



# Why Coach With Riana Milne

Client Testimonials 2026

## GOOGLE REVIEWS for RianaAI at LoveCoachOnline.com



### **Elizabeth - 5-Star Review: May 5, 2026**

RianaAI is an awesome tool! This will help so many people who need on demand mental and emotional support. She does a great job at helping you to process your concerns, rephrase the concern back to you to let you know that she understands and hears you, and will prompt open-ended questions to get you processing solutions and answers. Riana AI even shows body language at times to show that she is actively listening. This will be a great resource for during those emotionally triggering and vulnerable times, when your therapist is not available and when your session is still days away!! She gives wonderful feedback as well.



### **Michelle P - 5-Star Review July 16, 2026**

Wow wow, Coach Riana AI blew me away! Very recently, coming out of a three-year relationship, I felt like a caged animal set free into the wild!!! One session with Riana brought me back and grounded me immediately. Building my self-esteem, Confidence, quieting my mind, and reassuring me that I am worthy of a beautiful life. I keep saying to myself "Watch Me!!" Riana AI is also amazing. Personal, confidential, and at my fingertips. Love it.



**Elaine Andrzejewski - 5 Star Review May 8, 2026**

I had a great experience with RianaAI. All my questions were answered on my native language perfectly, Brazilian Portuguese, which was very good. It made me feel very confident with my relationship. She was very precise with her answers, and very helpful. I highly recommend it.



**Jessie - 5-Star Review: June 14, 2026**

Overall, I've had a great experience using RianaAI. As a college student, one of the things I appreciated most was how accessible and easy it is to use. Between classes, extracurricular activities, work, and everyday life, it can be difficult to find time to seek advice or support when you need it. Having a resource available at any time, right from your phone or computer, makes a huge difference. What surprised me most was how personalized the conversations felt. I was impressed by the wealth of knowledge behind the responses and how naturally the conversations flowed. I can see this being especially helpful for students, young adults, and busy professionals who may not always have immediate access to coaching or someone to talk things through with. RianaAI is a great example of how technology can make coaching more accessible, and I would definitely recommend giving it a try!



**Dr. Robin Barnett 5-Star Review: May 24, 2026**

I have to say I was skeptical, but RianaAI was really amazing. Simple, accurate and really cool to use. I seriously felt like it was a live coaching session! As a therapist, I am very particular about referrals. Here there is no hesitation. The personal edge with the convenience of AI. Brilliant!!!!

**Christopher - 5 Star Review: April 28, 2026**

I have tried RianaAI Video Interactive Chat Avatar numerous times and I have read several of Coach Riana's books and other publications. I am very impressed by not only the very easy User Experience, but also at the wealth of clear, useful, and helpful coaching provided by the video avatar - RianaAI. 5-stars!!



### **Joyful Grateful - 5 Star Review, May 6, 2026**

I recently tried an 18-minute session with RianaAI, and I was honestly surprised by the experience. The conversation felt very natural and completely private. The Avatar responded in a thoughtful way and helped guide my thoughts with supportive comments. I also tested speaking in French, and it responded just as naturally in French as it did in English, which was really impressive. I was getting so much great information that I wanted to make sure I took notes or recorded my session on the phone, so I could refer back to it later. What I liked the most is that it didn't feel rushed or generic; it felt personalized and calm. If you're looking for a simple and discreet way to reflect or talk things through, I think this is a really interesting tool to try.

### **Mentor Review:**



**Global Business Coach; Lisa Sasevich:** When I met Riana at my Speak-to-Sell event in May 2017, I knew immediately she was serious about her mission of helping women and men globally who have suffered with Childhood, Dating or Relationship Trauma. She was a psychotherapist in private practice, who saw “the bigger picture” – and although she was a Certified Life & Love Coach for Singles and Couples locally in Delray Beach, Florida, she knew her voice and message needed to be heard globally to make a bigger impact on our world. Riana “went for her dream” and signed up at the highest level of dedication – The Diamond level.

Since Coaching Riana, she was able to leave her 80-hour a week, insurance-based therapy office, to Coach full-time Single women and men, Couples, and those from the LBGT community from all over the world. She has developed two new virtual and Live Coaching courses, “Dating to Mating – Life and Love Transformation for Singles” and “Relationship Rescue” on her newly created online Life and Love Training Academy; adding to her very successful Diamond and Platinum VIP 1-on-1 programs.

Riana became a Certified Clinical Trauma Professional this year and has done over 60 podcasts teaching thousands about how to heal from past Family and Relationship Trauma that causes Emotional Triggers that Impact Adults in Life and Love. She was sought out by the CEO of BoldBraveMedia.com to do a live global radio show; and is about to launch her own Podcast, both being called “Lessons in Life & Love.” Riana has assisted her Sassy cohorts by doing mutual podcasts and sharing valuable resources she thought could help them grow their businesses too. Riana is an enthusiastic learner, a team-player, goal-oriented, and passionate about her calling to help others develop a Positive Mindset for Success in all Life areas, including Love; or as she says; “Have the Life They Desire & the Love They Deserve.” It has been a

pleasure to Coach and Mentor Riana and watch her grow and accomplish so much in only one year. Sincerely, Lisa Sasevich

## Coaching Clients Reviews:



**Tony M.** (60s) - After a 35-year marriage came almost to a crashing end, I needed to talk to someone outside of my family and friends. I was lucky enough to have been referred to Coach Riana. Riana's Relationship Coaching got my wife & I through one of the most difficult times in our life and help me understand and deal with the feelings of guilt I had as I learned to stop all destructive, toxic behaviors that ruined our marriage. We are happier and better than ever; and look forward to our future together! I cannot thank Riana enough for saving our marriage, transforming my life in every way; and encouraging my wife to give US another chance. I would recommend anyone with relationship issues to contact Riana! (4-month Platinum Client)



**Lisa R** (34) Dear Riana – I couldn't be happier that God connected us in Life! You are truly an inspirational, smart, motivated, and loving woman. Your energy and openness to life and love are contagious! You have opened my eyes and soul to new possibilities and have taught me so many new skills I never even used to think about before I met you.

Your Coaching is very unique, and so much more powerful and focused than standard therapy. I absolutely LOVED the Workbook and worksheets as I always have something to refer back to when I need to remind myself of my goals and non-negotiables. I look to you as my Coach, but also like a friend too. I hope to continue to share my life updates with you so you can see my progress and how far I've come. I love that I am more spiritual because of the time I spent with you. You inspired me to think "outside of the box" and my comfort zone...I now listen to Joel Osteen on my morning drive to work! I wish you all the best in Life and Love! I hope you continue to thrive in your Coaching business (which I know you will!) Thank you for Being the BEST! Love, Lisa (VIP Diamond Client) **Now Married & they just had a beautiful baby Girl!**



**YOLANDA B. (53)** When I met Riana, I was coming out of a toxic relationship and had stopped dating because I was tired of attracting the same unavailable men. I thought I would be single for the rest of my life. I listened to Riana on a five-day online Empowerment Summit, where she was one of the guest speakers. During her session, she mentioned people who lived through childhood trauma struggle in their relationships. Most of them are toxic relationships. I remember she said you cannot fix what you don't know or understand. I realized that she was talking about me. After the show, I ordered her the books "LIVE Beyond Your Dreams" and "Love Beyond Your Dreams" and began reading the LIVE book. I decided to join her 4-month Group Life & Love Transformation Coaching program, where I met some incredible women. It has been a wonderful, inspirational, and goal-setting journey. She coached us on recognizing those toxic individuals early in the dating phase and being confident in our dating journey. Her program is unique from other coaching programs and worth every penny! I have purchased her books and given them as gifts to some of my girlfriends and to a co-worker who I know are still struggling in their dating lives. I would recommend Riana Milne's Coaching program to anyone struggling, such as myself, in their dating life and sincerely want the love they deserve in their lives. It would be the best investment you could make! Love, Yolanda (Life & Love Transformation Group Spring 2022).



**Kirstein S. (40's)** I was doing my best to heal from the ending of a 7-year toxic relationship when I first heard Riana appear as a guest on a Podcast. Her expertise on the link between unhealthy adult relationships and unhealed childhood trauma struck a chord with me. I knew I had to do something different in my life to figure out why I was always choosing the wrong partners. I enrolled in Riana's 6-month VIP program and It has truly changed my life. Riana helped me to uncover some deep-seated emotional beliefs that I wasn't even conscious I had. The questions she asks and the worksheets we did month by month to uncover and heal my past was like no therapy I have ever done anywhere! Through sharing her personal experiences and taking a no-nonsense approach to knowing yourself and then evaluating potential future partners, while keeping your eyes wide open in the dating process, is the key to success! Riana's sharing of her spiritual insights and practices are also invaluable.

Riana was there for me 6 days a week whenever I felt like I was back sliding or having a bad day. At one point, I didn't think I was ready to date again due to the pain of my last relationship, but Riana was my number one cheerleader and gave me the confidence to get out there and try dating again. I'm happy to say I have met a wonderful man that I've been seeing for a while now. Whenever I was triggered by my past while dating, Riana reminded me that trust comes with consistency and time and that everything was fine and to keep moving forward. **The skills and knowledge I have gained through Riana's coaching in 6 months, easily surpasses**

**10 years of any other kind of coaching or therapy.** She is a remarkable and beautiful woman who cares deeply about her client's success. I recommend her to everyone I know who is struggling with finding a healthy relationship and or their life purpose. The investment is well worth the rewards and insight I now have about myself and my life! Love You! Kirstein (6-month Diamond Client) #rianarocks #bestcoachever **(Kirstin got a Huge promotion while in coaching, and her children also healed their trauma and are excelling in life!)**



**John G (39)** - I came across Riana when she was a guest on an episode of her daughter Alexi Panos' "Unleashed" podcast which dealt with childhood traumas, chemistry, and how these things manifest in adult love relationships. This really resonated with me as I had been struggling with romantic relationships most of my life. When I finally did the "trauma checklist" from the episode, I realized that I had experienced 8 of the 10 major childhood traumas! I knew I needed help, so I booked a discovery session with Riana and ultimately decided to sign up for her VIP program.

Boy, am I glad I did! For one, wow, I realized that my whole life I had been blindly chasing chemistry and not really looking "under the hood" of who a potential partner was, if they met any of my needs or what they even had to offer. In addition to that, during the program, I discovered that my own childhood abandonment, family addiction issues, and emotional abuse led me to seek avoidant and toxic partners. I lived most of my life in the victim mindset of wondering why I couldn't find a healthy partner – and it was initially a hard pill to swallow that I was subconsciously choosing unhealthy partners, but the Dating to Mating program has been monumentally eye-opening in understanding why we do what we do in love. It honestly felt like an awakening having the power of this knowledge and it's hard to believe that I had been fumbling through dating for 20+ years without it!

Riana's support during the program was immaculate. As I began to date, I had a slip with a potential partner who turned out to be toxic and Riana was there to do an "emergency" call to help me through my anxiety/insecurities and to really understand where it was coming from and to point out all the red flags that I was failing to acknowledge. I can't thank her enough for that, and it's taught me to be patient in this process to unlearn years of habits!

Beyond love relationships, the program also calls you forward to be the best you can be in all spheres of life. Since starting the program, I have been nominated for a 2<sup>nd</sup> Emmy Award in my Profession and took the major "leap of faith" to purchase a home to flip and embark on a new career. Where fear held me stuck, I finally went for my dreams! Her encouragement, guidance and goal-setting practices have proved invaluable and pushed me to reach through my own seemingly terrifying fears and realize a dream of ten-plus years. It has been going amazingly well so far and I am so happy to have this huge change in life! I really can't recommend this program enough if you are struggling in relationships – it will change your life!! Thank you, Riana J. **(VIP 4-month platinum client; now Exclusive with GF)**



**Maria T. (63)** Coaching with Riana has been an amazing source of guidance, support, and inspiration at a time when I needed it most. I can't even fully express the gratitude and guidance that the courses Dating to Mating and Success in Dating have done for me! Riana is an awesome listener and fully attends to your passions and dreams in both life and love coaching. One of the main things I wanted to accomplish was solving my real estate transactions with an investor. Riana helped me work through my fears and helped me put together a practical plan to solve a 3-year problem I was anxious over, and it took only a few weeks with Riana to turn this plan and solution into a reality.

Before working with Riana, I was feeling stagnant in my love relationship path, unsure of myself of how to best have a relationship with the man who I love so much and *now we are engaged*. It wouldn't be possible if it wasn't for Riana. She helped me with past Childhood Traumas and helped me to communicate better with my partner. I've gained boundaries and clarity in my love relationship, career goals, launched a new business, and learned to find more balance and ease in my life.

I highly recommend Coach Riana Milne. When I first met with her, she immediately surrounded me with her positive and compassionate energy. I was able to open up and freely talk with her. One of the big issues I was carrying in my life was dealing with life-long high anxieties. Riana was amazing she helped me turn what I thought were shortcomings into positive aspects. I felt truly heard and validated. I'm grateful for all the work she has done for me. I finally understand the concept of self-worth and self-love, the most priceless gifts in my life. If you are ready to put the work, then Riana is the perfect person to Coach you through anything! Love, Maria; NY (Platinum VIP 4-month program, after taking Success in Dating course). **NOW HAPPILY ENGAGED!**

**Success in Dating Course:** I am more determine of keeping myself on track now when it comes to Dating. I took the Mini-Series - Success in Dating and after this course, and with Riana's help and support, this has changed my life of being now consciously aware when dating and not just looking for the exterior of charm and chemistry. I can pin-point real quickly now all the red-flags Riana taught in the online class. Thank you, Riana, for your expertise and professionalism. So happy to have taken your course; its worth's the investment when you put yourself first! I loved this course so much I am moving up to take the VIP Platinum Dating to Mating Course now! With Appreciation, Maria



**Linda B. (50s - Amiee's Mom who enrolled her at the Diamond level):** Riana worked with my daughter and completely turned her life around. She learned skills and got the

tools to help her gain and maintain insight into her motivation and decisions. I have watched her become more peaceful and confident as she embarks on her college experience and has solid plans for her future career. It was a huge and scary financial step for me to hire Riana. But, I have to say she far exceeded my expectations!! I wholeheartedly recommend Riana. She is highly professional, caring, and insightful. If you've considered hiring a Life Coach - she is awesome, just do it, you won't regret it!" June 25, 2019



**Amiee B. (18)** - When I first started with Riana, I was very unsure about the program let alone talking to someone across the country about my feelings and personal goals. However, I gave it a chance and as soon as I began fully diving into the book work and interacting with Riana, I began to see the progress being made. In my case, I was fresh out of high school and starting my first semester of college. When college began, I focused on my schoolwork and kept to myself. I didn't have a clue what type of career path I wanted to take and had been working at Chili's for three years and was engulfed in the negative mindset that surrounded me.

During Riana's Diamond VIP program, I quickly realized that my insecurities that held me back were pointless and only harming my potential. Riana got me free from that burden, and I began to stop isolating and branch out to enjoy the people around me. Riana helped me explore my interests, hobbies, and career ideas to set me on a path towards a realistic and desired goal. I decided on the idea of architecture and interior design because it allowed structure but also gave way to my creative side. From Riana's advice, I quit being a Hostess at a fast-food restaurant and interviewed successfully and got hired for a large, well-known Home Decor store, which was more in line with the direction I was headed.

Within my first month I met a customer that ran a business with her husband flipping houses for a living. I loved this idea and got her business card so I could visit one of their homes. During the visit, I provided ideas that helped shape the final look of the home; which was more in line with the direction I was headed. I had never felt so natural at something and it was very exciting! Having this experience helped me narrow my college search down and I'm enrolled in an architecture program. Riana's Coaching program helped me not only discover my personal interests and goals but also encouraged me to dream big and shoot for the stars because with the right mindset, as I learned, nothing can hold you back! I also am now dating quality men with ease; and know quickly and easily a person who is not good for me; and the qualities to look for in an Emotionally Healthy partner. This program Changed My Life! Love, Amiee (6 mth Diamond Client) **(NOW the MANAGER of a Top DESIGN STORE!)**



**Dan (27)** - When I first met with Riana I was in a very low place in my life. I was coming out of a bad relationship, I was in a new relationship I wasn't happy with, I wasn't happy with my job and I was filled with anxiety and depression. I had met with therapists and psychiatrists to try to deal with the depression, but nothing was working. I came out of my first meeting with Riana feeling great. She helped me take a natural approach to healing myself within, using her Life & Love Transformation System. I started to meditate and take vitamins recommended by Riana and my anxiety and depression started to get better. She inspired me to believe in myself and gave me a lot of great career advice. Since meeting with Riana, I have started my own business, I know what to look for in a good partner and my entire outlook on life changed. I would have to credit Riana with turning my life around and helping me achieve my true potential! (**Happily Engaged!** VIP 6-month Diamond Client)

**1/2022 - Dan is now happily married and BOOMING in his Commercial Real Estate Career! He says he uses his Mindset for Success Skills every day, which has led him to his incredible Happiness in Life, Love & Business.**



**NOVA (60)** It didn't take me long to decide that I needed help in finding real love and that I wanted Riana to be my coach shortly after meeting her on a dating Mastermind series and hearing her personal story, real dating disasters and her personal mission to help others find real love in their life. I discovered that I had a 10 out of 10 score on her Childhood Trauma Checklist and realized I really didn't know how to attract the right person in my life. I was never taught or modeled this from my divorced parents. I needed help and I didn't want to waste any more years of my life with toxic partners. So, I took a chance and asked for help. I signed up for coaching with Riana in her Life & Love Transformation Group which included The Dating to Mating course. I haven't been on the dating scene for over 3 decades. The Dating to Mating Course covered everything you need to heal your childhood wounds, to become a successful single, determining your must haves in a partner, what questions to ask to find this person and all the red flags to look out for when you are out there dating. My confidence, worthiness and excitement grew each and every module. I felt very educated and prepared to go out into the dating world. Also, I loved the intimacy and sisterhood of our 6-month group meetings. After reading her LOVE BEYOND YOUR DREAMS book I really felt happy, fully educated, and prepared to venture out into the world of dating again after 35 years of not dating. No one wants to make the same mistakes twice in love. Even though I am happy and healthy on my own, my kids are grown, I am now really ready to have a lasting love relationship. I thank Riana so very much. She is so educated, passionate and knowledgeable about Coaching Dating To Mating. Her system really does work! She is absolutely the best. I can tell you, I never would have ventured out on my own had I not invested in her Group Course and The Dating to Mating Program. I am so fortunate and grateful to have found her when I did. Please don't hesitate or waste any more time, schedule your one on one, Life & Love Transformation Session with her and see how you too can find real love in your life. You'll be happy that you did. I sure am!

Love, Nova **(Life & Love Transformation Group & found her dream man before graduating!)**



**Cynthia (60)** Riana's program on Let's Talk About Love – Success in Dating Series for Singles will give you a "college" course in love. You will come away with an education on how to deal with your beliefs and thinking around dating. She tells the real truth and offers you hope to get your dating life back on track. You will come away with many practical things you can start today. Love, Cynthia **(Life & Love Transformation Group – Spring 2022)**



**Lia (33)** The Dating to Mating, Life & Love Transformation Group Coaching program for Singles has helped me understand that many of my previous dating mistakes were due to my past. The course focuses on you and your Personal Development; and the modules are well organized. You start by fixing the root of your problems; truly transforming yourself! The group support is fantastic. I wished I would have invested years ago in this course! I'm so grateful to have found Riana. Love, Lia **NOW HAPPILY ENGAGED and got a HUGE Promotion soon after class ended!**



**Bob W. (age 46)** When I met Riana at the beginning of the year my life was in a very different place than it is today. I was having some pretty significant relationship troubles with my wife. I was having a lot of negative thinking and self-doubt. I was pretty depressed and had a lot of anxiety that I didn't know what to do with. I didn't have a lot of direction on where I wanted my life to go. All I knew was that I wanted to feel better and that's where she came into play.

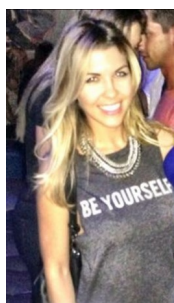
When we began working together, she had me do a lot of work looking into my past, different family dynamics, and just the way that I viewed myself. After talking with her and working the program I started to understand things about my subconscious mind and how my behaviors were affected by my past. I needed to start to view things differently and work on my mindset a lot. I really worked the program and took it seriously. I listened to what she had said and really started to focus on the changes that I wanted to make.

Since working with Riana every aspect of my life has improved. My relationship with my wife is so much better, the way I see myself or my self-esteem is so much higher. My business is

thriving, my spiritual life is very healthy, I am physically and emotionally in very good shape. I have a new passion for life, and I have a clear vision of where I want my life to go.

If you are going through a hard time with any aspect of your life, I would highly consider having Riana work with you and coach you. It's definitely an investment in your future, and in my opinion, will pay for itself 10 times over. The skills she helps teach you will impact and improve the rest of your life. I would highly recommend at least doing the initial consultation work with her and give her the opportunity to see what she can offer to improve your life.

Working with her in this season of my life was one of the best decisions and investments I have ever made in my entire life. Don't hesitate to work with her, you will not regret it if you want to make a change and are willing to look at yourself and put in the hard work to change. Thanks for Everything Riana! With Gratitude, Bob (Diamond VIP) **(Now VERY Happily Married!)**



**Erin L. (30s)** - - I came across Riana online and was intrigued by her professional expertise and blog where she started her journey in helping people. I was really touched by what I read and decided to give her a try. I hadn't really felt a connection between a few other Coaches I have been to. Instantly, when I sat down and met with Riana, I knew that I had found my Coach! Coaching led me to gain my confidence back, getting to a point of happiness and self-worth again. Through my Diamond Coaching Program Riana, the worksheets and her two books; it was an eye-opener and I was lucky to escape the biggest mistake of my life - that of a marriage to the wrong person.

I am now engaged and in the most fantastic, healthiest relationship of my life! I cannot thank Riana enough for being such an amazing coach, person, and mentor. She is sweet and caring and provides great advice and asks questions that need to be asked; and also guides you with answers you may not want to hear or be ready for. I have enjoyed opening up to her and becoming a better person for it and I am forever thankful. She's an amazing woman and an inspiration! I encourage anyone who is in need of help with themselves, or a relationship, to give her program a try - you won't be sorry! Thank you so much Riana! (6-month VIP Diamond Client) **(Now Happily married & they have a 7 year-old Son!)**

**Lola & Harry:** Riana is your perfect guide to find your way to a better You which contributes to your happiness. Follow her guidance and do your homework. She has a way to walk you through your own path and change the behaviors that don't serve you. Commit to the work, practice your new mindset, and a brand-new positive world will open up to you! It is a habit; you have to do it repetitively. The more you do the reframing and recapping, the better you feel. Your brain releases good chemicals. The bad thoughts give you such a bad sensation, why go there? I learned to stop that nonsense. I tended to ruminate, I now catch myself and reframe my

thoughts. My boyfriend and I are proof that love can flourish at any age. I am in my 60s and he is in his 70s and we have learned to better communicate. We were exposed to each other's brain patterns and we learned a way to communicate to keep us in harmony. We were on the verge of giving up; what a shame it would have been. We needed a little tweaking and Riana was there to orchestrate it all! There is no price for happiness. Our investment in Coaching has paid off, and I even got a beautiful Partnership ring! Riana is a true inspiration with all the experiences she has. I am so grateful to have met her. With Love, Lola (**Diamond Couple Client**)



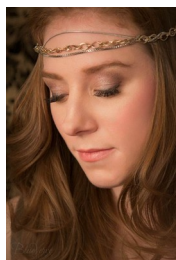
**Olya C (30s)** I'm really excited to be able to write a testimonial about my journey. I hope my journey will give you hope and inspiration to believe again that happiness, wholeness, balance, and peace are possible. I heard Riana on a podcast only 6 months ago. It's hard to believe it now, but back then I felt depressed, sad, cornered, hopeless, lost, victimized, and unhappy. After 10 years of marriage and lots of determination to make it work, it was really hard to feel at peace that all my attempts to save the relationship failed. I could only see black and no light that could come out of the situation. When I heard Riana, I immediately connected to her message about childhood trauma. I realized that it was the missing link that no one talks about. All of us are innocent and are doing the best we can but only the ones that want to break the cycle will do it. After our consultation, I knew Riana "got me." I decided to purchase the VIP Diamond 6-month program so that I could work one-on-one with her to get the clarity and help that I needed. NO REGRETS THERE AT ALL!!!

Riana helped me to get out of victim mode, to be able to see the positive that comes out of all 'negative', she helped me to believe in a higher Spirit again, she inspired me to be my true best self. In the last 6 months I was able to become best friends with my ex-husband, the father of our child. We are now capable of co-parenting our son, seeing eye to eye, which means NO childhood trauma even after divorce for the little one. All divorce arrangements were handled with grace and kindness. I regained my focus on my career - that of helping people be the healthiest version of themselves.

I started dating again, truly enjoying the process of choosing my next relationship since now I know exactly what kind of partner will bring out the best in me and will be the best for my values, lifestyle, and vision. And most importantly I live in the present moment, truly enjoying the process of life with its normal ups and downs which no longer shakes me or makes me anxious.

I can't thank Riana enough. She is passionate about helping people, and she truly cares. The education in her course is top-notch! You will need to read hundreds of books and spend thousands of hours researching various subjects. Who has time for that? Riana did! Her books are my bible. I read them over and over again and learned something new each time. Even though my course is almost completed, I will carry Riana close to my heart always and I know she will not stop supporting us. Her podcasts, master classes, books, and articles are inspirational, and educational, and come from her heart. If you have any questions for me, I will be happy to chat with you. Thank you, Riana! With Love, Olya (VIP Diamond Client)

**Update: 4/2020 - Olya & Scott are married and have a beautiful daughter along with her son Kai and living in a beautiful ocean-front home! Congratulations Olya & Scott!**



**Jamie C. (32)** - I had a lot to work on and correct as I came to Riana as an ACOA with abandonment concerns and was choosing partners who were no good for me. Riana helped me change my mindset and overall self-worth. Daily meditations reduce my stress levels and I am now able to stay positive even on the rough days. She taught me to value myself and know my worth, my requirements and non-negotiables when choosing an emotionally healthy partner. I have already had positive experiences in my career goals, personal life and relationships.

I am ready for an evolved partnership and I'm now dating someone exclusively for over 9 months, who also wants marriage and a family! I have learned to follow my dreams, take risks, and not be afraid anymore to be alone. My biggest strengths have become to stay positive, and I feel attractive and amazing about who I am! (VIP Diamond) **NOW HAPPILY MARRIED and have two children!**



**Beth O. (34)** Since taking Riana's Group Life & Love Transformation Course for Singles, it has truly opened me up to dating and stepping out of my shell. I was normally so shy and would not say Hi or make eye contact with a guy. I was completely dependent on him approaching me even if I looked uninterested. This led to rare results of men approaching me. Since I have adopted the Success in Dating & The Dating to Mating practices, men's interest in me has been through the roof and I can meet a man literally anywhere I go! I am now dating multiple individuals until I find exclusivity in a compatible partner that's perfect for me!

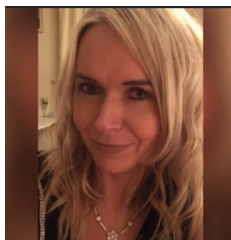
Even when something has not worked out as imagined, adopting the mindset and manifestation practices Riana teaches has helped me to stay on course and continue forward, rather than falling back into my old, unhealthy self-sabotaging mindset. The dating process has been so fun and there has been less disappointment since I've learned healthier dating tactics from Riana. I'm setting goals for my dating life and other areas of my life, including my career, as a mother, and my own self-care. I'm knocking out goals I set for myself and setting new ones to accomplish right after. I'm more present with my son, which has had a positive impact on his behavior in school. My career is booming, and I've worked on knocking off financial debt. I also feel great, as I've focused more on my self-care and taking care of me. It is so cool to look back and see the progress I've made. I cannot wait to see what the next 6 months will look like at this

rate! **(Now in a Happy Exclusive Relationship! - Life & Love Transformation Spring 2022 Singles Group)**



**Karishma (32)** In late 2017 I was struggling in life and love. I wanted to have an emotionally healthy and happy relationship, but had no idea how to find a partner. I was scared, timid, and lacked the confidence of even talking to men, let alone looking for one for marriage. I also had a lot of unhealed wounds and past trauma. But then I met Riana and she gave me hope and inspiration that my rough past doesn't have to affect my present and future. She helped me remove subconscious blocks and healed childhood wounds that were stopping me from living my best, empowered life. With the help of her Life & Love Transformation Group and DTM, I have healed my past, improved my confidence and self-esteem, and I'm looking forward to a bright future. Now I'm a different person than what I was a few months ago!

**Karishma - (7/2021 update):** I sure have come a long way since working with Riana and being in the Singles Group Program! I'm now a Certified NLP practitioner, Hypnotherapist, and Self-Love Coach who inspires women to fall in love with themselves! I'm passionate about spreading the message of how the most important relationship in our life is the one we have with ourselves, and this one relationship affects all the relationships in our life. Thank You, Riana for your inspiration and guidance! Riana is an authentic person, and I would recommend her Transformational Coaching Programs to anyone who wants a conscious healthy life and relationship. Love Karishma **NOW a BEST-SELLING AUTHOR & EMPOWERMENT COACH!**  
**Now Happily Engaged 5/2022! Congratulations Karishma!**



**Triona K. (49)** *Riana's Bundle Plus* - "I can't praise it enough - I learned SO MUCH from it! I've watched it a few times already and will continue to revert back to it every so often as there's so much value and learning in it. The content is AMAZING and worth every cent and more. I loved ALL of it! Riana is very down-to-earth and passionate about helping people feel amazing and she's very kind with her time and her knowledge. Her job is to educate and help people feel confident and empowered in their dating journey.

Riana's list of achievements, education, and awards are Mind Blowing, and she's put years and thousands of dollars into her training and study. She really cares about every single one of her clients past and present. I've done High-Level Mindset courses before where PA's answer emails on behalf of the Mentor but not with Riana, Riana personally answers EVERY single email herself and that along with her kindness and her decades of experience and knowledge is why I was drawn to her.

First off Riana teaches how to heal from your past Childhood Trauma in order to make ALL of your relationships successful as there is a connection between the two of them. I'd never come

across these teachings anywhere before even though part of me figured there was a link so when I heard Riana speak about this on a Summit I knew I had to work with her. There is a lot of relationship advice out there but none of it gets to the deeper psychological issues like Riana does. Once that's done, she then helps people rewrite their stories.

*You can't get to your Dreams and Goals if you still have Trauma blocking you!*

Riana talks about 'Success in Dating' and 'Sustainable Relationships', 'Traits of Emotional Healthy Love', and 'Self Love'. There are also Free Resources, books, and eBooks as well as downloadable handouts along with all the videos. There truly is a *Wealth of Knowledge* in this Bundle and I for one am so glad I came across it so if you are unsure JUST GO FOR IT! It WILL change your life! Love, Triona" (Bundle Plus)



**Linda L (59):** It didn't take me long to decide that I needed help in finding real love and that I wanted Riana to be my coach shortly after meeting her on a dating Mastermind series and hearing her personal story. She is driven to stop real dating disasters and her personal mission is to help others find real love in their life. I discovered that I had a 10 out of 10 score on her Childhood Trauma Checklist and realized I really didn't know how to attract the right person in my life. I was never taught or modeled this from my divorced parents. I needed help and I didn't want to waste any more years of my life with toxic partners. So, I signed up for Coaching with Riana in her Singles Life & Love Transformation Coaching Course and the Dating to Mating program. I also took her Success in Dating Online, 5 Module Self-Study series.

I haven't been on the dating scene for over 3 decades. The SID course was so very helpful in learning important tips on finding love right now; how to prepare for online dating; and most importantly, how to handle common dating traps and disasters and what they look like. I don't want to make the same mistakes I have done in the past. Also, I learned how to be confident and flirty and become the chooser of picking the man of my dreams.

I'm so very grateful to have found Riana at this time in my life. I am happy and healthy on my own, my kids are grown and now I'm really ready to have a lasting love relationship. Riana is absolutely the best. Warm, compassionate, highly intelligent and educated. A real team player with a close-knit community. We connected on so many levels. Don't waste any more time, schedule your one-on-one Life & Love Transformation Discovery Session to get started, and see how you too can find Real Love in your life. You'll be happy that you did! Love, Nova L. ~ Philadelphia



**Karen J. (40s)** - Almost six years ago, I felt my world spiraling out of control. I did not think highly of myself. In fact, I thought I was not good enough, not worth anything, and people/life would be better without me. Looking back, I can say I didn't know how to love myself. When I was 14, I lost my dad. Then, at 28, I lost my sister. At 35, I lost my mom. All the people I loved - "left" me. People would comment how strong I was and would praise me. In reality it was a facade as I never really learned how to deal with all the loss. If that wasn't enough, I had a few not so good relationships. Everything in my life just kept whirling around in my head and then it would turn into anger and rage.

After extensive research and reading many biographies, I came across Riana Milne's website. Something about her website intrigued me and I was impressed with her background, schooling, experience, and resume. I reached out to Riana through email, and within 24 hours, she responded. We spoke on the phone and a meeting was scheduled. My first meeting with Riana, I felt very comfortable and safe. She welcomed me in, and we started to discuss the list of my issues one by one.

Riana asked questions, offered advice, and coached me how to open my eyes to view situations from a different aspect. Sure, there were many times I didn't necessarily like hearing the advice Riana had to offer, but I listened. After our coaching session(s) I would think about her advice, and the next session I would say, 'you were right.' But that's what good Coaches do.

Working with Riana in our Coaching sessions, I have found her to be hard-working, honest, reliable, and respectful. Riana is unique from all other Life Coaches who I have seen because she uses an approach to focus on purpose, desire, and goals. Riana also provides a wealth of encouragement and motivation. Life will always throw curve balls or obstacles in your path; now I know how to handle them confidently.

To know I have my Life Coach, Riana Milne, in my corner is like having a security blanket. Riana was and is an essential part of helping me heal, accept, and love myself. Even though Riana is now in Florida, I know she is always there for me as she is a very caring person. I know all I need to do is call and she will find a time that works for both of us to have a coaching session. I highly recommend Riana for anyone who is struggling with any aspect of their life. Thank you, Riana.  
xo Kar, (NJ) (6-month Client) **I HAPPILY OFFICIATED KAREN'S & ROG'S WEDDING!**



**Lisa S. (50's)** - Riana Milne came into my life and right away I knew she was meant to be there. Eighteen months ago, I was struggling, lost and helpless from a Toxic, Abusive and Codependent marriage. Riana's supportive Coaching techniques led me to find myself and to make positive lifestyle changes after a difficult time in my life following a divorce. Because of her incredible insight into life issues and her ability to express direction in her books and

coaching program, I gained the strength I needed to move forward and feel amazing! Today I'm stronger, happier, and love myself more than I ever have.

It has been an incredible journey of setting goals, focusing on the positive, reading and centering on positive and spiritual energy. The only books you ever need to read are *LIVE Beyond Your Dreams* and *LOVE Beyond Your Dreams* by Riana Milne. There is no other App you need to have on your computer or iPad other than Riana Milne's, *My Relationship Coach!* Sometimes people come into your life.....I would highly recommend her Coaching program...I am now in a wonderful, emotionally healthy & evolved relationship - and knew EXACTLY what to do to attract this type of love into my life. With Thanks and Love, Lisa (VIP 6-month Diamond Client) **(In a 10-year loving Relationship!)**



**Scott T. (40's)** – Riana came into my life by happenstance. I met through a close friend of mine, a producer that was doing a new reality series called “Radical Dating”. “Radical Dating” is a show about dating in your 40's. After being cast on the show, I was introduced to my life/relationship coach. Enter Ms. Riana Milne. I wasn't sure what to expect as I have not been on a reality show before, let alone has any kind of coach. And truth be told, I didn't think I needed a Life Coach, as I was doing just fine on my own. Well let me tell you how wrong I was! After three months of filming, I am a different person than I was when I started the show. I owe my positive changes to Riana.

I'm a gay man in my 40's. I was in a relationship for over 6 years and then my partner passed away in an accident. That was 6 years ago. I have dated one person (3 months) in the last 6 years and that did not turn out very well. Suffice it to say, I had a few issues that I needed to deal with if I was ever going to be able to have a healthy long-lasting relationship with anyone. I had a fear of abandonment (childhood/mother issues), did not trust, made humor a mechanism of dealing with any issue, was a negative person, was not happy and the list goes on. I needed not only a personality adjustment, but I needed a wakeup call.

Through this “Radical Dating” program and with the help of Riana, I overcame all my obstacles. Riana is the most wonderful coach anyone could ever have in their life. She opened my eyes to a lot of things. She made me aware of issues I needed to overcome, brought more spirituality into my life and brought me to a place where I am truly happy with myself and my life. She provides a wealth of encouragement, motivation, and strength.

If you are willing to help yourself and get over those obstacles, then Riana is exactly who you need to “be in your corner”. I will say that if it was not for Riana, I would still just be going through the motions in this life of mine. She helped me realize I have a purpose and a strength that I did not even know I had. Thank you, Riana for everything you have done for me! I love and adore you and I am glad to know that you are always a phone call away! (VIP Diamond Client) **NOW HAPPILY MARRIED!**



**Jill M (62)** The Dating to Mating course is very informative and comes with a ton of information, worksheets, videos and 2 books. With the addition of personal coaching, I was able to understand the material better and work on my personal situations. Riana has experienced many things in life and can relate those experiences to help her clients. She directly provides all the coaching herself, and cares about her clients. She makes herself available to her clients quickly and goes the extra mile in assisting them. (Silver VIP client)



**Krystal B. (40s)** - Riana has been amazing in helping me understand how and why an individual is toxic from relationship to relationship. Her book, *Love Beyond Your Dreams*, is a MUST read. I'm stronger because of her coaching and I know she was the coach for me. An online search led me to her. I called a few offices but kept searching when it just didn't feel right. When I called Riana, she took the time to listen and get to the heart of the matter on our very first call. At the time, that helped like you wouldn't believe. Everyone needs support at some time. Her compassion came right through. *Her methods of coaching work!* (VIP Diamond Client)

**Alex A. (36)** - If I could sum up what I learned in one word it would be "Mindfulness". Coming into this program I was much more tense and had a more cynical view of life. Through the process of healing my past traumas, being easier on myself, and practicing meditation/mindfulness I am becoming much more at ease and optimistic about my life.

I am also finding that I am much more grateful for what I have, where before I was barely grateful for anything I had accomplished personally and as a family. By being grateful and much more trusting of the universe, I feel more relaxed and calmer daily knowing that all of our hard work will pay off.

By being more calm, relaxed, and "light" it's allowed me to have more fun and be more playful in interactions with my partner/wife and my kids which is leading to more intimacy and an overall happy household.

For me, I had confidence, but it was paired with a cloud of heaviness from my past childhood. Lifting that cloud and just being light, fun, and optimistic has definitely helped me find my old self who was full of energy and value. I think practicing meditation and gratefulness will be something I will do for the rest of my life; it has become a pillar of my daily routine. (VIP Couples Platinum, Solo Client)



**Kerry Ann (53)** - I have been aware of Riana and her work for some time now.

After completing the assessments and having a Transformation Discovery Session with her – I signed up for the six-month VIP Coaching program. Riana quickly sent me her books and the workbook that we would be working through and set up our first session. She always had great insights and helped me realize some patterns that I had fallen into with my relationships and gave me some new tools to utilize to change things around. She was great at modeling for me the suggestions she would have from her mindset work to goal setting and creating a path forward. She was especially insightful going through the pros and cons of my current relationship and helping me move forward instead of being stuck in the same cycle. She is a wealth of knowledge on dating and how to handle the many possible situations that could arise. She always made herself available to answer any questions or to provide additional support when needed. I highly recommend Riana and her programs. You won't be disappointed! **(VIP Diamond Client, moved to her new town, opened a yoga studio and has a fabulous Boyfriend!)**



**Bob F (76)** I'm presently a 76-year-old retiree living in Florida and enjoying

life. Having moved down here from Long Island over eight years ago, it has been a roller coaster ride. The only problem is my wife did her thing with her friends, and I did my activities with mine, and we were going in two different directions. My friends didn't know her, and her friends didn't like me. There was no intimacy since moving to Florida. After four years down here, she was angry and upset. This is not what I came down here for. I went from this happy-go-lucky guy to someone going into depression when she, my 4<sup>th</sup> wife, told me she was divorcing me too. This is when I decided I should seek intensive Coaching. My life was about to change when I saw Riana as my Coach.

At the first session I cried the whole time. I was a mess. I was confused. For the next few sessions, it became apparent that I wasn't able to let go – I had Love Addiction and Codependency. It was suggested that I write my wife a letter asking for another chance and promise to change. I humbled myself and did it, but it was to no avail. I even got her to have a session with Riana. If anyone could put this marriage together, Riana can.

Riana told me my wife had made up her mind and it was time to move forward and leave the Love Trauma and her abuse behind with Life & Love Transformation Coaching. First, we started the healing of my past childhood and relationship trauma, changed things about my personality, built up my self-esteem and confidence; and I learned the skills needed to get back out there and Date Consciously and leave the Love Trauma behind. I was ready to start a new life

With Coaching, I started to see my worth and that I deserved so much more. After a couple of quick dating relationships, I met the most wonderful woman in my life. She's warm, loving, and

so beautiful inside and out. I'm lovingly accepted by her family and friends. My two children and their mother; along with my family, friends and relatives all loved her as well. It has been over four years now that we have been together.

I have never been happier! Am I dreaming? Is this true? Do I deserve this? I sure do! I'm a good person who needed someone in my life to bring it out. Nothing Changes if You Change Nothing! It doesn't matter how old one is or what situation you are in. I was ready to change and I was so fortunate to have Riana to guide me and bring out the best in me. Thank you for letting me share my story of hope; and I hope it inspires you. It has taken me over four years to tell my story to help motivate you to GO FOR IT, no matter your age - It's worth it! Love, Bob F **(Happily in a 8-year Exclusive Relationship!)**



**Amber F (38)** I've learned so much from Riana that I don't even know where to start! Her mindset coaching has really helped me tremendously and I feel like I've made huge strides in healing a lot of my relationship trauma that I experienced when I was married. I now have hope and confidence that I can find the right partner for me. Over the course, all areas of my life became measurably better and more meaningful with Riana's help.

I've noticed that I'm happier and the people that are around me have also noticed a difference in the way I am and how I carry myself. The last time I dated was in 2005 so when I first started, dating sounded depressing and downright scary. Now, I'm confident about it and the idea is more fun because I know what I'm doing and looking for. I've compared my dating experiences with fellow single women friends, and I feel I'm doing really well and have met two men who are both extremely interested in me, and I in them. Thanks Riana! **(Spring 2022 Life & Love Transformation Group)**



**Natasha S (44)** *The Success in Dating Course* has given me the skills, education, and confidence I needed to get back onto the dating scene. Having recently ended my 25-year marriage and a short-lived, painful, and toxic relationship, I was feeling apprehensive about dating – being scared of getting hurt and taken for granted again. Riana's course has given me insight into how my past Childhood and Love Traumas have affected my romantic relationships, the tools to build my confidence, and the ability to identify toxic partners before I invest further in a relationship. Plus, I now know how to handle potentially dangerous dating situations, especially online.

I'm well-prepared using "The Mindset for Success" Skills I need to meet a man who's right for me and have the healthy romantic relationship I dream of. If you're thinking of doing this or the Dating to Mating course, don't hesitate – it's worth every cent! Riana is not only an

Expert in this area, but she also speaks from her own experience which is so inspiring. She Empowers You and makes you feel – *You’ve Got This!* Much Love, Natasha from New Zealand



**Veronica T. (56)** I was the classic successful woman in most areas of her life except love and relationship. Riana Milne’s Dating to Mating Program has changed the way I look at my life and relationships in a profound and enduring way. I identified my childhood traumas, and the self-sabotaging habits that have come from those traumas. I now understand why I have been unconsciously attracted to men that do not give me the kind of relationship I want. I have enjoyed focusing on myself and feeling content with being single for now, unwilling to settle for anything but the right person. Through the course Riana continually helped me brainstorm on ideas for how to meet men and encouraged me to date as much as possible.

She also helped me to write a fabulous online profile and get the kind of pictures that help me to stand out as the amazing woman that I am. I have learned to recognize signs of childhood trauma in men by asking simple and friendly questions about their life. And I always keep in mind the traits I want in a partner and whether red flags of things to avoid are present, no matter how much chemistry there is. I am now confident I have the skills and knowledge to find a man that adores me and will make a successful long-term partner. I very highly recommend that you learn the unique and invaluable information that Riana has to offer. (4-mth Platinum Student)

**UPDATE 9/26/22:** (Veronica loved her training so much, she decided to try a Group experience too!) I love Riana’s teachings and coaching! The perspectives she has about why we fail in love are invaluable and not available anywhere else. The combination of getting my own life in order and understanding how my childhood traumas affect my intimate relationships has been powerful and life changing for me. I’ve done years of counseling and did not learn any of this information. Riana’s knowledge is incredibly deep that she makes it seem simple and straightforward. Understanding myself and making the needed changes has given me confidence that I can be successful in love. I am so grateful and highly recommend all of her programs. I guarantee you will learn critical information that will forever change your life for the better.



**Christina S. (20s)** - I had never experienced a coaching program and since doing the Life & Love Transformation Coaching Program with Riana, I have totally turned my life around. I am now extremely focused and doing very well in both work and school and have detached myself from toxic relationships because I know what signs to look for so that it doesn't happen again. Riana and this program have helped me see life and relationships for more than what they seem on the surface; making me now open to meeting new people and with the new-found confidence and self-esteem I needed to be out dating and enjoy the process. (VIP Platinum Client)



**Sandra F. (58)** - Riana's knowledge and experience is diversified. She has a clear understanding of the behavior patterns of many personalities and can guide you to understanding how to handle and stand up for yourself. She is courageous and teaches us to be too. She has had similar personal experiences and understands first-hand what emotions I may be going through. Riana really cares. In this caring, she gently nudges or is direct for change to occur. She is also aware that if you are not willing to change or can't at that moment, she will back off and counsel you through until you can move forward. Riana's research and knowledge are invaluable. From vitamin therapy to breathing exercises, to having fun, she has a well-rounded program for each of us to change and be healthier emotionally, physically, and mentally. She is easy to listen to and is so down to earth that you can understand what she is saying. Riana's connections to other people is another asset. She is willing to use her platform for others to speak in their areas of expertise for the betterment of the group. It shows her humility. Riana is diligent. She keeps her appointments and calls on time. She doesn't watch the clock ending the time together because the hour is up. She cares to make sure that we are going to be ok and well supported after the call. I highly recommend this course if transformation is what you seek. It is easy to apply the suggestions but also to have the discipline to make it happen, which is our responsibility. But it does happen. The investment I made was well worth it. I know that even though the program has a graduation time, the friendship will not. Her heart holds each person in a special spot!!

Being in Riana's Life & Love Transformation Group Coaching program for Singles has helped me dive very deep into my Childhood Trauma. It has helped my heart to heal as I found words for my mind to express the pain in abandonment and neglect. I have learned to say "Yes!" to myself, accept, and love myself for who I am. As I continue to heal, Riana has helped me to cap over negative thoughts and words, and reparent myself to get my Ex out of my head. I am having more fun as I release the past and it's weight of keeping me from enjoying life. I am decluttering more and more as I release and see my children in good places. I'm gaining more energy and desire to do more things - which is leading me to being more peaceful yet energized, and happier about myself and my life.

I also really appreciate my accountability partner; Nova who was supportive and encouraging and I was able to provide the same for her. Thank you, Riana, for the deep desire to get me back into really enjoying my life once again! Hugs, Sandra (Spring Life & Love Transformation Singles Group 2022)

**Vicky R. (38)** (Swedan) I have learned so much! I believe the two things that made the biggest difference was learning the specific meditation practise and the capping. It made me aware of how much is in my own head and that many of the things I think and believe is probably not the truth. I feel like I have gone through a personal transformation and developed so much during this time. Our own thinking really is what limits us and hurt us. It has become so clear to me. I learned to focus on what I CAN do as opposed to what I cannot. And in this process I realised that I actually could do more than I believed. I also learned that a balanced life does not have to be equally balanced over time but that it is ok to go all in one day and then take a few days for just rest. And feel that it was actually worth it, being able to participate in things I love. My life is

so much more fun now! I feel like I am finally LIVING my life again, not just surviving! I believe that for the first module Rianas coaching was essential for me! I would not have learned as much at all by simply doing the exercises by myself! It really was her personal input on what I wrote and how I answered the questions that took me to a lot of

new awareness and clarity. I would really, really, really recomend you to take at least one coaching session with her! (Silver Program Grad)



**Nicole (53)** - Thank you for this Dating to Mating course. Seeing the connection of my past to things I currently do now and how of those things are subconscious and making them conscious so I can change them is really valuable. I was not good at identifying actual vs perceived 'red flags' and sometimes I was quick to dismiss someone without really giving him a fair shot. I realize I do have high standards and feel confident in my requirements now and going after what I want. I have also developed stronger physical and emotional boundaries. In the past, I would fall very quickly in "lust" and have high expectations for an instant relationship. I now look at the dating process more as becoming friends first, and the right man will step up to be in a relationship with me. I feel the live calls were the most important part of the Group program; to hear the questions by others and the answers, and how they relate to your own experiences. This group interaction gives you a comparison with others and the ability to talk about your specific concerns. I have many changes upcoming in my life and I look forward to all that it has to bring. I have a more positive outlook and less fear about these upcoming changes. I greatly appreciate all of Riana's fantastic advice and words of wisdom. She is a kind, caring person who really wants the best for everyone, and is in tune with the needs of each person. I am grateful to meet you and have this experience. Best wishes, Nicole (**VIP Platinum**)



**Elisa B. (59)** Six months ago, I came across Riana while doing a search online. They say nothing happens by accident! I enrolled in her class, and everything fell into place! She provided me with just what I needed at the time to feel secure and prepared for the steps I needed to take to resolve family trauma, past relationship failures and gave me all the encouragement I needed, to muster the confidence to move forward. I have committed to putting more effort into meeting new people, and dating, so I can improve on knowing when a prospective relationship in something I should invest into, I'm not dating without fear - if it doesn't go the way I hoped, learn the lesson grow, and move on to the next opportunity. I actively work towards going on dates weekly and make sure I am in the know about social gatherings and I am attending and being very bold about the process of meeting new people. Thank You, Riana! Love, Elisa (**Spring 2022 Life & Love Transformation Singles Group**)



**Jillian J (37)** Dear Riana, Thank you so much for developing the Dating to Mating Program. I originally decided to enroll in one-on-one VIP Coaching with you to dive into my childhood traumas and figure out what I was presenting outwardly that led to a very toxic relationship. Your program was unique, and I felt I must have it at the time, not only for myself but more importantly for my children. I was compelled to never bring another toxic person into my life for them. It was a no-brainer, and you helped me think of creative ways to afford the program.

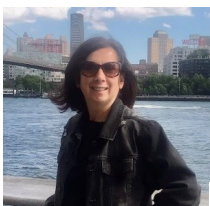
I have learned so much about myself and love to share your tidbits of info with everyone. Your book

really opened my eyes to my behaviors outside of our individual meetings and the online modules. I had no idea that in the past I had toxic traits in my relationships as well. I have actively been practicing my communication while working with you and have developed my voice a little bit more with your

guidance and help. You easily see how to accomplish my goals and help me to make them happen. Even just the slightest change in my outlook has helped me to easily land a promotion, hop into the dating scene after developing a fear of speaking to men, and recognize the ability to just walk away if

something isn't working for me instead of trying to force it. I have successfully started online dating and have had so much fun with it! My dating led to an Exclusive Relationship just a few weeks into that experience, and I am so thrilled I found such a great guy!

You have also shared with me plenty of other ways to improve my life that I know have improved tenfold since meeting you. You have brought my life a sense of peace in so many ways that are hard to put into words, but please know that I'm extremely grateful to you and all the hard work you put into developing not only this program for myself and others but all the work you've put into yourself to be there for us all. THANK YOU, RIANA!!!! **(VIP Dating to Mating, Platinum Client)**



**Marina K (58)** I learned in the Dating to Mating; Life & Love Transformation Group that I have to set goals every day and stay on the top of them and that creating a routine makes it easier to get through the tasks I want to accomplish. I now practice and create new healthy habits that will improve my life and bring me to the next level of life I desire. I understand now that there is actual science behind finding a suitable life partner and it requires work done by me and does not happen randomly by chance. My confidence has gone way up

and my social anxiety has gone way down. I'm making a lot of new friends and getting out more and have a much better relationship with my daughter now! **(Spring 2022 Life & Love Transformation Group)**



**Shea (43)** When I first started working with Riana, I was a mess! I had just left my husband, was living in an apartment, and was in another toxic relationship. I didn't know what to do. I felt like I was broken because I kept choosing such terrible men. Riana helped me through several very difficult transitions: including a nasty divorce, break-up of a boyfriend, buying a house, learning to be a single mom and co-parent. I now live in a beautiful house which I love and am out of that toxic marriage and relationship. I am single now, but I feel like I am on my way to a healthy relationship.

I am content with myself, and my friendships/support network have improved tremendously. Riana never judged me or made me feel bad about myself. She met me where I was and helped me get to where I wanted to be. I feel like my next relationship will be amazing because I now have the tools to see red flags and to make better choices. Thanks so much, Riana! Love, Shea **(now in a wonderful 2-year relationship!)**



**Johnny B (50s)** – Riana was an essential part of helping me to heal myself and to rebound after a very difficult divorce. After 5 years of trying to do this for myself, it wasn't until I hired a Life Coach, Riana Milne to really speed up the process. I'm so glad I chose to do the Coaching, vs Counseling – which helped my entire family. My son had failed to launch, getting lost while he tried to help his mother move on, and now he is totally on the right track, back in school and working hard earning a great income. My daughter was angry and didn't want me to move on, and had a difficult time accepting any woman I chose to date.

I admit, I was choosing the wrong type of woman, spinning my wheels and ending up depressed and just immersed in my work. Today, my life is totally different, and it's wonderful to see my kids so happy and successful! I have an amazing woman in my life that I will be asking to marry soon. If you are thinking of hiring Riana, don't hesitate! It is well worth the investment to finally feel so fantastic and confident about my relationships and overall life. (VIP Diamond Client) **NOW HAPPILY MARRIED!**

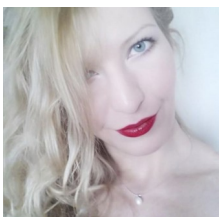


**Monica (55)** Do we ever graduate on this journey, well yes; I did graduate with regards to working the program and here is a short summary of my takeaways: I won't and don't want to stop learning. I learned I have always had permission to love and value myself; but now, I have some tools that I can implement to make sure it happens. How easily I can forget to slow down, keep things simple, remember I need to love me, myself, before I can love anyone or anything else. I have always lived with gratitude but want to say, today it has become my favorite verb. I am so grateful to 'be grateful' to not be bitter, not living in fear or in a state of panic. Throughout my day, I work to maintain an attitude of gratitude, peace, slowing myself down and continue to visualize myself reaching my goals, dreams and expectations. Thank you, Ri, for helping me get here, and being a part of my story of true happiness, internal peace which I define as success. Always with much love!! Monica xo **(VIP Silver Student)**



**Casey C. (32)** "My work with Riana has helped transform my personal relationships and self-confidence. Before I started working with Riana I was lost. Moving from toxic relationship to toxic relationship and in a depression wondering what was wrong with me - why was I continuing to do this to myself? My coaching with Riana helped me understand how my past were triggers that were running my relationships. I was constantly choosing men who didn't value me, walking blindly with co-dependency and unaware that my triggers and anxiety were simply products of my childhood.

After six months of deep work, I finally have a strong grasp on my relationships, my boundaries, and my self-confidence. I can speak up for myself and my needs, and not be afraid that I'm making a huge mistake because I now know my worth and am able to trust the process with greater ease. With Riana's help, I've started dating again and have confidence that the life I want is within arm's reach." **(VIP Diamond) NOW HAPPILY MARRIED!**



**Steffi M (38)** Riana's Group class - Life & Love Transformation for Singles - was fantastic! I learned so much about dating and myself as well as how to heal my childhood traumas which were still active at this age and led me chose the same type of partner in different bodies over and over again. In past relationships, I totally ignored the red flags and didn't set boundaries, so I ended up in abusive relationships that almost destroyed me. Due to Riana's course, I learned everything about recognizing red flags and how to deal with them. My self-esteem and worth went up and I feel much better and mentally clearer about what I want

and don't want in my life and in a partner and relationship. Further, Riana helped me with my business.

She is very knowledgeable in so many fields and has a very kind and loving way to teach her students what they need to know. I can highly recommend all of her classes, programs, and her one-on-one sessions. I live in Europe and our life sessions were so valuable and empowering to me that I stayed up the whole night to make sure I never missed a class! Thanks, Riana! Love, Steffi in Germany **(Spring 2022 Life & Love Transformation Group Graduate)**



**Natalie C. (44)** The Dating to Mating Coaching sessions have been the focus of my life and everything that came about in the last 6-7 months. I met Riana at a time of needing to leave a toxic marriage, move to another country out of the USA during COVID, and sell a home that needed updating before I left. I was anxious, stressed and overwhelmed. My Ex was extremely negative and refused to help with the process. It was all up to me – until Riana stepped in as my Coach. Everything started to come together, as we broke down my dreams into goals, and did one step at a time. The more I was connecting with my True self and values, the more I felt disassociated with my current life and work. It no longer matched my energy. The feminine kept on rising in my consciousness so I could find MY version feminine and incorporate it more into my 'new life'.

I found myself wanting to quit work but not being sure how to best voice my inner desires without feeling guilty like I was deserting my boss. Before, I got really good at 'putting up with' what didn't serve me even though I knew I could do much better! Not to mention the toll on my body from working overnight. So with my new skills, I set out doing deep spiritual work every day, 'be-coming' into my recreation of my desired life, found the perfect career, and started getting more and more comfortable with that blissful feeling of the wish already fulfilled. All the rewards of my efforts starting to come through. It all just started flowing so smoothly in my desired direction. The wonderful review from my old Boss and a new position that aligned with my personal values that didn't feel like a job, but rather a way of life and working towards a bigger vision (sustainable energy and healthier interiors) was the ultimate end to my coaching time.

I'm so much at peace with everything and no longer live from a reactive state. Everything is so strategic and starts with what do I want (Choose) and how can I contribute to this world (Purpose). All the coaching on Love is a game changer for me too on so many levels!!! All the guys I do interact with are like "Wow!" and totally impressed by how I carry myself, my level of communication skills, and what I want from life...and that feedback is so empowering to say the least! Ever so grateful for you Riana!!! Love Natalie (VIP Diamond Client) **(New Passionate Life & Career back in Australia!)**



**Bev G. (65)** In my Dating to Mating Coaching Program, I learned that childhood traumas do affect the decisions and choices we make as adults and that if we are unaware of why we continue to make these decisions, we will continue the endless cycle that perpetuates these ill-advised actions. My sessions with Riana as well as reading her books and doing the workbook, helped me see why I was continually making the same relationship mistakes and how I could break the cycle. I wish I would have met Riana much earlier in my life, but as I always say, it's better late in life than never! I also subscribe to "When you know better, you do better!" So, I now know better about what type of relationship I want to be in and what type of partner I deserve to have in my life and I'm not settling for anything less! As I'm looking at my Wheel of Life exercises; I started at about 25% Satisfaction Level in the areas of Career, Relationships, Friendships, Image, Spirituality, Personal Satisfaction, Family Relationships, and Finances - All but one went up to a 90-95% Satisfaction level within 4 months; and I have a solid plan to get the last one there too!

I have pivoted my career choices to include Real Estate Sales and Home Staging and I'm attending a 6-wk class that will pave the way for a successful business in Real Estate. I attended classes to get my ASP accreditation in Home Staging and I can now proudly add those initials after my name. I am attending more events where I may have an opportunity to meet someone. I am fully aware of the red flags to watch for and most importantly, I am now more aware of why I stayed in such an unfulfilling relationship with my last partner and will be more focused on those potential pitfalls when entering a new relationship. I am having fun dating online; but quite happy to focus on my new career right now. I am no longer estranged from my son and it was wonderful to reconnect and have family dinners again. I have a solid plan for my future. I'm so thrilled I took this course, wish I would have had it sooner, and have grown so much in such a short time! I would highly recommend it to EVERYONE! (VIP Silver Program)

**Tiffany C. (20s)** - Riana is a truly genuine soul who has taught me to see life in a new light. Through coaching, listening, sharing and reading I have learned a new appreciation for not only what I have, but also the wonderful possibilities that lie ahead! Riana has many gifts, but her passion of helping people has touched me personally and changed my life forever. **(4-month Silver Mastery Client)**

**Luisa (64)** What I have learned from Riana is that with what we experience in life, good or bad, we can put it to good use. The bad is to make us stronger, and the good is to teach us to be grateful. Meditation helps with reviewing our past and visualizing it with a more positive version. It helps with practicing being "in the moment" and being more consciously aware. Visualization (the movie of what we like) brings what we desire to life. It helps with creating a new "Mindset." I have learned to catch myself doing the wrong pattern from my past that does not serve me. I now have a lapse of time in my mind when I can reframe and turn the switch on to a more positive mode.

I am more accepting of all kinds of situations and go with the flow. The reward of letting go is freeing; I have less desire to be in control. Letting go brings unexpected new refreshing

opportunities. My improved communication skills (better tone, slower speech, better choice of words) have had an incredible impact on my relationships. I focus on staying connected with my love partner, which brings trust and harmony. I wanted us to have each other's back.

My communication with my only son has greatly improved. I am a better listener, focus more on his life's perspective, and admire his family commitment to his wife and 2 kids. Being open and committed to learning more about child psychology, I am devoted to being a role model grandmother. With my girlfriends, I am a better listener and less judgmental.

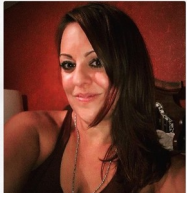
Because of all the tools I have acquired, my anxiety is now nonexistent. I am in control of my mind, my thoughts, and my behavior. When I am in a weak position, I catch it and use it to better myself. I now perceive unfortunate circumstances as a tool to learn and get better. I truly believe that all these skills should be taught at an early age in school etc. We need to save this planet from mental health disorders!

I'm so Grateful for what Riana has taught me and done for me. Not only do I have serenity within myself, but I now have a beautiful diamond commitment ring that symbolizes my union in my Love Relationship! Many thanks to Riana, she is an angel on this planet. Love, "Miss Joyful and Grateful." **(VIP Diamond Couple; Relationship Rescue program with her BF)**



**Monika (73)** I found the Group Dating-to-Mating Singles Life & Love Transformation Coaching meetings very interesting, fun, and informative with Riana. I really admire her commitment, compassion, and love for people and how she wants her clients to be happy and successful in life, business, and relationships. I loved it so much I am doing it a second time just for the sheer enjoyment and personal confidence I gained from it! It's worth every penny to now have the courage & energy to live my life on my terms! Hugs, Monika **(Online DTM Group Singles Student)**

**Jules M. (53)** The Dating to Mating VIP Silver Program exceeded my expectations! I have a better understanding of the triggers that contribute to any behavior that I have deemed not beneficial in all my relationships, particularly Love. The Dating & Relationship advice Riana shared in Modules 4 & 5 were so valuable. The live calls were great, and Riana is able to totally relate to what is going on in the Dating world as I share what issues I am dealing with by being online. I loved learning and understanding how my past Childhood Trauma implications in life directly corresponded to my adult situations. I will use all the information I learned in my journey. The DTM program addresses different areas of your life that are lacking and gives you guidelines for dating and relationships. I lost 48 lbs in 4 months, I'm dressing nice and do my hair and makeup, and feel amazing! Riana's insisting that I uplevel myself in all life areas change me completely. No longer do I need affirmation from anyone to feel great about myself, because "I've Got This - All on my own!" Love, Jules **(VIP Silver Program)**



**Alicia B. (32)** Hi Riana-- I just wanted to share with you an update on my life and what has happened in my marriage since we spoke last December. My husband has finally moved out and I had to file a protective order for me and my son because things started to get violent, just as you said they would once things started resurfacing. I tried everything possible, the marriage counselor in our area saw everything and saw right through him, just like you. As you predicted, he only went twice and I have kept going and now I see the angle that she was trying to go about by focusing on me first, to get him to keep going to counseling.

After the latest big incident, you told me that I was dealing with an unstable, suicidal, irrational, and delusional person and that he would be my blood if I did not leave him. You were so right! But regardless, when I started really looking at this whole relationship I had with this man for the past three years, I started looking at it from the outside in, and so many more things started being exposed. Every single thing on your Sociopathic checklist was him.

As you suggested, I looked further – and found a secret life. I found other escort services that he had been looking into since I had found the one in Las Vegas, multiple women he was emailing, drugs, and much more--everything just came out...

I feel like the word "fraud" that you used couldn't have been a better word, and I feel that I have been living with an imposter since the day we met. His real person that he is and always has been, is who he is now. I just wanted to send you a billion Thank You's for taking that time and speaking with me.

Our conversation stuck with me especially during all of the difficult times when I was trying to decide what to do, and when I started questioning if I was doing the right thing by leaving him. You are an angel sent from above!

I can't explain the feeling of the biggest weight being lifted off my chest now that he is gone. I have already met with a paralegal to go over paperwork to file for the divorce. I just had to share and say thank you once again. I really enjoy your Podcast too! Take care, and keep doing what you are doing! You have saved my life! Xoxo **(After ONE Discovery session with me; massive change can take place!)**



**Christine B. – (40's)** Riana's Coaching Program has helped me recognize what an ACOA is (an Adult from Childhood Trauma – and it's affects it plays on one's self-esteem and in Partner choice.) She offered me plenty of information and questions to ask both myself – and my dates – to determine what level of growth someone from Childhood Trauma has achieved. I am so eager to further expand my knowledge in this area that has affected me so greatly in the past; then see what new experiences come my way! I now feel spiritually and consciously strong and recognize that my self-care is so important. I have learned about my Requirements, Wants

and Needs to focus on while dating, so I will now choose the right man for me. My mind-set is positive, strong and confident now! **(VIP Diamond Client)**



**R. in Lebanon** (34) - I was looking for answers I couldn't find, until I fell on Riana's profile. I tried a discovery session with her over Skype and since the first time I noticed how smart and interesting Riana is. I couldn't stop thinking about the things she said and decided like a strike of intuition to work with her. Before starting the work, she sends an amazing and practical workbook with 10 modules as well as 2 books she wrote.

I believe the way the sessions were conducted are structured and scientific, it's not the usual coaching sessions like the ones I experienced before where I was talking randomly about any topic which used to get me stuck for months without any result. Riana helped me a lot in understanding some topics deeper, working on getting over my past relationships and widening my horizons into new relationships and not fall into my usual toxic patterns again.

Riana is at the same time supportive and kind, and yet, directive, and firm from another side, which is exactly what I needed. She is generous with her information and cares about your progress. She is also spiritual and gives practical tools to use and even recommends things you can do to improve your lifestyle overall.

She's always well dressed, creative, a great communicator, and doing the right thing, supporting you as much as possible. She is surely one of the best worldwide coaches I know of! I highly recommend Riana for anyone looking for a Relationship coach or just a Self-development / Life coach to help become the best version of you. This can work anywhere in the world, I live in another continent and communication was easy through Skype. I look forward to meeting Riana face to face someday! :). Love, R. **(4-month VIP Platinum Client)**

**What I loved about You, Riana: -**

your kind heart & Genuine smile

- your professional approach & good Vibes!
- I loved the ACOA concept
- the Workbook Modules and your two books; LIVE & LOVE Beyond Your Dreams
- the idea of the Individual & Group meditation on the beach, I wish I could be there
- the fact that it's a program -- and not just random coaching sessions!
- Your Facebook Live videos (and the ones on YouTube)
- explaining clearly the pattern of relationships & Riana as a person! :D Love, R.



**Michele M. (58)** Having worked with Riana over the past 6 months, I have gained tremendous clarity in my search for a long term exclusive, loving relationship. Although I had dated since my divorce and had 2 relationships that lasted a year or more, Riana helped me to see that I was not making the best choices for me. I needed to look at past traumas which may not have been as much from my childhood as from my marriage and to heal from the anger, criticism, and verbal abuse directed at me. Part of this is taking 100% responsibility for what has happened and the role I played in having any unhealthy relationships in my life.

As I gained more confidence, I manifested a better job where I can use my gifts, tools, and talents. Riana has helped me to know my requirements, my needs, and wants. This has helped me to be better at screening a potential partner early on and not to settle on the important aspects I need. As I believe that dating is a discovery process. While working with Riana, I did date a great guy for 4 months, but realized the more I got to know him, that we are not a great fit for the long term and was able to end our dating and to wish him well. Perhaps seeing he has some healing to do, if he chooses to do so. Now going forward, I believe I will make better choices and have the confidence to know I will succeed! **(VIP Diamond Client)**



**Daniel S. (24)** - At the start of this program I was a mess. I was doing badly in school, at work, in my love life, and it just felt as if nothing could go right for the longest time. I was depressed for months about myself. My confidence was at an all-time low and things just needed to change. That's when I started the Diamond Life & Love Coaching program; and it helped me in so many areas of my life. I have a speech impediment, so for the majority of my life I was extremely shy and self-conscious about my stutter.

But Riana was able to help get me over the anxiety and self-doubt that my stutter gave me and helped get my life in order and on track! I'm more focused in my goals and know how to achieve them. I'm more confident in myself and don't worry about what other people think regarding my stutter. This program truly is a life changing experience; I even got promoted to Manager on my job and met the girl of my dreams! Thank you, Riana! **(VIP Diamond Client)**

**Glen M. (40s)** - Riana is amazing! She has helped our family through turbulent waters on many occasions. Riana has a gift at connecting and making you feel comfortable by opening you up to really identify the problem and then offers practical ways to work through the issues. I trust Riana with my most cherished treasure- my family, and highly recommend her to anyone! **(6-month Diamond Client)**

**Iola & Chris K. (30s)** - We did the couples intensive with Riana, and I can honestly say it has completely changed our lives and our marriage. We went from the verge of separation and divorce to wanting to restore our love and get on a new and healthy path to improve our marriage and be happy again. We've spent three years in traditional therapy and felt stagnant. Finding Riana was a God-send and we are so grateful to her for all her amazing and knowledgeable guidance. Thank you!! **(VIP Diamond Couple)**



**Lana B. (30s)** If you learn about Riana's Group Life & Love Transformation Course and are wondering whether or not you have the necessary time (and the money) to invest in it, keep reading because I was there too. I had my life together in all areas but still struggled a little in my personal life. I knew that something about my past trauma/childhood/upbringing must have influenced who I was as an adult, but I just did not know how much – and I wanted to learn. I signed up for Dating to Mating Group Life & Love Transformation Course. Between the course materials, videos, worksheets, and group meetings you will have all the support you need. All you have to do is stick with it and do the materials and practice the skills you learn. This course will not only help you know yourself better but give you a total understanding of what to look for in an Emotionally Healthy Relationship and how to navigate through the dating part. Your whole mindset will shift, and you'll find yourself excited about the process and looking forward to each class, and what life has in store for you. Riana will spell out All the rules of dating for you, so you can follow what has worked for so many of her students. So, Go ahead, and sign up! You will not regret it and this knowledge is with you for life! Love, Lana **(Dating to Mating Group Singles Student)**

**Christina M. (62)** I want to Thank You Riana for our wonderful Life & Love Transformation Group. It was a pleasure getting to know everyone and watching all of us grow and gain greater skills and confidence in finding the greatest love of our lives. Thank You so much Riana. You have challenged me, and I admire your commitment to helping others to break free from toxic patterns and leave the victimhood behind. I love your approach, your research, and the ways you inspire us to strive for the very best from others and ourselves! With Much Gratitude, Christina **(Life & Love Single's Group)**



**Shosh (30)** When I came to Riana it was soon recognized that I was in a very traumatic Love Relationship as well as struggled with some toxic family dynamics and work issues. Riana suggested I try her Life & Love Transformation Program - Dating to Mating - and I took a risk and finally said YES to myself and signed up. It was a big investment for me, but I knew I couldn't live the way I was and continue to do what I was doing - to be happy and feel fulfilled. Having Riana as my Coach and doing this program was the best thing I ever did! I was

finally able to break free of Toxic, Codependent relationships that I found myself always in, and started dating with Confidence. I found the partner of my dreams and we have been together for a few years now. With my family dynamics, things got much easier between my parents and I.

My whole life changed for the better! With my Emotional Health, where I was upset, overwhelmed, and anxious, now I am calm, focused, and able to confidently share my feelings and be open to all feelings and suggestions from my Partner. We have a beautiful, supportive, team relationship. With Dating to Mating and the help of Riana - I have changed my life in all areas. I hope to even Coach with Riana one day, because I truly believe in Riana and that her time-tested, Dating to Mating program can change your life too! Go for it - you'll be glad you did! Should you ever want to talk to me about any fears and doubts, I have given Riana permission to email me any of these requests to ask me questions about my experience with her. Now is the time to Change Your Life too! - With Love, Shosh **(VIP Diamond Client)**



**Mark L. (30s)** - I had just come to the end of a 3-year relationship and I was overcome with feelings of misery and loss. I reached out to Riana for help, coaching, and counseling. By closely following the "Watch Me" program, I began to realize that I had allowed myself to remain in a toxic relationship for far too long. My ex had slowly eroded my self-confidence and clouded my ability to see my value as a partner, and as a person. By setting goals and taking meaningful steps to achieve those goals each day, week, and month, and I was able to build my self-esteem and distance myself from the painful breakup.

I learned to count my blessings and to get in touch with my spiritual side. As I took steps to improve my appearance, my finances, and my work and family relationships, my eyes were opened to the new possibilities that awaited me. I did find new love with a woman who is beautiful, charming, witty, and kind. My life has taken a 180-degree turn in just a few short months. I would recommend Riana's Coaching program for anyone who feels that their life needs a tune-up, but you must have an appetite for self-improvement and a willingness to do the work. It changes your life! I promise you won't be disappointed with the results! **(4-month VIP Platinum Client)**



**Kerry P. (54)** - I came into my coaching experience very broken down from the many traumas I have experienced throughout my life. What Riana has helped me remember is that 1) I am not defined by those traumas and, 2) those traumas have made me wiser. I have renewed confidence in my ability to interpret what a relationship is showing me and honor how I feel about what is transpiring. I have learned to be open and try not to judge others for their perspective of life and not to be apologetic or ashamed of mine. We are not our experiences. It is also ok to fight for what you want in a relationship and not feel bad if you need to move on.

You don't have to "settle." I've also learned there are so many people out there who want similar things too. I have faith that in time, I will find who is right for me now that I started dating again after a long time. I can't say I felt this type of hope before. Thank You, Riana! **(VIP Diamond Client)**

**Ally M. (Teen)** - I'm currently 17 years old, and I have struggled for about half my life with depression, anxiety, suicidal thoughts, and family issues. It wasn't until about a year ago, I started on a positive path, thanks to my therapist Riana Milne. My condition suddenly worsened about a year ago and I knew it was finally time for me to see someone. After appropriate research to find a good therapist, I went with Riana. From the moment I met with her, she made me feel extremely comfortable and made me feel as though I wasn't in this alone. On my first visit, I shared my story with her, something I had never done with anyone. Simply because it was extremely hard to talk about and I didn't want people to think I was crazy. With the aid of Riana and another doctor she referred me to, I have been on a slow but successful road to recovery.

Riana gave me ways to reduce my stress, in addition to advice to deal with friends and family. Not only has she helped with my mental condition, but with everyday life. It has also been a hectic year trying to apply for college and scholarships while maintaining my grades and obtaining a job. She gave me great tips and was able to lead me every step of the way. She also continues to impress me with all she has accomplished in her life; I would recommend Riana Milne to anyone seeking any type of assistance to get through whatever your difficulty might be. **(6-month Diamond Client)**

**Laura A (50s)** - I found Riana by the grace of God. She saved our marriage. We now have a better marriage than we thought we could have. Riana has taught both my husband and I how to really love each other and communicate our feelings. She also helped us with other issues that were destroying our marriage and got through to my husband which I never thought would happen. Riana saw me many times alone and really helped me to understand myself. We are still in therapy, but not as often as we were. My husband actually looks forward to going to our sessions! We know if we slip, we can come see her and we come out of her office feeling renewed and re-motivated! **(6-month Diamond Client)**

**Jaime M. (40)** Riana has helped me to understand my past and why it haunts me in my dating life...When I first started with Riana I had just come out of a toxic relationship- I knew I had to do something different to stop dating the same men with the same issues. She helped me to see the connection between adverse childhood events and adult relationships. Having been raised by a narcissistic mother I have struggled in my dating life often selecting narcissistic partners. Her statement "You can't change what you don't understand" really clicked for me. I'm now able to spot signs to look out for and pace myself in the dating stage. She has helped remind me of who I am and with that my self-confidence is starting to come back. Riana is an amazing coach, she's kind, understanding, straightforward, and has a maternal touch. She has set me on the path to finding an emotionally and spiritually healthy partner. Thank you so much, Riana!

**Kate G. (57)** I started working with Riana in May of 2020 during the height of COVID. When I joined her Dating to Mating Singles program (VIP Diamond), I was looking for Life Coaching - my Mother has just died of Cancer and I had gone through a very difficult divorce. I was grieving

both the loss of my Marriage and my Mother. I heard Riana on a Podcast and resonated with both her talk and her energy! Riana's Program and Books, including LIVE & LOVE Beyond your Dreams, assisted me in understanding and learning from my past and moving forward! She helped me take an amazing holistic approach which helped me lift my sadness and look forward to my awesome future. Some of the accomplishments we worked on together were increasing my confidence and self-esteem, what to look for in a good, Emotionally Healthy partner, and she even assisted me in buying a new Coastal Condo (her advice saved me \$4,000!).

I have decreased my stress and anxiety, feel more relaxed and totally organized, I've learned to speak up for my needs, have become more consciously aware before making any decisions, I have increased energy, my grief has healed and I am almost done with the very difficult task of completing my mother's estate. I have improved and combined my financial assets which long-needed organizing. I am so grateful to Riana for her positive and motivating Life coaching. I look forward to my amazing future filled with Love, Joy and Peace and the empowerment to do whatever I choose to do; including two upcoming vacations! Love, Kate  
**(VIP Diamond Client)**

**Bill W.** (60s) - I have had two separate coaching experiences with Riana, the first was focused just on me following an extended period of time with a "significant other" that had been on a long, frustrating and disappointing decline. The second, which followed along after this initial work, was with my partner who had also been separately working in advance with Riana. The work Riana and I did together was extremely helpful. I suppose it is natural to question yourself when a long-term relationship begins to dissolve, and I was no different. I had almost become convinced that I was a core reason for many of the problems in my relationship - and that this was somehow the result of personal failings.

The self-assessment work we did together enabled me to re-establish that I wasn't suddenly "unworthy", but instead I was still fully able to be an extremely strong partner - with the right person. That allowed the question to become one of compatibility, obviously less difficult than thinking there might be a need for major personality "adjustments". Feelings of personal inadequacy dissipated. My long-term partner and I then engaged in couples coaching with Riana. We completed an assessment of ourselves, views of the relationship and our partner. This showed us a great deal of caring, attraction and trust between us & allowed us to narrow the issues to a few, spending our time on these points. Further, we feel comfortable that neither of us is "the problem", which allows us to remain friends and "love from a distance". I strongly endorse using Riana as a Coach. **(VIP Diamond Client)**

**Doreen V. (late 60s)**- Dear Riana - There's a spirit of helpfulness that shines through everything you do, and even though the warmest of thanks would never be enough to repay you, please know how appreciated you are and what a true blessing you've been. Thank you for ALL your help and wisdom over the years; it really helped me to get through some very difficult times! Your suggestions have really helped change an almost impossible situation! God Bless you, Riana, on your journey! **(6-month VIP Diamond Client)**

**Erin S.** (NJ, 20s) - I'm so thankful to Riana for helping me land my new job! I was working in a lower level management position and was feeling ready for the next step and a new challenge in my career. As a collage graduate with management experience, you would think interviews would be a breeze for me, but I felt anxious and unsure of myself moving up. Riana took all my best qualities and helped me present them in a way that made me look like a shining star that

would be an asset to my company. We went over my resume, and career development plan. Most importantly, Riana gave me the self-esteem & confidence to walk into the interview and get that job! I will always remember Riana asking, "Why not you?" I took that with me into the interview, and I will always remember it with each step I take in my life - "Why not me?!" **(6-month Diamond Client)**



**Betsy A. (60s)** - Riana has a true passion for helping others navigate through life's roadblocks and helping one get to their ultimate goals - be it in relationships, career, weight issues or self-esteem. I always remember someone telling me; "What makes you think doing the same thing over and over is going to produce a different result?" This was true for me before coaching. Riana gives you valuable tools each week to get to your goals in a positive and constructive way. After ending a 5-yr relationship, she helped me pick up the pieces and move forward in my life. In her LOVE Beyond Your Dreams book it says to "Be who you want to attract." If you want the best, you have to BE the best in all areas of your life; that includes your health, appearance, finances and your home.

I also realized in our meetings that it was important to have a strong spiritual and faith-based part of my life and look for a partner that has this as well. I have found it gives one a good moral compass which helps in dealing with all parts of your life; be it in business, friendships or in one's sacred relationship. One of my favorite sessions with Riana was on the beach learning meditation and doing the Gratitude Prayer. It starts off with deep breathing, acknowledging the things you are grateful for; then visualizing what you want and would like in your life and finishes up with asking God; "What would you like me to know?" I am grateful for all the positive and constructive advice and knowledge Riana has shared with me. I hope if you are at a crossroads in your life and need guidance that you will do yourself a great favor and hire Riana. **(VIP Diamond Couple)**

**Katie D. (mid 30s)** - I started Riana's course about 3 months ago and at the time I was feeling stressed about my work and a little afraid to look for a new relationship even though I so desire that, because of several failed relationships. I lost my dad when I was 19 years old and I never realized how such an emotional childhood trauma can affect a person in their adult life. After having completed Riana's course and read her books I feel I have a much deeper understanding of myself and above all, I feel like I have found self-compassion! Self-compassion and self-love was something I really needed to find and thanks to Riana I feel a lot of love towards myself which is wonderful. Riana helped me to understand why some of my previous relationships didn't work and to pin-point the qualities I need to find in my soulmate as well as the deal breakers. I feel that I am at a stage now where I have finally released the past and I feel more relaxed and open to dating. And I always remember what Riana said, that "You have to be a successful Single first" and I agree with this theory. I also really like the meditation structure Riana suggests because it helps me to visualize all the things I wish for on a daily basis which I think is essential to creating my life. I really liked Riana's encouragement to be open, friendly and enjoy dating and how to be honest when I don't feel a man is the right fit. Since childhood, I never knew how to let a man know I didn't feel he was a right fit and this lesson is a huge relief for me. Riana's teachings are invaluable! Love, Katie **(4-month VIP Platinum client)**

**Korine S. (20s)** - Words cannot even begin to describe how this program has completely changed my life; mentally, physically, and emotionally. I was in one of the worst places in my life when Felix and I broke up, I didn't see any way out of the heartbreak and certainly couldn't see the light at the end of the tunnel. I thought my relationship was so perfect and was moving in the right direction since we had just gotten back from a romantic trip to Paris and he was moving down to Florida and supposed to be living with me. It was only after we broke up that I realized I had completely lost myself in the 9 months we were dating. I couldn't even recognize myself!

I went from being so strong, independent, confident, and ready to take on the world in anything that was thrown at me. I became completely dependent on my BF which was hard when he lived all the way in New York. I thought it was ideal living so far apart since we could still have our own lives, but when we did see each other it was completely focused on us.

Over time, I now realize how much it mentally affected me and changed my behavior. I was seeking attention from other guys since he was never around, I was relying on him to make it better when I had a bad day, when I was mad or upset at something that had nothing to do with him I somehow managed to make it his fault; I had become completely co-dependent.

I couldn't sleep, eat, or concentrate at work. I knew I needed help to get back on track and found literally my saving angel Riana. I wasn't looking for just therapy, I needed more than to just talk about my problems and feelings; I needed some sort of direction. That's why this coaching program sounded fantastic. I have in all aspects of my life adapted the "Watch Me" attitude from the *Live Beyond Your Dreams* book. In my life, I had always had people telling me I was never going to be anything, and my self confidence was taking a hit. Now I apply the "Watch Me" mindset to everything again!

I wasn't sure of my criteria or what I needed or wanted in someone I was dating. Riana's amazing book, *Love Beyond Your Dreams* will now forever be my go to guide whenever I'm looking to meet someone, or even when I'm in a relationship and am seeing some warning signs. It will forever be on my night-stand for me to review. I will also always have my *Life & Love Transformation Workbook*, which I think is where I learned the most about myself. There is only so much information that sticks when just reading, so actually applying the knowledge and reflecting on how it applies to me really helped me a lot. This program may have only been 90 days, but I have gained a true friend and mentor that I look up to and I know this knowledge will last me a lifetime! Thanks for everything Riana! **(4-month VIP Platinum Client)**

**Patty A. (46)** I learned a lot and much has changed since I went to Riana's DTM VIP Coaching. I started a Job Search and actually landed a great job at a fantastic salary before our coaching ended. I had a lot of fear around interviewing and "feeling good enough" since I was not in the job market while raising my son for many years. I now feel motivated to move forward, no longer feeling exhausted or afraid in so many life areas. I only had one friend who was always negative, and so were my parents – they are all treating me better because I am standing up for myself now. I have been out socially meeting a lot of new people so got over my social anxiety. I'm much better at decision making now, where before I felt so stuck and made no new decisions and did nothing nice for myself, keeping me stuck in anger and depression. I have learned to trust my judgement and not look to others for answers. I've learned not to expect perfectionism in myself or my son, letting things go and really feeling ok about things being "good enough." I used to have horrible anxiety and depression, and that rarely shows up – but if it does, I now know exactly what to do to get myself quickly out of that feeling Thanks so much

Riana – I'm so glad I learned all these skills to make such a profound difference in my life! Dating is next! Love, Patty. **(VIP Diamond client)**

**Cynthia C. (60)** Riana's Life & Love Transformation and Dating to Mating Course is comprehensive. She not only deals with your past trauma and Love life, she deals with your family, money, health and career concerns. She's easy to talk to and gives honest, straight-forward advice. Her books and her programs are excellent! You will learn a lot and be given opportunities to apply what you learn. Love, Cynthia **(Singles Life & Love Transformation Group – SPR 2022)**

**Nikki F. (50s)** Riana's Group Life & Love Transformation Coaching Program is very inviting and conversational. While watching her videos, I feel she is in my living room giving me one on one attention and much of what she's teaching is absolutely spot on advice and guidance that I need to hear. The written content is easy to understand and assimilate. Solid, real-world education is what she offers. She provides a wealth of information among her educational lessons, books, videos, workbooks and rich life experience! And... things are going great with the man I have met since starting the Dating to Mating Group Program! Best, Nikki **(Dating to Mating Singles Group Student)**

**Jevon C. (40's)** "Riana is an excellent coach and therapist! She is exceptional at creating an open and safe environment. She is very personable and draws a great balance between listening and offering helpful suggestions. I would recommend her to anyone that is searching for an effective Coach or therapist." Top qualities: Great Results, Personable, a Real Expert! **(4-Month Silver Mastery Client)**

**Dawn C. (50's)** "Riana has continually kept me focused on my personal and professional goals. Her encouragement as a Coach and her expertise with relationships has brought me to my next Professional level. She has taught me to think clearly and concisely before I take any action. Her compassionate listening and subtle words of advice have been rewarding." Top qualities: Great Results, High Integrity, Creative & Effective Approaches to Healing **(4-month Silver Mastery)**

**Ray G. (40's)** I hired Riana as a Career Coach and hired her more than once. Riana is a great Life Coach. She has a great way to articulate her points and relate them to real life experiences. She has an awesome demeanor and makes her clients feel extremely comfortable in speaking with her. I would definitely utilize her again and would highly recommend her to other people. Thanks Riana! Top Qualities: Great Results, Expert in Trauma Healing, High Integrity **(4-month Silver Mastery Client)**

**Kate S. (40's)** Kate S. (40's) When I came to Riana I felt that I was going to explode. She immediately calmed me down and gave me hope and confidence that all was not bleak. I was at a point in my relationship with my father that I couldn't come to terms with. The anger and guilt were overwhelming. We had differences on how our new relationship should work since I was now sharing a home 50/50 with him after my marriage broke up, while letting me raise my son without interference. Riana showed me that I have choices and the situation is not hopeless. She offered and followed through with being a mediator. Thank you so much for being the voice of reason when I was weighed down with emotional upset, trauma, and a difficult transition. This VIP Silver Program also helped me to heal from my breakup trauma and start dating with confidence – something I was terrified to do. I'm dating with full conscious awareness with the

new Skills I lacked before - and I'm already meeting great men! This program was a life saver and brought "The Best Version of Me" back! **(4-month Silver Client)**

**With pride & love, Doreen (60's)** God gives us new pathways, new friends, new roads and sometimes a professional to help guide the way. Riana was that when I really needed help. My roads seemed to go nowhere, and my relationship was a Toxic Mess. But God led me to Riana and through months of work, I have created a new life and I see the silver lining in each day because she encouraged me to look. Don't be afraid to look in new directions and seek help in finding them. Thanks Riana! **(4-month Silver Mastery Client)**

**BW from South Jersey (40's)** Riana has been helping me a very difficult time with my marriage. Sexual addiction has caused a great deal of pain to my family and me. Talking to her on a weekly basis gets me through each week. She had me working on making myself better at first by exploring my past. Then creating a better marriage comes next. Riana is helping me take care of my addictions by helping me heal myself first. I thank her for all that she has done for me. **(6-month VIP Diamond client)**

## **Testimonials about my two, 5-Star rated books (see more on Amazon)**

### **LIVE & LOVE Beyond Your Dreams**

**See many more Testimonials for my books on Amazon.com**

**LIVE Beyond Your Dreams - [Link](#) - *from Fear & Doubt to Personal Power, Purpose & Success***

**LOVE Beyond Your Dreams - [Link](#) - *Break Free of Toxic Relationships to Have the Love You Deserve***

### **Erin L - Boca Raton, FL**

Not only have I had the pleasure of reading Riana's book, *LOVE Beyond Your Dreams*, but I have done Coaching session with her and it has made such a difference with my relationship and also my personal spirit! Riana is a true believer in love and happiness, and so should everyone else. People forget that it doesn't take much to be happy and that it takes more energy to be upset and angry, which she truly outlines in her book(s). I am grateful to have stumbled across her in my internet searching for someone who really understands life & love, and can have a sincere approach on each individual's circumstances. In the book, each chapter outlines sincere messages to ask yourself what you really want and deserve. It talks about personality traits and what you may encounter within yourself and the people you meet, and to help you avoid red flags and toxic partners at an early stage in a relationship rather than later wasting time trying to make dysfunctional situations work.

Its' great for referencing back if issues arise and you need some advice on how to approach a situation. My boyfriend and I have used this book to read together and see what we have accomplished and what we still may need to work on. It highlights great aspects in a relationship - such as trust, respect, loyalty, affection and a whole lot more! Some chapters have a personal quiz where Riana asks you questions about yourself and your relationship(s). It will only help you in the long run to be truthful and honest with yourself.

One of my favorite phrases from the book is this; "Consistency/Time = Trust." The more consistent honorable behaviors you have in a relationship and the longer you show your loved the effort you're putting into it, will be directly related and evolve into the trust you have for one another - which many relationships don't have. This book has really helped me understand the boundaries that I need for a positive and healthy relationship. I hope you will find this book as useful and helpful as I did! Enough of reading my review --- order your book now and see for yourself! Great book....and Great advice!'

### **Lisa Marie, Florida**

Riana's book, *LOVE Beyond Your Dreams* is really helping me with relationships. And in the end, isn't that what it's really all about? It is easy to read and is helping me identify what is a toxic relationship, how not to be in one, and how to be a good partner as well! LOVE it! Thank you!

### **Wendy K; Director of a Recovery Center**

I just read the first chapter, and I LOVE the rebirth idea in *LIVE Beyond Your Dreams*! Riana writes, "...one final act spurs people to become motivated enough to do whatever it takes to create a new life for themselves." I totally agree with this statement!

### **Lisa in NJ**

Riana's first book, *LIVE Beyond Your Dreams* - was what I needed to take the first step in finding and loving myself. *LOVE Beyond Your Dreams* took it one step further and beyond anything I expected to find in a book. These are the ONLY TWO books you will ever need to read! Highly Recommended! Signed, Truly Thankful

### **Chrissy in NJ**

Riana has taught me so much about relationships and it all makes sense. She's a great inspiration and her *Watch Me!* book has taught me to grow and reach my goals. She always helped me through those tough times and she is my idol. I can't wait for her new book to come out! She advised me to read other books, many listed in resources, and they also really helped me through some of the tough times in my life. She really is a positive inspiration and the best Relationship Coach!

### **B. Anderson from MD.**

"Riana has been both an associate and friend of mine for over 38 years. Driven, passionate and devoted to her clients, she is especially vigilant about staying current with groundbreaking holistic approaches to therapy, coaching and self-fulfillment. Riana's book, *LIVE Beyond Your Dreams*, chronicles her personal journey while offering guidelines and hope to those looking to realize their dreams."

## **Personal Testimonials**

### **Jamie Siracusa; Executive Director of Business Executive Campus**

I've hired Riana as a Personal Business Trainer several times, and she was the recipient of our organization's first **Hero's, Mentor's and Leaders Award**. Please listen to my audio interview with her on this App! Riana's Top qualities: Expert, High Integrity, Creative

**Jerry, School Principle in PA**

Riana has helped many people, myself included, discover who they are and find their inner strength. She has a natural gift for helping people become more self-aware and better equipped to deal with life's naturally occurring obstacles. I would recommend Riana to anyone looking for guidance in their everyday lives!

**Michael Logsdon, LPC, NCC, LCADC**

"I had the privilege of working with Riana Milne for several years as a colleague working with adolescents and children. I am also aware of the excellent work she does with adults. She is a caring professional who enables her clients to develop the skills to deal with their emotional challenges. She is grounded in evidence-based practices and is a tireless advocate for her clients. I would and have recommended her to provide Coaching or therapy to troubled clients of all ages.

**Ted Fattoross, CEO/Founder Network Plus and Ted Speak Educational Service**

"Riana is a most amazing person. In a word, awesome! You can count on Riana to help you create the outcomes you desire in your life. Trust Riana, her middle name is Integrity.

**Nick Charalambous: Owner, HWT Installations Inc.**

"I have met many people from all different walks of life and in many different professions. Riana stands out because she is very articulate, smart, caring and a true friend who really cares about people. I would recommend Riana's Coaching anytime, and her practice "Therapy by the Sea", to anyone looking for someone to speak with about any problems they may be having. Whether it's Life, Professional, Family or Relationships, Riana is the right choice!"