

MEDIA KIT

VANESSA

Cardenas

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.

✉ Vanessa@UnderstandingEar.com

🌐 [Linktr.ee/VanessaCardenas](https://linktr.ee/VanessaCardenas)

🌐 www.UnderstandingEar.com

 @UnderstandingEar

 @trusted_advisor_for_betrayal

 @understandingear1241

VANESSA CARDENAS

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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 20-year 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.

Ellen Imbiano, LMHC, CSAT, CPTT

★★★★★ Ms. Cardenas offers hope at a time when hope is in short supply.

Reviewed in the United States us on April 17, 2023

Verified Purchase

Dana O.

★★★★★ A New You

Gee G

★★★★★ Excellent finally someone said what needs to be said

Reviewed in the United States us on March 13, 2023

Lola

★★★★★ Profound Experience

Reviewed in the United States us on March 19, 2023

Verified Purchase

RECENT REVIEWS

moho25

★★★★★ A Gift for all hearts - healed and healing!

Reviewed in the United States us on February 14, 2023

Steve Catapano

★★★★★ There is hope and strength after betrayal

Reviewed in the United States us on March 16, 2023

Iryna S.

★★★★★ Written well and with the heart

Reviewed in the United States us on April 1, 2023

Verified Purchase

Joe-Joe AZ

★★★★★ A great book for an awful time!

Reviewed in the United States us on March 20, 2023

Verified Purchase



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Signature

TALKS, 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

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