

100-Word Bio (Event Programs & Speaker Introductions)

Veronica L. Nabizadeh is a mediator, marriage and relationship coach, speaker, and author dedicated to helping individuals and couples navigate conflict, strengthen communication, and create healthier relationships. Drawing on her experience as an attorney, mediator, and coach, she helps battle-weary wives and couples understand the patterns driving recurring conflict and develop practical strategies for lasting change. Veronica is the author of *Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing*, where she shares tools and insights to help people move from frustration and disconnection toward clarity, growth, and meaningful connection.