experienced Yoga Instructor and Spiritual Healer, teaching classes and leading retreats worldwide. Kimya discovered her passion for yoga while training to become a lawyer in her hometown - London, UK. She was mentally drained and disillusioned by the heavy pressures of social norms and the corporate world until she found yoga - a practice that lit up her soul and awakened her life purpose. Since then, she has spent every lunch break practicing headstand in the office! Kimya flew to Costa Rica to complete Yoga Teacher Training in 2017, embarked on a life-changing journey, and never returned to her life in London. She has since been living in Orange County, California, while pursuing her life mission - to help others awaken their true purpose, find balance, and follow the path of their dreams.

Tina Ghahramani-Singh L.Ac. is a board-certified and nationally licensed acupuncturist, fertility expert, herbalist, and certified women's empowerment coach. Having counseled hundreds of couples to conceive successfully over the past twelve years, Tina has a compassionate yet practical approach to empowering her patients through their fertility journey. As an acupuncturist, Tina specializes in gentle Japanese and Esoteric acupuncture in treating the mind, body, and heart connection. Her vast experience in women's health has made her an expert in treating natural fertility, IVF, IUI, recurrent miscarriage loss, labor preparation and progression, postpartum care, depression, anxiety, hormone balance, and stress management. Having gone through postpartum depression herself, she has a special place in her heart for women struggling with postpartum and holds loving space for them as they heal. Tina is co-owner of Healing Light Family Acupuncture with her husband Mukunda Singh.