



Vanessa Cardenas

Speaker | Author | C-Suite Executive | Betrayal Recovery Specialist

- 20+ years in C-Suite leadership, personal development, and healing
- Expert speaker on empowerment, resilience, and betrayal recovery
- Industrial Psychology degree, Baruch College
- Certified in Trauma Coaching, Life Coaching, Mental Fitness
- Trained at Post Betrayal Transformation Institute
- Founder of Understanding Ear, LLC, guiding healing and growth
- Merges corporate expertise with emotional intelligence for lasting transformation

FEATURED

COLUMBIA UNIVERSITY



HUMBER POLYTECHNIC

HUMANS NAVIGATING BETRAYAL

From BETRAYAL to BREAKTHROUGH with Dr. Debi Silber

Female Fluence

REAL MEN FEEL Podcast

Doom to Bloom Podcast

IGNITE HUMANITY LIVE

TENDRILS OF GRIEF PODCAST

SELF HELP JUNKIE PODCAST

COACH'S COLLECTIVE ACADEMY

Uncaped Heros Podcast

Tips for the Transition The Career Roadmap

LIFE'S CHECKMARK

LOVE YOU NOW CONFERENCE

LIVING THE NEXT CHAPTER PODCAST

CASA OF CONFIDENCE PRODUCTIONS

THE JORNI PODCAST

Fly Mom, Fly! PODCAST

Next Steps Productions

PHASE 4 PODCAST

Mindvalley

Warrior Women Within

Signature TALKS

- ✓ Better for the Experience? Hardships Create Unexpected Opportunities
- ✓ Embrace Authenticity to Strength Relationships
- ✓ How Would It Feel to Let Go?
- ✓ Mastering Your Inner Dialogue: Turning Criticism into Confidence
- ✓ Healing from Betrayal: A Journey through the Hindsight Window
- ✓ Turning Workplace Betrayal into Leadership Growth

LET'S WORK TOGETHER!

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