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JAN
2023

IN PURSUIT OF KNOWLEDGE & TRUTH

FREE ISSUE
GIVA EDITION
EXCLUSIVE!

10 TIPS ON HOW TO
BECOME AN AWARD
WINNING
THOUGHT
LEADER

RIANA MILNE

The
Winner
Takes It
All

Catch up with our
GIVA2022 highlights
and GIVA news for 2023!
in our new IGNITE
newsletter!

Romantic Dinners
the Two of You
Can Cook at Home

Prepare this easy recipe,
open a bottle of red, and
light a candle to set the
mood.

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A million reasons to move a million
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10 HAPPY NEW YEAR GIVA
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**WOMEN HAVE ALWAYS
BEEN POWERFUL**



G.I.V.A.

**2023
AWARDS**

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ON THE COVER: RIANA MILNE

10 tips on How to Become
An Award Winning Thought
Leader



ROMANTIC DINNERS THE TWO OF YOU CAN COOK AT HOME

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GLOBAL GIVING

A million reasons to
#MoveAMillion



WAS ARGENTINA-FRANCE THE BEST WORLD CUP FINAL EVER?



SOFTER SUCCESS

Cara de Lange, specialist
in the science of burnout



**Insights on the Award
industry and how it
impacts brands**



COVER GIRL OF THE MONTH

Riana Mifne

10 tips on How to Become
An Award Winning Thought
Leader

When I set out in business to make a difference in the world, there was no goal to “become an Award-winning Thought Leader”; the awards came when I least expected them. I experienced an early death of a childhood friend when I was 16 and asked myself, “How much time do I have to make a difference in the world; to reach my goals and dreams?” I knew at that age I wanted to become a counselor, because I was not allowed to go see one to process the grief of my loss. So I found answers in books of top leaders and mentors like Tony Robbins, Wayne Dwyer, Marianne Williamson, The Dahil Lama, Depok Chopra, Steven Covey, and more.



This led me on an early path of understanding how I can reach all my dreams and goals with a positive, spiritually based, Mindset for Success; that I started teaching to business students at Gannon University in my young 20's, and to my Modeling & Talent School students in my mid-20's to thirties. This mindset helped me to overcome a very toxic marriage, raise two daughters very successfully, and have a dream business that won an International Award for Model & Talent School of the Year – twice. why not add new ones to update the group with how everyone's grown up?

A few things you should consider would be the scope of your newsletter, the means of gathering information, how often issues will be published, how long one issue will be, what kind of features and content you want to add, and who among your relatives can be accountable for certain assignments. Once you have these in place, decide on the newsletter name and overall theme.



This project will give future generations a rich resource of information and perhaps allow them to appreciate being part of the family even more. It's a publication that will show the different hobbies, characteristics, and personalities of each one, and ultimately, unify all members.

I got my BA at Penn State in Speech Communications – Broadcasting; and was on the radio early on. I did a lot of TV guests appearances around my Talent Agency. I was able to get a Triple Masters' in Applied Clinical & Counseling Psychology, graduating with honors – Sumi Cum Laude; at age 37 once my girls were raised. I opened a private Therapy practice in year 2000 in Ventnor NJ, called Therapy by the Sea LLC; and went on to get a Life & Relationship Coaching Certificate with RCI in 2009.

When I personally experienced a second Love Relationship Trauma, there was no counselor that knew how to help me or who could explain to me WHY I was attracting Toxic partners.



I needed those answers for my own healing; which lead me to do my own research to discover the important correlation between Childhood Trauma and Love Relationship Trauma. Once I understood it, I created The Childhood Trauma Checklist Assessment Tool in 2012 and had a mission to "Change How the World Loves" by helping my clients to "Create the Life They Desire & to Have the Love They Deserved" by using My Motivational Mindset for Success System and my trademarked Life & Love Transformation Coaching programs. I loved the educational model of Coaching and found my clients healed so much faster with my Trauma Recovery

Coaching approach. Once I wrote my Coaching books, programs, and training manuals, I formed Lessons in Life & Love Coaching LLC and went totally global with doing Coaching only in 2017.

In 2020 I was nominated for "The Best Life Coach & Psychotherapist for 2020" in my hometown of Delray Beach. In 2021, The Global Trade Chamber selected me as "One of the Top 100 Successful Women Around the World", and in August Forbes Magazine did a feature story on me. That was followed by Wealth Insider Magazine selecting me as "One of the Top 10 Coaches to Follow in 2022."



G
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The **GLOBAL IGNITE
VISION & ACTION**

Awards

A GIFT THAT KEEPS GIVING!

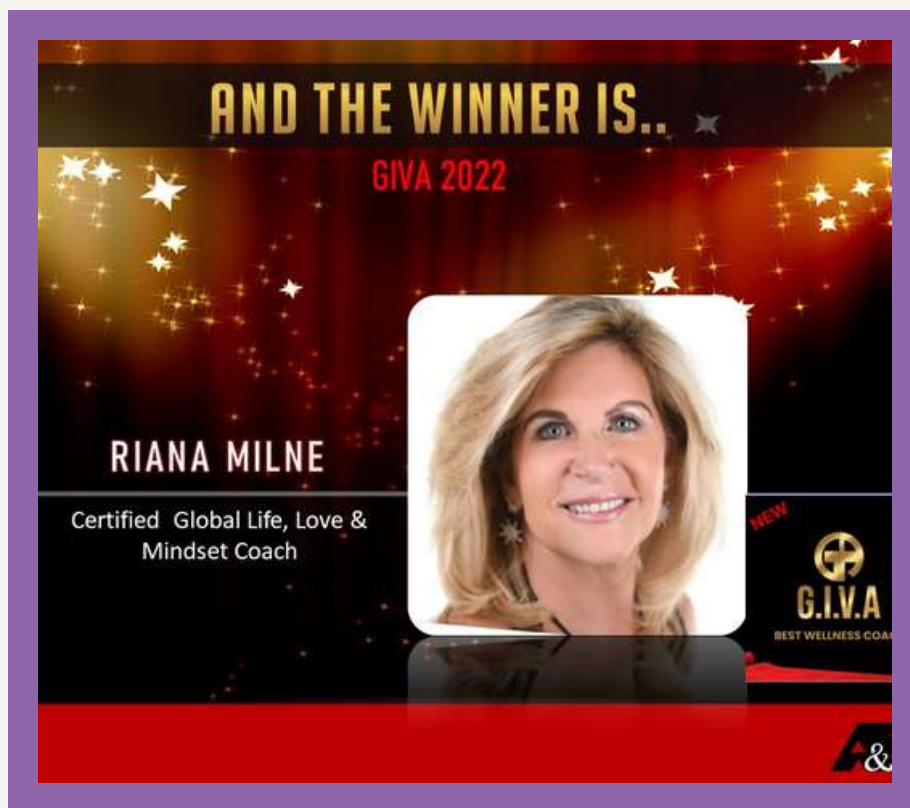
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I was quite surprised every time I won these amazing awards!

Each Award has been such an Honor to receive, as I feel profoundly grateful just to do the work that I do to help transform so many lives – for my clients ages 16-76; women and men, singles and couples, and straight and LGBTQ+ clients.

There are other “awards” that occurred through the years, like being selected by Amazon for a #1 Bestselling Author for my book; LOVE Beyond Your Dreams – Break Free of Toxic Relationships to Have the Love You Deserve; and LIVE Beyond Your Dreams – from Fear & Doubt to Personal Power, Purpose & Success; being asked on all three top News channels to talk on Healing Trauma after 911; and speaking at a Las Vegas Conference on Spirituality and Healing right after the MGM shooting. If my written or spoken words could make a difference for just one person to help their trauma healing, then I was honored by having those opportunities.

In October of 2022 I won the Top GIVA Awards for Best Female Thought Leader, The Globally Ignited Visionary Award, The Best Global Wellness Coach; and The Best Entrepreneur Employer Award.



So, What 10 Tips Would I share on How to Become an Award-Winning Thought Leader?

1. Place God first in your life – he will always help you get through the toughest transitions and challenges that arrive in all life areas.
2. Cultivate and learn “The Mindset for Success” system. Mindset is everything to help you achieve your goals and dreams. Learn to be comfortable with the challenges and go to a Plan B or C when Plan A does not work out. There is no failure, only feedback.
3. Heal all past Childhood & Love Relationship Traumas. You need to be totally free of a negative, fear-based mindset that is caused by these traumas and keeps you stuck “playing small” and feeling “I Can’t Do it”....You need to believe YOU CAN Do whatever you dream to do; even when no one else believes that you can.

4. My dad taught me the Lessons of the 7 D's – he said, "Hon; you can do anything by using these 7 D's for Success" –

- **Decide** – what it is you dream to do
- **Determination** – Be determined to reach your goals no matter what
- **Dedication** – You must place this as a first priority in your life
- **Devotion** – be spiritually devoted and have faith that God will help you
- **Dare to Dream** – and Dream BIG!
- **Drive** – You must be able to take "the grind" even when you are exhausted
- **Discipline** – You must be organized to work on your goals every day

5. "Help Yourself by Helping Others" is a quote I created in my twenties; I helped myself out of a toxic first marriage and incredible debt caused by my first husband; by focusing on helping others achieve their dreams in my talent school. There was no time to play the victim or feel sorry for myself that he put us into a \$750,000. Bankruptcy when I was only 26 years old and had two small daughters as a single mom. My Mindset kept me focused on dedicating myself to others dreams; and in turn, my own were realized.

6. Try everything to get your business "out there" for every kind of learner. I offer free classes, my podcast – Lessons in Life & Love, have quizzes on my website and free book chapter downloads, an eBook – Have the Love You Deserve; and a Bundle offer which includes a free report; "7 Signs of a Toxic Relationship"; as well as a blog, and speak on many virtual platforms. I have presence on all social media platforms as well; so try everything. Do what you love most and focus on what works the best for your business.

7. Find a few Affiliates who "complement but don't compete" in business with you; and offer to work together on various promotions. You help promote their products and services and they promote yours – be generous with a commission offered if they sell something for you.

8. You don't need a ton of employees to grow big, just a few of the right people. I have a VA, Francesca, in London who is fantastic with emails and funnel/bundle creation, and two great men in India - Rishi who designs my websites, and Garv who does my video editing work. I am very loyal to those who have helped me grow my business; and we have a very loving, small, supportive team. I often give bonuses - when I do well, they get a bonus.



9. Get Licensed and Certified in your Topic area. The public today wants to invest their time and money in a top professional in their field, with a proven system that works. Collect your testimonials as they come in, and use them on your website and in social media. I give a list of my favorite testimonials to every prospect who inquires about coaching with me. What makes you different? Think outside of the box and make a list of that as well.

10. Get a Signature Talk/speech and a professional Speaker's One Sheet. My speaking is what brings my clients in to work with me. They know I can fix their problems when they hear me on podcasts, summits, on the live stage, radio or TV Shows.

They know that I'm dedicated to truly helping them, and that I'm a top professional in my field.

In summary, I became a "Thought Leader" by focusing on my purpose, mission, and in helping others. I invested in over 12 coaches to get where I am today in business, as I knew my topic well, but I needed help on the Technology part to grow to global. I have a dream to leave a legacy and my Coaching method behind when I am long gone. My next goal is to Certify and train Coaches under me to ensure that healing from Childhood and Love Trauma is ongoing; to give hope to those around the world who have also suffered from emotional trauma.

Thank you again to The GIVA Awards for all four honors they have recently given me.



2023

The Final Edition



Inside this issue.
the end of an era.
Beginning of a new one.
The final edition of this
version of
Spotlight magazine is here
Packed with excellent
exclusive features
as always.
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