

Why Coach With Riana Milne

MA, LMHC, CCTP-II, CAP, SAC

Certified Global Life, Love Trauma Recovery & Mindset Coach

Experience that connects life and love

Riana brings more than 27 years as a Licensed Mental Health Counselor and over 40 years coaching clients globally. Her work helps people understand the connection between childhood experiences, emotional triggers and adult relationship patterns.

A practical path toward personal transformation

Her Holistic Life & Love Trauma Recovery and Mindset for Success Coaching Systems combine education, reflection, workbooks and focused coaching. Clients work on self-worth, communication, boundaries and purposeful goals.

Support for different stages of life

Coaching topics include singles and couples, dating, relationship recovery, career goals and life transitions. Educational speaking programs also serve students, parents, educators and workplace audiences.

Books and a show that extend the learning

A #1 bestselling author and host of Lessons in Life & Love™, Riana shares practical life, love and mindset education through her books, podcast, interviews and coaching programs.

Creator and developer of RianaAI

RianaAI is available at RianaAI.com and LoveCoachOnline.com. Riana is partnered with Pain2Care.com and hospital groups in Finland, the UK and Germany.

Explore coaching or book Riana for your next event

RianaMilne.com/session/ | RianaMilne.com/speaking/