

## **Sarah Donaldson**

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### **PROFESSIONAL PROFILE**

Compassionate nurse, educator, and business leader with over a decade of experience supporting, mentoring, and empowering women to build confidence, leadership capability, and sustainable careers. Founder of multiple education and training businesses focused on personal growth, professional development, and leadership in high-pressure environments. Alongside clinical nursing experience, I have delivered mentoring, workshops, and structured education programmes designed to help women develop self-belief, communication skills, decision-making confidence, and pathways back into the workforce. I bring a combination of clinical care, lived leadership experience, and structured mentoring that allows me to support women not only emotionally, but practically; helping them rebuild confidence, rediscover capability, and prepare for independence, employment, and leadership in their own lives.

I am seeking to volunteer my skills to support women and young women in rebuilding confidence, independence, and leadership capacity during times of transition.

### **LEADERSHIP, MENTORING & EMPOWERMENT EXPERIENCE**

#### **Founder & Director**

#### **SLA Medical / SLA Academy / The Business Injection**

UK & International | *2016 – Present*

Founded and led multiple education-based businesses focused on professional development, leadership training, and confidence-building for predominantly female professionals.

#### **Key contributions relevant to women's empowerment and shelters:**

- Mentored hundreds of women transitioning into leadership, entrepreneurship, and professional independence
- Designed and delivered **confidence-building workshops** focused on self-belief, communication, boundaries, and decision-making
- Supported women returning to work after career breaks, personal challenges, or confidence loss
- Coached women to identify strengths, set goals, and develop leadership presence in male-dominated or high-pressure environments

- Built psychologically safe learning environments where women could speak openly, rebuild trust in themselves, and develop resilience
- Led group mentoring programmes supporting emotional regulation, mindset, self-worth, and personal accountability
- Supported young women in developing professional skills such as communication, responsibility, self-advocacy, and leadership behaviour

#### **Leadership & organisational responsibilities:**

- Built, scaled, and managed multi-disciplinary teams
- Developed training frameworks, leadership curriculums, and structured mentoring programmes
- Managed safeguarding, ethical responsibility, and duty of care within education environments
- Led with trauma-informed, values-based leadership principles

#### **EDUCATION & TRAINING DELIVERY**

##### **Educator, Trainer & Programme Lead**

- Designed and delivered structured learning programmes focused on:
  - Leadership development
  - Confidence and self-esteem
  - Emotional intelligence
  - Communication skills
  - Professional identity and boundaries
- Facilitated workshops and group sessions for women at different life stages, including early-career and transition periods
- Translated complex concepts into accessible, supportive learning for diverse audiences

## **HEALTHCARE & CARING BACKGROUND**

### **Registered Nurse**

UK | *Over 10 years' experience*

- Extensive experience caring for individuals during vulnerable, stressful, and emotionally challenging periods
- Strong background in empathy, safeguarding, confidentiality, and trauma-aware care
- Skilled in listening, de-escalation, reassurance, and emotional support
- Trusted professional accustomed to working with women experiencing anxiety, fear, low confidence, and life disruption
- Maintained professional boundaries while providing compassionate, person-centred care

## **EDUCATION**

### **Master's Degree – Management & Leadership**

- Advanced training in leadership theory, organisational behaviour, coaching, communication, and people development
- Strong understanding of how leadership, confidence, and structure empower individuals and communities
- Applied academic learning directly into real-world mentoring, training, and empowerment programmes

### **Registered Nurse Qualification**

- Adult Nursing Degree
- Fully trained in duty of care, safeguarding, ethical practice, and emotional wellbeing support

## **CORE SKILLS**

- Women's empowerment & confidence-building
- Mentoring & coaching (1:1 and group)
- Leadership development
- Emotional intelligence & communication
- Trauma-informed support
- Safeguarding & professional boundaries
- Workforce readiness & professional skills
- Active listening & empathy
- Workshop facilitation
- Role-model leadership

## **Workshop & Programme Development – Women's Empowerment**

I am open to developing and delivering supportive workshops designed to help women and young women who are considering entering or re-emerging into the workforce. Drawing on my background in nursing, leadership education, and mentoring, these workshops focus on rebuilding confidence, self-belief, and personal agency after periods of disruption, trauma, or time away from employment.

Workshops would be practical, compassionate, and accessible, with a focus on:

- Rebuilding confidence and self-esteem
- Identifying personal strengths, transferable skills, and life experience
- Developing communication skills and self-advocacy
- Introducing leadership mindset, responsibility, and decision-making skills
- Supporting emotional readiness for work environments

- Exploring realistic pathways into employment, education, or further training

The aim of these sessions is to provide women with a safe, encouraging space to reconnect with their capabilities, feel empowered in their choices, and take meaningful steps toward independence, stability, and long-term personal growth.