

VANESSA ardenas

TRUSTED ADVISOR FOR BETRAYAL & TRANSFORMATION

UNDERSTANDINGEAR.COM



Vanessa Cardenas

Trusted Advisor for Betrayal & Transformation

With 20+ years of experience as a C-Suite Executive Mentor, Coach, Speaker, and Group Facilitator, Vanessa works with individuals and groups to heal from a betrayal, amplify their authenticity, and empower them to become better versions of themselves. Along with her certification as a 6 phase meditation trainer and mental fitness instructor, Vanessa is also the founder and CEO of Understanding Ear, LLC.

AS SEEN IN Mindvalley

REAL MEN FEEL Podcast

NEXT STEPS ACADEMY PODCAST HUMANS NAVIGATING BETRAYAL Coach's Collective Academy

SIGNATURE TOPICS

- ✓ Betrayal Recovery
- ✓ Women Empowerment
- ✓ Letting Go to Move Forward
- ✓ Being Your Authentic Self
- Prioritizing Self Within Relationships

LET'S WORK TOGETHER!

Please feel free to contact me with any questions.

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ABOUT ME

My own journey of growth and self-discovery began when my 20+ year marriage was shattered by betrayal, prompting me to seek wisdom and guidance from renowned experts like Estel Perel, Edith Eger, Debi Silber, Michelle Mays, Dennis Ortman, and Katherine Woodward Thomas. Drawing on their insights, my 20year C-Suite Leadership and Mentoring career, and my Evercoach Certification—recognized by the International Coaching Federation—I am committed to helping my clients transform their pain into lasting liberation and profound change.

...with Vanessa, I gained the clarity I needed to make that decision with confidence and certainty...

Katherine V., California

....Vanessa gave me the confidence and encouragement to be the best version of myself...

Valerie M., New York

About my blogs

BEYOND BETRAYAL Vanessa Cardenas, Trusted Advisor for Betrayal & Transformation, shares insightful content on UnderstandingEar.com, as well as her Beyond Betrayal Blog Series, offering hope and practical solutions for those experiencing betrayal. Her mission is to guide individuals in healing their hearts and rediscovering trust in relationships, using her vast experiences and expertise to help them face the challenges of betrayal and transform their lives.

UnderstandingEar.com offers articles on coping mechanisms, self-care, and rebuilding trust that offer readers useful strategies for dealing with emotional turmoil after betrayal. Vanessa provides an empathetic environment in which individuals seeking advice or encouragement during the healing process can find support. In summary, UnderstandingEar.com serves as an effective resource for recovering from betrayal, offering guidance and creating an open space for growth and healing.

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DEALING WITH THE DEVASTATION OF YOUR PARTNER'S BETRAYAL



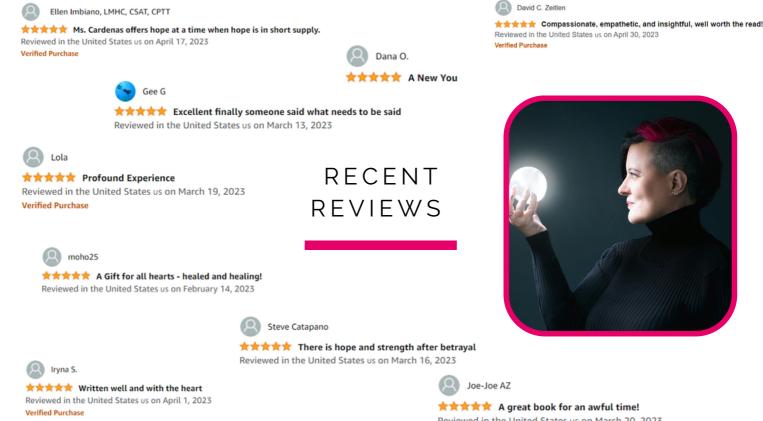
WHAT TO DO WHEN YOUR WORLD FALLS APART



HOW TO TALK TO YOUR KIDS, PARENTS, IN-LAWS, FRIENDS, AND OTHERS

About my Books

Dealing with the Devastation of Your Partners Betrayal are compassionate guidebooks that provide individuals who have experienced intimate partner betrayal with the tools and support needed to start their healing journey and move forward.



★★★★★ A great book for an awful time! Reviewed in the United States us on March 20, 2023 Verified Purchase

Vanessa Cardenas Trusted Advisor for Betrayal & Transformation

Gignature WORKSHOPS & PRESENTATIONS



- ✓ Got Betrayed Immediate Action Steps
- ✓ How Would It Feel to Let Go?
- ✓ Really, Hair as a Trauma Response?
- ✓ Better for the Experience? Hardships Create Unexpected Opportunities
- ✓ Healing from Betrayal: A Journey through the Hindsight Window

RECENT REVIEWS

Your selflessness and eloquence shone through during the workshop, where you dedicated yourself to making things better for everyone in attendance. I am grateful for the opportunity to learn from you and everything you taught us, and it was a privilege to witness your impactful presence in action. Samantha Patterson

"Vanessa is a phenomenal facilitator. I cannot speak highly enough of Vanessa. She has a perfect blend of being warm and welcoming...and yet simultaneously professional and productive." Dana O'Malley

"Vanessa Cardenas is an exceptional speaker and facilitator with an uninhibited confidence that immediately puts others at ease. Her ability to create memorable moments by sharing insights, along with taking a difficult topic and bringing it forward in a safe way makes her highly recommended as a speaker." Jasmine DeSimone

LET'S WORK TOGETHER! 🗠 Vanessa@UnderstandingEar.com