

INNERLIGHTENED

Workshop

MePower

Developing soaring self-esteem and unstoppable
self-confidence — how you feel about yourself
shapes everything else.

Innerlightened

A FREE GUIDE TO GET STARTED

Welcome to MePower

MePower is the heart of the Innerlightened curriculum. These five skills work on self-esteem and self-confidence together, because how you feel about yourself quietly decides how you relate to others, how you handle setbacks, and what you'll dare to attempt.

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 MePower 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 MePower skills, what's included, and how to book.

Is this the right fit for you?

Self-esteem isn't built through praise alone — it's built through practice, self-talk and small, repeated wins you can feel for yourself. MePower gives you a daily practice for liking who you are, so confidence stops depending on other people's approval.

This workshop may be a fit if:

- You worry a lot about what other people think of you
- You struggle to accept a compliment or acknowledge your own wins
- You talk about yourself harshly, even in passing
- You have good days and rough days with confidence that feel unpredictable

Not sure yet?

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

The MePower Skills

I Love Me

“How to develop soaring self-esteem”

A foundational practice for building genuine self-esteem — not arrogance, but a settled sense of being enough as you are.

TRY THIS TODAY · Start a nightly “one thing I liked about myself today” habit.

I Honour Me

“How to be yourself and honour your uniqueness”

Explore what makes you uniquely you, and how to hold onto that under pressure to fit in.

TRY THIS TODAY · Notice something wonderfully specific about yourself today — not generic praise, something only you do.

I Believe in Me

“How to develop unstoppable self-confidence”

A practical framework for building confidence through evidence — remembering and stacking up your own past wins.

TRY THIS TODAY · Keep a running “I did it” list somewhere you'll see it daily.

The MePower Skills

Self-Talk

“Mastering the secret behind self-esteem and self-confidence”

Learn to notice your inner voice and reshape it — the single biggest lever for lasting confidence.

TRY THIS TODAY · When you catch negative self-talk, ask: “What would I tell a friend who said that about themselves?”

Self-Coaching

“How to conquer ups and downs and create daily mastery”

A simple daily practice for navigating hard days without losing momentum — the capstone MePower skill.

TRY THIS TODAY · After a rough moment, ask: “What’s one small thing that would help me reset right now?”

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

Private coaching, or group workshops

Every skill in MePower 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

“The first time I heard Inna speak, I knew that there was so much I could learn from her. Her ‘before’ story was my current reality and I wanted her to teach me and give me the tools to become the ‘after’! Inna radiates happiness, love and light and I too wanted that.”

BRONWYN ABBOTT

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 MePower 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 MePower 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