

# PRESS KIT

2025

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I've had *hundreds* of guests on my podcast over the past *six years*, and I've done testimonials for **five** of them. That lets you know **how impressed I was with Vanessa Cardenas**. She brings real wisdom, lived experience, and tangible tools that every audience needs.

Jannette Anderson  
Host, Maturepreneur Podcast

VANESSA

Cardenas



Vanessa Cardenas | Relationship Reset Expert  
Betrayal Recovery Specialist | Oxford Speaker  
Author | Writer

### AS SEEN



UNIVERSITY OF  
OXFORD



COLUMBIA  
UNIVERSITY



HUMBER  
POLYTECHNIC



Mindvalley



From BETRAYAL to  
BREAKTHROUGH  
*with Dr. Debi Silber*

HUMANS  
NAVIGATING  
BETRAYAL

LOVE YOU NOW  
CONFERENCE

#### Next Steps Productions

LIVING THE  
NEXT  
CHAPTER  
PODCAST

COACH'S COLLECTIVE ACADEMY



REAL  
MEN  
FEEL  
Podcast

Fly  
Mom,  
Fly!  
PODCAST

Uncaped  
Heros  
Podcast

Doom  
to  
Bloom  
Podcast

SELF HELP  
JUNKIE  
PODCAST

PHASE 4 PODCAST

TENDRILS OF GRIEF  
PODCAST



Vanessa Cardenas helps individuals and couples heal after betrayal, rebuild trust, and create deeper, more connected relationships. Since 2017, she has guided clients through their most painful relationship challenges with compassionate, trauma-informed support rooted in both professional expertise and lived experience.

With a degree in I/O Psychology, certifications in betrayal and trauma recovery, and over two decades as a C-suite executive, Vanessa offers bespoke boutique-style coaching that empowers clients to reconnect with themselves and each other. Her work transforms rupture into resilience so relationships can not only recover but truly thrive.

Vanessa's approach is as distinct as the relationships she helps reset: personalized, powerful, and anchored in hope.

LET'S WORK TOGETHER!

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📺 @Vanessa-Cardenas



## TALKS, WORKSHOPS & PRESENTATIONS

### **Before You Undress, Unpack the Critic: Body Image, Betrayal, and the Battle to Be Enough**

Vanessa explores how betrayal distorts body image and self-worth, guiding listeners to quiet the inner critic, embrace body neutrality, and reconnect with intimacy through self-compassion, not perfection.

### **No, You're Not Crazy: Understanding Betrayal Trauma and Emotional Safety**

This validating talk explains the emotional and physiological effects of betrayal trauma, offering grounded insight into why survivors feel unstable and how to rebuild emotional safety from within.

### **The ABCs of Relationship Recovery: Authenticity, Boundaries, and the Trap of Comparison**

A signature talk outlining three cornerstones of recovery: showing up fully, protecting your peace, and letting go of comparison. It's a motivational guide to staying rooted in your unique healing journey.

### **From Shame to Strength: Resetting Your Relationship After Infidelity**

Designed for couples choosing to stay together, this talk explores what real rebuilding looks like through consistent repair, emotional ownership, and honest, sustainable connection.

### **The Silent Third Party: How Betrayal Reshapes Communication and Connection**

Infidelity changes how couples relate. Vanessa reveals how to rebuild closeness, speak without triggering, and stop letting the past dominate the present.

### **Beyond the Apology: What Real Repair Requires After You've Been Hurt**

An apology alone won't heal the wound. This talk helps listeners understand the difference between remorse and repair and how true accountability shows up in behavior, not just words.



*Because every heart deserves to beat with purpose again.*

[Vanessa@UnderstandingEar.com](mailto:Vanessa@UnderstandingEar.com)



# Vanessa Cardenas

Relationship Reset Expert | Betrayal Recovery Specialist

## RECENT REVIEWS

"Vanessa is an articulate, compassionate, and captivating speaker. I've worked with her professionally for several years and brought her in to train my community on betrayal in business. She delivers with clarity, insight, and heart—keeping audiences engaged and supported throughout. A five-star presenter for any stage or podcast."

Sarah Cordiner, CEO of TekMatix

"Vanessa Cardenas' speech at the Love Now Conference was a breath of fresh air—authentic, emotional, and deeply inspiring. Rooted in her own journey, she connected with the audience on a visceral level, leaving us with renewed hope and a sense of deeper purpose."

JP Horgan, Producer

"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, CEO

"Vanessa Cardenas is an exceptional speaker 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, Host

"I listened to the recording [of the Love You Now Conference] and I'm in awe. You're an expert in your field and I admire the ease and flow in the way you express yourself. Every time I listen to your wisdom I learn a little more about betrayal trauma."

Valerie Waters, COO

"What an incredible, powerful speaker! I felt encouraged and empowered!"

Viola Davidso, Speaker

"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."

Dana O'Malley, Producer



# Vanessa Cardenas

*Relationship Reset Expert | Betrayal Recovery Specialist*



## About Vanessa

After being blindsided by betrayal in her 20-year marriage, Vanessa Cardenas turned her heartbreak into a professional calling. What began as a vow to help others navigate the pain she once faced became a transformative career as a Relationship Reset Expert and Betrayal Recovery Specialist.

Vanessa's work is rooted in both lived experience and extensive training in trauma-informed recovery. She blends deep compassion with practical strategies, guiding clients through emotional wreckage toward renewal and reconnection with themselves and with others. Inspired by frameworks like Eric Edmeades' Hindsight Window Theory, Vanessa helps individuals move beyond survival and into purpose.

She is living proof that relationships can heal and that trust—both in oneself and others—can be rebuilt. Vanessa's mission is clear: to turn 'stuck' into strength and pain into possibility.

**...with Vanessa, I gained the clarity I needed to make decisions  
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 blog series

The **Beyond Betrayal Blog Series** is more than just a collection of articles—it's a wealth of profound insights and practical guidance. It serves as a valuable platform, offering those betrayed support, encouragement, and the tools needed to embark on a transformative path after experiencing betrayal.

**...just needed you to know that I am forever grateful for the massive impact your blog  
series has had on my life. It's as if you know *exactly* how I am feeling and  
offer hope when my tank is empty.**

Nathalie N., Washington

# Vanessa Cardenas

## Relationship Reset Expert

## Betrayal Recovery Specialist



### Media & Publications

Vanessa Cardenas is a published author whose essays and insights have appeared on platforms such as Medium and Substack, where she explores themes of trust, connection, and relational healing.

She is also the creator and editor of *An Understanding Ear: Betrayal and Beyond*, a curated publication devoted to empowering stories and expert guidance for individuals navigating betrayal, repair, and reconnection.

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### Credentials & Affiliations

#### Education & Training

- Degree in Industrial-Organizational Psychology – *Baruch College, New York*
- Certified Coach & Support Host – *Post Betrayal Transformation Institute, trained under Dr. Debi Silber*
- National Certified Trauma Coach – *The Addictions Academy*
- Certified Mindvalley Coach – *Recognized by the International Federation of Coaches*
- Trained in Positive Intelligence – *with Shirzad Chamine*
- Certified Six-Phase Meditation Instructor

#### Speaking & Leadership

- Orator – *Oxford Talks* – **175K views of Vanessa's Talk**
- Founding Member – *West Point Toastmasters*
- Alumni – *Speaker Nation*

#### Community Engagement

- Moderator – *Humans Navigating Betrayal* (15K members)
- Moderator – *Women's Divorce Support* (30K members)

# Vanessa Cardenas

Relationship Reset Expert | Betrayal Recovery Specialist

## 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

Both books in the *Dealing with the Devastation of Your Partner's Betrayal* series are compassionate guidebooks that provide betrayed partners with the tools and support needed to start their healing journey and move forward.



moho25

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

Reviewed in the United States us on February 14, 2023



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



Van Life Girl Coach

★★★★★ A must read for anyone dealing with spouse/relationship betrayal

June 20, 2023



David C. Zeitlein

★★★★★ Compassionate, empathetic, and insightful, well worth the read!

Reviewed in the United States us on April 30, 2023

Verified Purchase



Lola

★★★★★ Profound Experience

Reviewed in the United States us on March 19, 2023

Verified Purchase



Gee G

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

Reviewed in the United States us on March 13, 2023



Dana O.

★★★★★ A New You



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

★★★★★ How to deal with a tough conversation

Reviewed in the United States on June 13, 2023

Verified Purchase

Once again Vanessa has shown us how to deal with a sensitive and painful conversation. I didn't realize how involved and careful one needs to be in explaining what's happening in one's life. This was well explained. Since each audience (kids vs friends and parents) has a different maturity level and will be impacted differently, crafting the right message and tone has to be well thought out. I love the style that Vanessa chose to use in this and the previous book. Very quick to read and to the point. If one chapter doesn't pertain to your situation, skip it.



# Vanessa Cardenas

Relationship Reset Expert | Betrayal Recovery Specialist

## Suggested Podcast / Media Introduction

(Change as needed)

**Short version:** Please welcome Vanessa Cardenas (pronounced Car-dean-as), a Relationship Reset Expert who helps individuals and couples heal after rupture, rebuild emotional connection, and communicate with clarity and compassion. With over 20 years as a C-suite executive and advanced training in trauma-informed relationship support, Vanessa offers powerful, personalized guidance for everything from betrayal recovery to communication breakdowns and trust repair. Her work is a roadmap to deeper connection and lasting transformation.

**Long version:** We're honored to welcome Vanessa Cardenas (pronounced Car-dean-as), a leading voice in the field of relationship repair.

Vanessa is a Relationship Reset Expert and Certified Betrayal Recovery Specialist who helps individuals and couples heal after broken trust, rebuild connection, and create thriving, emotionally safe relationships.

With over 20 years as a C-suite executive mentoring more than 500 professionals, and a degree in Industrial-Organizational Psychology, Vanessa brings a rare blend of leadership, trauma-informed training, and lived experience to her work. Her extensive certifications include betrayal recovery, trauma coaching, mental fitness, and transformational mindset practices—plus she's trained directly under Dr. Debi Silber, founder of the Post-Betrayal Transformation Institute.

But what truly sets Vanessa apart is her personal story. After facing betrayal in her own two-decade marriage, she turned her pain into purpose, building a practice that now serves clients around the world who are ready to reset their relationships and reclaim their worth...*and she remains married.*

Whether you're healing from betrayal, navigating disconnection, or just ready to deepen trust and intimacy, Vanessa's compassionate, no-fluff guidance is a lifeline. Please join me in welcoming Vanessa Cardenas.



# Vanessa Cardenas

Relationship Reset Expert | Betrayal Recovery Specialist

