

Venus Rouhani

AUTHOR. SPEAKER.
RELATIONSHIP EXPERT.



Using the Mind to Guide the Heart

When it comes to dating, do you feel as if you are doing all the right things but still picking all the wrong people? Have you been told that the key is to just find someone who you have a lot in common with, only to discover that a relationship with an initial spark can make you happy at the beginning and miserable at the end?

Psychotherapist and author Venus Rouhani is all too familiar with the prevailing misconception that common interests are enough to sustain a fulfilling relationship. The problem with this approach is that even when we have plenty in common with our partners, mostly we don't. Approximately 69% of the issues that life partners will face are based on differences in individual personalities and needs. Sometimes these differences can be overcome, but often they represent irresolvable "No-Nos" that you simply cannot tolerate in another person.

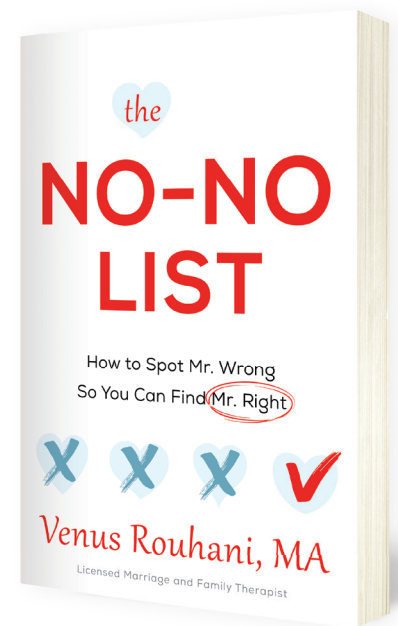
Through her engaging and powerful speeches, as well as her book *The No-No List*, Venus turns the dating game on its head and offers her audiences a radical new way to approach the search for a perfect partner. Backed by scientific expertise and a lifetime of personal experience, Venus's game-changing insights allow attendees to understand the profound connection between failed relationships and the hidden trigger points for pain and disappointment, while providing them with tools to help identify and manage their own "No-Nos."

"If you truly want a match, you can find one, no matter what obstacles you think you have to overcome."

Whether you're dating, married, or somewhere in between, Venus will equip you with a strong understanding of what you DON'T want in a relationship, guidance to know how to spot the hidden deal breakers, and a red flag road map to guide you toward relationship success.

IDEAL FOR AUDIENCES LOOKING TO:

- ♥ Evaluate potential partners in the pre-relationship phase
- ♥ Stop repeating relationship patterns from the past
- ♥ Overcome difficulties within an existing, committed relationship
- ♥ Recover and rebound from painful breakups
- ♥ Achieve feelings of strength, confidence, and self-acceptance
- ♥ Develop authentic, loving relationships that last



"If you go through a lot of relationships that do not work out, each succeeding time it can feel increasingly difficult to make the leap of faith. But each succeeding time you have more information to help you make a better choice. You just need a tool to put what you have learned to effective use. That tool is The No-No List."

—Venus Rouhani

Venus

Rouhani

AUTHOR. SPEAKER.
RELATIONSHIP EXPERT.



Using the Mind to Guide the Heart

Meet Venus

Venus Rouhani is a renowned psychotherapist and author whose approach to relationship counseling emphasizes the importance of using the rational mind to guide the desires of the heart. While recognizing the importance of emotion and chemistry in the pursuit of love, Venus advocates that awareness of undesirable qualities in a partner is more vital than the pursuit of common interests. Specializing in pre-relationship, pre-marital, couples, and family counseling, Venus also encourages those looking for love to develop self-understanding and self-acceptance as a strong foundation for lasting relationships.

After her retirement from dentistry (DDS) due to a shoulder injury, Venus earned a Masters degree in Mental Health and is licensed in both Marriage and Family Therapy (LMFT) and Professional Counseling (LPC). She is certified at Level 2 in John Gottman Marital Counseling and is a trained provider of Prepare-Enrich pre-marital counseling. Venus also draws from personal expertise to help her clients address and overcome their personal challenges: She has been happily married for over 40 years.



SPEAKING TOPICS:

- ♥ **The No-No List (Keynote)**—Do you know what the non-negotiable qualities are in your relationships? For those frustrated with dead-end dating, Venus outlines the fundamentals of her discerning approach to pre-relationship evaluation, including an overview of the most commonly misunderstood deal breakers, ways to spot red flags, and the steps you can take to develop your own No-No List.
- ♥ **The Secret to Picking a Partner**—If you're picking your dates the way most people do—focusing solely on chemistry and the things you have in common—you're doing it wrong. Venus offers realistic, actionable advice to empower her audience with methods for developing indispensable dating criteria and ways to recognize both positive and negative qualities in a potential partner.
- ♥ **Loving the True You**—When it comes to love, there truly is someone for everyone. But there's a catch: To find that person, you must first be willing to accept yourself, with all your quirks and imperfections. Venus shares her supportive and pragmatic process to reject pressure to change, embrace your relationship needs, and open up your heart to find an authentic match.
- ♥ **The Power of Boundaries**—Whether in personal or professional relationships, knowing where to draw the line can lead to stronger connections and more successful outcomes. Venus presents an in-depth examination of the importance of boundary setting in relationships, augmented with techniques to successfully establish and maintain your own personal limits.

“Venus provides a new approach to solving the age-old problem of selecting a loving mate. She provides guidelines and experiential exercises applicable to young and old, first time relationships, re-partnering, and even non-romantic relationships. Those who integrate her hope-inspiring ideas to create their own No-No List will undoubtedly make better choices that will help their interpersonal relationships thrive.”

—Karen Chitwood PhD,
Licensed Psychologist
and Assistant Professor at
St. Edwards University