

# Vanessa Cardenas

## Betrayal Recovery Specialist



Vanessa Cardenas is a seasoned Betrayal Recovery Specialist with over 20 years of experience as a C-Suite Executive, Mentor, Coach, Speaker, and Group Facilitator. Holding a Bachelor's degree in Industrial Psychology from Baruch College and numerous certifications, including Trauma Coaching, Life Coaching, and Mental Fitness Instruction, she is also trained by Dr. Silber and certified by the prestigious Post Betrayal Transformation Institute. As the founder of Understanding Ear, LLC, Vanessa empowers individuals to heal from betrayal and achieve personal transformation. Her commitment to fostering lasting change has made her a sought-after speaker and thought leader in betrayal recovery and personal development.

### AS SEEN ON

**HUMANS  
NAVIGATING  
BETRAYAL**

**Mindvalley**

**LIVING THE  
NEXT  
CHAPTER**  
PODCAST

**REAL  
MEN  
FEEL**

Podcast

**NEXT  
STEPS  
ACADEMY**  
PODCAST



**TENDRILS OF GRIEF  
PODCAST**

**LOVE YOU NOW  
CONFERENCE**



**Fly  
Mom,  
Fly!**  
PODCAST



**SELF HELP  
JUNKIE  
PODCAST**

**Uncaped  
Heros  
Podcast**

**Doom  
to  
Bloom  
Podcast**

**Coach's Collective Academy**

## Signature TALKS

- ✓ Mastering Your Inner Dialogue: Turning Criticism into Confidence
- ✓ Healing from Betrayal: A Journey through the Hindsight Window
- ✓ How Would It Feel to Let Go?
- ✓ Really, Hair as a Trauma Response?
- ✓ Better for the Experience? Hardships Create Unexpected Opportunities
- ✓ Betrayal in Business: Transforming Pain into Power Using the Hindsight Window Theory

## LET'S WORK TOGETHER!

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