

April 23rd, 11:00 am (approx) *"Refine Your Leadership Skills to Empower Your Team"*

Speaker: Sarah Hendron, MS, RDN, LD, CD



Sarah Hendren, MS, RDN, LD, CD, has a breadth of experience in food and nutrition communications, sustainability and leadership coaching. She began her career working for Culver's restaurant chain, and currently works as a Regulatory Affairs consultant for PepsiCo Frito Lay North America. She is also the Principal Owner of Hendren Group LLC where she provides leadership coaching to dietitians, helping nutrition professionals improve their business acumen, executive presence and skills to be effective and confident leaders. Sarah has been recognized by her peers for her outstanding leadership and service. She received the Recognized Young Dietitian of the Year Award in 2019 and Outstanding Dietetics Student of the Year in 2013. She was the recipient of the Founder's Award in 2020 and Circle Award in 2019 from the Dietitians in Business & Communications Practice Group, recognizing her strategic influence, leadership and service to the practice group. Most recently, Sarah has been nominated for the Outstanding Preceptor Award in the state of Texas, recognizing her exceptional skills to teach and mentor students in a nontraditional rotation, focusing on business and leadership development.

Sarah is actively engaged in her professional community and is seen as an effective leader and communicator with a strategic vision. She currently holds a position on the Academy's Committee for Lifelong Learning and has held numerous executive committee positions with the Dietitians in Business and Communications Practice Group. Sarah is passionate about serving in her local community, having served in leadership positions within the Texas Academy of Nutrition and Dietetics for the past four years.