

Nadir Nasheed - BIO

Nadir Nasheed, founder of 3B Pathways, is a Trauma-Informed Identity Specialist whose work explores how trauma, identity, relationships, and misplaced loyalty influenced decisions.

As a father, grandfather, and mentor who draws from decades of life and relationship experience, Nadir uses lessons from his own successes, mistakes, and personal growth to create candid conversations about relationships, self-worth, boundaries, accountability, and decision-making.

Through The Loyalty Conversations and related facilitated discussions, Nadir has engaged diverse audiences around the topics previously mentioned and more. His work includes facilitating conversations with adult men's groups through Elevated Wellness Clinic, high school interns connected to the Prince George's County State's Attorney's Office—including students he accompanied during an educational visit to Georgetown University's Pivot Program—and participants in the State's Attorney's Office Back on Track diversion program. These conversations explore how relationships, trauma, peer influence, identity, and misplaced loyalties can shape decisions and future opportunities.

His developing body of work includes two forthcoming books, *Being Less: Wanting More* and *Loyalties After Lockup: The Hidden Psychology of Misplaced Loyalty*, which explore identity, relationships, sacrifice, self-worth, and what can happen when commitment to others begins to outweigh commitment to oneself.

Through his work, Nadir challenges people to recognize when loyalty to a relationship, peer group, environment, or past identity begins competing with loyalty to themselves, their values, and their future.

Learn more about Nadir's organization, 3B Pathways at www.3bpathways.com.