

## Coaching Life Transformation & Successful Relationships

Riana enjoys speaking and teaching globally, sharing her expertise on Transformation with audiences for over 38 years through TV, radio, Tele-summits, webinars, the stage and workshops. She speaks live at conventions for various groups, schools and business organizations. Riana teaches how to face and overcome past pain, trauma, fears and anxiety. Conscious awareness helps develop a positive mind-set for success, confidence and transformation in all Life areas and relationships. She specializes in How Childhood Trauma and Unconscious Emotional Triggers Impact Adults in Life & Love and is passionate about motivating her clients to create loving, positive, emotionally healthy relationships with themselves and others.

She is a Certified, global Life, Love & Relationship Coach, Licensed Mental Health Counselor, a Cert. Clinical Trauma & Addictions Professional, and a #1 Best Selling amazon author. She's a Life & Dating Coach for the new TV Docu-Series Show, Radical Dating – Finding Lasting Love Over 40.

Graduating from Rowan University Summa Cum Laude; Riana was awarded into the National Honor Society in Psychology (Psi Chi) and received a 3-part Master's Degree in Applied Clinical and Counseling Psychology. Her BA Degree from Penn State is in Broadcast Communications. As a Trauma Specialist; she was honored to do two News reports on NBC-TV on Helping our Children and Teens through the Tragedy of 9/11. Riana Hosted the TV show; Lessons in Life & Love, and was an on-air Radio Host and Life & Relationship Coach for numerous stations. Riana sees clients both globally and at her own practice of over 18 years, Therapy by the Sea; in Delray Beach, FL.

Riana also gives Speeches for Success for Students, PTA groups, and Teacher In-service Days for all levels of Education. Her Corporate topics include "From Stress to Success" and will create a speech topic of your choice.

For more information about her Keynote speeches, workshop programs or to request a topic for your group, retreat, school, or organization, go to:  
<http://rianamilne.com/riana-milne/>  
or email her directly at [RianaMilne@gmail.com](mailto:RianaMilne@gmail.com)

## Contact Riana Milne

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**Website:** [RianaMilne.com](http://RianaMilne.com)

**FREE App:** My Relationship Coach

**Facebook:** Coach Riana Milne



**Now Available!**

Order Riana's books directly at  
[www.RianaMilne.com](http://www.RianaMilne.com)

- **LOVE Beyond Your Dreams** – *Break Free of Toxic Relationships to Have the Love you Deserve*
- **LIVE Beyond your Dreams** – *from Fear and Doubt to Personal Power, Purpose and Success*

Also available at Barnes & Noble  
and on [amazon.com](http://amazon.com)

"Riana's topic was fascinating and she was a true expert. I kept her on 20 minutes longer because I wanted the information for myself!"

"Your presentation grabbed the hearts of everyone. Students and teachers raved about the assembly for days after the event. The positive affect will last for years after the students leave our middle school."

## Riana Milne, MA

LMHC, CCTP, CAP, LCADC, SAC

**Certified Life & Relationship Coach  
Motivational & Educational Speaker**



**#1 Best Selling Author,  
Life & Relationship Coach  
Teaching Holistic Personal  
Growth for Mind & Spirit.**

Specializing in Motivational & Psycho-Educational Speeches for Reaching one's Full Potential.  
[LifeandLoveTrainingAcademy.com](http://LifeandLoveTrainingAcademy.com)

## **Life & Relationship Coaching Benefits**

Life and relationship coaching is designed to help individuals, couples and groups resolve conflicts and inspire growth and development. A unique and personalized process is established that motivates and taps into ones full potential to achieve ultimate success; both personally and professionally. I teach and improve skills that are useful in times of stress and transition. My goal as your coach is to enhance, transform and enrich the quality of your life and Love relationships.

### **Some of the many topics that can be addressed in Personal Life and Relationship Coaching are:**

- Attracting an Emotionally Healthy, Evolved Partner
- Personal Transformation in Life & Love
- Understanding How Childhood Events affects your Life & Relationships
- Understanding various Personality Types and their Impact on your Success & Relationships
- Achieving a Conscious, Spiritual Mind-set
- How to have an Emotionally Healthy Relationship
- Relationship Rescue for Couples
- LGBT Life & Love Coaching
- Be Free of Anxiety & Depression
- Living a more Positive & Spiritual Life
- Balance in Work, Life, and all Relationships
- Focused Goal Setting for Success
- Finding Happiness through a Self-Identified Purpose
- Finding the Motivation to Change
- Mid-Life Transitions and Goals
- Self-Esteem & Goal Setting for Teens
- Spiritual Healing & Wellness
- Job Stress & Burnout
- Recovering from Addiction & Abuse -Skills to Prevent Relapse

## *Ways to Receive Coaching:*

- 1) Office appointment in Delray Beach, FL (VIP Sessions, Half & Full Day, Weekends)
- 2) Global, 1-on-1 VIP Coaching for Singles & Couples (Skype)
- 3) Virtual, online Courses: Life & Love Training Academy
- 4) Live Workshops, Events and Online Group Presentations
- 5) Keynote Speaker on the Impact of Childhood Trauma in Life & Love
- 6) Educational classes, School in-service, retreats, seminars, workshops

**"I used to be very doubtful and insecure about myself, but all that has changed dramatically since I have been in Coaching with you. You have taught me to believe in myself and to achieve any goal I desire!"**  
Female Client, age 42

**"Riana was VERY inspiring, I enjoyed her energy and the information made us feel like there is a way to help angry and upset students; very well done! I will consider the student's emotional trauma and needs before academic success is expected."**  
Principal; Elementary School; NJ

**To schedule an appointment or speaking engagement, please call:**

**201-281-7887**

**or visit [www.RianaMilne.com](http://www.RianaMilne.com)**

## **Presentations Given:**

- Impact of Childhood Trauma on an Adult's Life & Love Relationships
- Dating to Mating: Singles Life & Love Transformation Program
- Relationship Rescue: Life & Love Transformation for Couples
- The "Watch Me!" Mind-set for Success
- Singles & Couples Retreats and Seminars
- Surviving Breakups & Toxic Relationships
- How to Have the Emotionally Healthy, Evolved Relationship
- Keeping Balance in Life
- Surviving Difficult Transitions
- The Power of the Positive Woman
- Mighty Men! The Emotionally Healthy Evolved Man
- Spirituality & Success
- Addictions, Relapse & Recovery - Moving Forward Successfully
- What's Next Graduate? A Plan for Success
- Reaching the Emotionally Challenged Student
- Stand Up! For Friendship (Anti-bullying program)
- Behavioral Modification & Positive Parenting Skills (PTA)
- Raising Self-esteem & Lowering High Risk Behaviors in Teens
- From Stress to Success in the Workplace
- Professional Presence and Protocol
- Re-entering the Job Market
- Breaking into the Model & Talent Industry

**"Riana's lectures for our College program have been well-organized and meaningful; evaluations from her students were consistently high!"**  
Gannon University