



COACH

Riana Milne

MA, LMHC, CCTP-II, CAP

Certified Life, Love Trauma Recovery
& Mindset Coach**#1 Bestselling Author**
Developer and Creator of RianaAI
Creator of The Watch Me!
Mindset for Success

40+ YEARS COACHING

27+ YEARS LICENSED COUNSELING

Riana helps audiences understand how Childhood and Love Relationship Trauma can shape unconscious patterns, and how to begin changing them. A Licensed Mental Health Counselor, Advanced Certified Clinical Trauma Professional, Certified Addiction Professional, and Certified Student Assistance Counselor, she brings decades of global coaching experience to practical conversations about life and love.

Her message is Watch Me! Consciously decide what happens next, beyond the influence of past experiences. Her question, "Is This Good for Me?", helps audiences reflect on boundaries, relationships, and responses when old emotional wounds are triggered.

DIGITAL REACH & SOCIAL FOLLOWERS

~50K

social followers

22.6K

Facebook

12.5K

Instagram

8K

LinkedIn

2.5K

YouTube

53K

Podcast Downloads

15K

mailing list

CAREER HIGHLIGHTS

- Selected as one of 15 coaches for Inside Success TV & Podcast's LOVE EXPERTS series.
- #1 Amazon bestselling author of LOVE Beyond Your Dreams and LIVE Beyond Your Dreams, and 20 other books.
- Named one of the 100 Most Successful Women Around the World by Global Trade Chamber.
- Host of the Lessons in Life & Love Podcast.
- Newspaper advice columnist, "Single by the Sea," for over 30 papers in NJ and FL.

- Forbes featured entrepreneur; NY Weekly Top 15 Transformation Coach Globally; The US Times: 15 Entrepreneurs Breaking Boundaries and Building Powerful Legacies.
- Creator of RianaAI, personalized interactive text and video coaching support Avatar who speaks over 175+ languages.
- Partner with Pain2Care, Finland, and hospital groups in Finland, the UK, and Germany for RianaAI emotional wellness and life transformation support.

Conversations that inspire change

SPEAKING TOPICS & PODCAST CONVERSATIONS

Rebuilding After Childhood and Love Trauma

Understand the patterns beneath negative thoughts and behaviors, and move beyond past hurt to attract emotionally healthy, conscious, loving partners.

The Watch Me! Mindset for Success

Interrupt old reactions, rebuild self-worth, and make conscious choices for your future.

Why Successful People Repeat Painful Love Patterns

Explore why confidence in business can coexist with fear, doubt, or unhealthy relationship choices.

Red Flags and Emotionally Healthy Love

Recognize destructive patterns, reflect on boundaries, and use "Is This Good for Me?" as a guide.

RianaAI and Emotional Wellness

Explore personalized text and video coaching support and its role in a global wellness community.

FEATURED IN

Forbes
NBC News
CBS News
NY Weekly
The US Times
Woman's Journal
Vogue Daily
Fashion Republic
Disrupt Magazine
Her Forward

Thrive Insider
America Daily Post
USA Wire
Wealth Insider
Influencer Daily
Business Spotlight
DatingNews.com
Women's Conference
EINPressWire.com
eHarmony



Inside Success TV • LOVE EXPERTS

*Create the Life You Desire &
Have the Love You Deserve!*

BOOKS & RESEARCH

Author of 20+ books, including LOVE Beyond Your Dreams and LIVE Beyond Your Dreams. Master's thesis: Increasing self-concept and developmental assets in adolescents using behavioral and psycho-educational interventions.

Books: [Amazon Author Page](#)

[Read Riana's Master's Thesis](#)

INVITE RIANA TO SPEAK AT YOUR EVENT OR SHOW

RianaMilne@gmail.com

RianaMilne.com • Speaking & Booking Form

+1 201-281-7887

[Client testimonials](#)