

250-Word Bio (Media Kit, Speaking Engagements & Press Materials)

Veronica L. Nabizadeh is a mediator, marriage and relationship coach, speaker, and author dedicated to helping individuals and couples navigate conflict, strengthen communication, and build healthier, more fulfilling relationships. Drawing on her unique background as both an attorney and mediator, she combines practical strategies with deep insight into the emotional and relational dynamics that keep people stuck in recurring cycles of frustration, resentment, and disconnection.

For years, Veronica has helped battle-weary wives and couples move beyond blame and reactivity to gain clarity, rebuild trust, and create meaningful change. Her work focuses on helping people understand the "why behind the what," recognize destructive patterns, and develop healthier ways of communicating and relating to one another. She is known for her practical, compassionate approach and her ability to help people make empowered decisions about their relationships and their futures.

Veronica is the author of *Don't Throw in the Towel Yet!: If It's Worth Fighting About, It's Worth Fixing*, a guide for women and couples who feel stuck, discouraged, or uncertain about what comes next. Through coaching, workshops, speaking engagements, and educational programs, she equips people with the tools they need to navigate difficult seasons with greater confidence, resilience, and hope.

Based in Jacksonville, Florida, Veronica is a sought-after relationship expert whose mission is to help people stop fighting each other and start fighting for the relationships that matter most. Her guiding belief is simple: because if it's worth fighting about, it's worth fixing.