



Love and Happiness at Any Age: How Valencia Resident Riana Milne Helps Seniors Embrace New Beginnings

Submitted by **Janice Seitz Hunt** • Photos supplied by **Riana Milne**

For Valencia resident Riana Milne, coaching is more than a career; it is a calling. As an LMHC and Certified Global Life, Love Trauma Recovery & Mindset Coach, she has dedicated over 26 years to helping people of all ages transform their lives, heal past Childhood and Love Relationship Trauma, and create the life they desire and have the love they deserve.

Riana began her journey in 2000 with her private practice, Therapy by the Sea, LLC, and later expanded onto the global stage with Lessons in Life & Love Coaching, LLC. Her personal experiences, from childhood bullying to a marriage full of painful relationship trauma, Riana turned her pain into her passion and adversity into purpose.

"When I personally experienced a second love relationship trauma, there was no counselor who could explain why I was attracting emotionally unhealthy partners. I needed those answers for my own healing, which led me to research the important correlation between childhood trauma and love relationship trauma," she explains.

That discovery led to her developing the Childhood Trauma Checklist Assessment Tool in 2012, and a breakthrough method to uncover unconscious wounds that are directly correlated to painful adult relationships. Today, she integrates holistic mind-body-spirit trauma healing, her trademarked "Mindset for Success" Coaching programs, and practical strategies for empowered communication, self-confidence, and overall life success.

A major focus of Riana's coaching is helping women and men, ages 16 - 80, find emotionally healthy, lasting love partners. As the Life & Dating Coach for the TV docu-series "Radical Dating - Finding Lasting Love Over 40," she has guided countless clients to approach dating with confidence and clarity. "It's wonderful to see them move on to being married and having families.

"So many people come to me thinking love has passed them by," Riana says. "But once they heal their unconscious trauma patterns and build confidence through my Mindset for Success program, they open the door to emotionally healthy, loving relationships, no matter their age."

Whether divorced, widowed, or single for years, her clients learn to identify toxic behavioral patterns that no longer serve them, set healthy boundaries, and attract partners who align with their values. Riana has taught her "Mindset for Success" program for over 40 years. "My counseling and coaching technique focuses on motivational, solution-oriented psychotherapy combined with person-centered approaches. Every human being is unique and deserves an individual, fresh perspective on their overall health, healing, and wellbeing," she explains.



LESSONS IN *Life & Love* Global Coaching via Zoom



RIANA MILNE, LMHC, CCTP-II, CAP
Educational Speaker • #1 Bestselling Author
Certified Global Life, Love,
Trauma Recovery & Mindset Coach



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

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She works with one-on-one clients and couples by telehealth, ensuring personalized care and long-lasting transformation. Her coaching extends beyond relationships, empowering clients to strengthen self-worth, recognize emotional triggers, and pursue their goals with confidence.

Riana's influence goes far beyond private sessions. Her 5-star-rated podcast, *Lessons in Life & Love*, reaches audiences worldwide with 126 shows, as do her #1 best-selling books, *Love Beyond Your Dreams* and *Live Beyond Your Dreams*. She has also inspired audiences for nearly four decades through speaking engagements, workshops, and media appearances.

Recognition has followed; she was featured in *FORBES*, *NY Weekly*, *US Times*, *Disrupt*, *Influencer Daily*, *Women's Journal*, *Her Forward*, and *Wealth Insider Magazines*; and was selected as "One of The 100 Most Successful Women Around the World" by The Global Trade Chamber. She is also the 5-year running "Business Hall of Fame" recipient as "The Best Life Coach & Psychotherapist" for Delray Beach, Florida."

However, Riana defines success differently. "When I set out in business to make a difference in the world, there was no goal to become an award-winning, thought leader; the awards and recognition came when I least expected them. My focus has always been on helping people heal and transform their lives," she reflects. "I may be internationally known, but I give small-town, caring, and compassionate service."



Her mission remains clear: to "Help Change the Way the World Loves." Whether guiding someone to find love later in life or helping a couple rebuild trust, Riana Milne continues to empower people to create the life they desire and have the love they deserve.

To learn more or schedule an appointment and meet virtually, call 201-281-7887, email RianaMilne@gmail.com, or contact her through her website, RianaMilne.com.

You can also connect with her on Facebook and Instagram at Coach Riana Milne.

FREE OUTDOOR CONCERT SATURDAY NIGHT NOVEMBER 15th – CANYONS AMPHITHEATER IN BOYNTON BEACH

Article and photos by **Bruce H. Berns**,
Nostalgic America, Inc. President / Publisher



YEA - It's Disco Night !!!! FEATURING **THE Soundsations (1970s Disco)** ON SATURDAY NIGHT NOVEMBER 15th - AT THE CANYONS AMPHITHEATER IN BOYNTON BEACH. A FREE OUTDOOR LIVE CONCERT UNDER THE STARS. THE 2025 LEGENDS ON THE LAWN CONCERT SERIES is always the third Saturday night each month at the Canyons Amphitheater, 8802 Boynton Beach Blvd. (SE Corner of Lyons Road). All Concerts start at 7 pm. Come early and bring your Beach Chair/Blanket - a picnic - refreshments, etc... the sponsors always have FREE goodies to hand out! These FREE concerts are brought to you by The Palm Beach County Recreation Department, Nostalgic America, COBWRA, and Living Magazines.

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