

INNERLIGHTENED

Workshop

InnerPower

Six skills that build core values and the confidence to
make good decisions — including saying no to
pressure from others.

Innerlightened

A FREE GUIDE TO GET STARTED

Welcome to InnerPower

InnerPower moves from how you think to who you're becoming. These six skills build the internal compass you reach for when no one's watching, when others are pushing, and when the right choice isn't the easy one.

I'm Inna Neal — a certified Wisdom & Intuitive-Transformational Life Coach, and founder of Innerlightened. I've worked with individuals, couples and families worldwide, and this guide is built from exactly what we cover together in the InnerPower workshop, so you can see the real value before you book a single session.

“There is not one extra person on this planet. You have gifts to share with the world — this is where you start finding out what that looks like.”

INNA NEAL

What's inside this guide: the InnerPower skills, what's included, and how to book.

Is this the right fit for you?

We absorb our values by osmosis long before we can explain them. InnerPower makes those values explicit and practical — self-responsibility, integrity, respect, self-respect, decision-making and the courage to say no — so you have language and tools for moments that used to feel confusing or overwhelming.

This workshop may be a fit if:

- You blame others quickly when something goes wrong
- You struggle to make decisions, or make them to please others
- You feel pressure to go along with the group even when it doesn't feel right
- You're still working out what respect looks like — for others and for yourself

Not sure yet?

That's exactly what a discovery session is for. We'll talk it through together — no pressure, just clarity.

The InnerPower Skills

Self-Responsibility

“How to be the boss of me”

Learn to own your choices and your reactions, replacing blame with a genuine sense of agency over your own life.

TRY THIS TODAY · Swap “whose fault is this?” for “what’s my part in this, and what’s next?”

Choosing Integrity

“What you do when no one else is looking”

A grounded look at integrity as a daily practice, not a big dramatic moment — the small choices that build (or erode) self-trust.

TRY THIS TODAY · Notice and name integrity when you show it: “I did the right thing even though no one was watching.”

Respect

“Understanding your impact on others”

Explore how your words and actions ripple outward, building genuine empathy rather than rule-following.

TRY THIS TODAY · After a tricky interaction, ask yourself: “How do I think that landed for them?”

The InnerPower Skills

Self-Respect

“Understanding your impact on you”

The flip side of respect — how the way you treat yourself shapes everything else, including how others treat you.

TRY THIS TODAY • Catch harsh self-talk gently: “Would I say that to someone I love?”

Decision Making

“What do I choose for me”

A simple, repeatable process for making decisions that reflect your own values, not just what's easiest or loudest in the moment.

TRY THIS TODAY • Before a decision, ask: “What do I choose, for me?”

Saying No to Pressure

“How to say YES to you and NO to pressure from others”

Practical scripts and confidence-building practice for the moment you need to hold your ground with colleagues, friends or family.

TRY THIS TODAY • Rehearse one tricky scenario in advance, so the words are already familiar if it happens for real.

Every skill includes its own reflection pages and a hands-on practice exercise.

Private coaching, or group workshops

Every skill in InnerPower can be taught one of two ways, depending on what you need right now.

Private Coaching

We explore your specific beliefs and tailor tools to your needs, one-to-one. Can include Emotional Freedom Technique and guided meditation.

Group Workshops

Facilitated by Inna Neal. You'll often discover you're not alone in what you feel — sharing with others becomes part of the process.

What's included, every time:

- A powerful, story-based lesson for every skill — never a lecture
- Group or private-coaching format, matched to your needs
- A full workbook and worksheets to keep practicing between sessions
- A reflection sheet so you can keep the conversation going with yourself
- A hands-on practice exercise for every single skill

All materials provided — you just need a journal of any kind.

IN THEIR WORDS

“This journey was fabulous. My main learning was about self-responsibility. I am responsible for me. I was in blame mode before. Now, I am in control of how I want to live my life. There are daily tools I can use. My days are brighter and happier.”

ZARINA GINAI

100+

Individuals & families guided

28

Life skills across 5 workshops

2016

Innerlightened founded

ABOUT YOUR GUIDE

Inna Neal

Inna Neal is a certified Wisdom & Intuitive-Transformational Life Coach and Mentor, and the founder of Innerlightened. She has worked with individuals, couples and families worldwide, teaching a system of empowerment through workshops, speaking engagements, one-on-one coaching and mentoring.

Inna holds a Diploma in Mental Health and Holistic Well-being. Her work is built on trust, honesty and respect, and on the belief that every person already has what they need inside them — they just need the tools to access it.

“My younger self wishes there had been someone to teach me these lessons. I understand how much these tools can change what's possible for you, starting today.”

Certified Wisdom & Intuitive-Transformational Life Coach · Founder, Innerlightened

Here's how to get started

- 01 Book a discovery conversation**
Tell us a little about yourself using the booking form on our website, or call/email directly.
- 02 We find the right fit together**
We'll talk through what you're navigating and recommend private coaching, a group workshop, or another InnerPower pathway.
- 03 Your journey begins**
Sessions begin, materials are provided, and you'll have a reflection sheet after every single skill.

One more page — everything you need to book is on the next page.

BOOK A DISCOVERY SESSION

Let's find out if InnerPower is right for you.

There's no pressure and no obligation — just a genuine conversation about what you need, and how we can help.



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innerlightened.com/contact.html#booking