

INNERLIGHTENED

Workshop

MindPower

How to understand the way your mind works — and
use that understanding to build real, lasting
confidence.

Innerlightened

A FREE GUIDE TO GET STARTED

Welcome to MindPower

MindPower is where every client's journey with me begins. Before you can change a habit, calm a worry, or chase a goal, you need to understand the tool you're working with — your own mind. This ebook walks you through exactly what you'll learn, session by session, and why it matters.

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 MindPower 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.”

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

Is this the right fit for you?

Most of us are never taught how our mind actually works. We're told to "calm down," "think positive," or "try harder" — without ever being shown how. MindPower changes that. It gives you a plain-language map of your own thinking, so self-confidence isn't a personality trait you either have or don't — it's a skill you can build on purpose.

This workshop may be a fit if:

- You react strongly to small setbacks and struggle to reset
- You say "I can't" before really trying
- You're unaware of how your thoughts are shaping your mood
- You want more self-belief but don't know where to start

Not sure yet?

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

The MindPower Skills

Our Emotions

"How to use our emotions as our GPS"

You'll learn that emotions aren't problems to suppress — they're information. This session gives you a simple framework for reading what a feeling is telling you, instead of being ruled by it.

TRY THIS TODAY · Tonight, pause and ask: "What did my GPS tell me today?" — name one feeling, and what it might have been pointing you toward.

How Our Mind Shapes Our World

"Who's flying your plane"

Discover the difference between the thoughts that are steering you and the ones that are just noise — and start noticing which "pilot" is in charge moment to moment.

TRY THIS TODAY · Next time you're stuck in a mood, gently ask yourself: "Who's flying the plane right now?"

Power of Possibility

"Why you achieve what you believe"

A practical look at belief and achievement — how the story you tell yourself about what's possible quietly decides what you'll actually attempt.

TRY THIS TODAY · Notice when you catch yourself saying "I can't" — practice swapping it for "I can't yet."

The MindPower Skills

Building Neural Pathways

“How to create your path to success”

An accessible look at how repeated thoughts and actions become easier over time — so practice stops feeling like failure and starts feeling like building.

TRY THIS TODAY · Celebrate effort and repetition, not just results: “I’m building that pathway.”

The Secret Radar in Your Brain

“Your radar to achieve your goals”

Learn how your brain filters what it notices based on what you focus on — and how to point that radar at what you actually want.

TRY THIS TODAY · Name one thing you want your “radar” to notice more of this week.

Power Shifting

“How to choose your power even when things don't go your way”

The capstone MindPower skill: a practical way to reclaim a sense of choice and steadiness in the middle of a hard moment, instead of being swept away by it.

TRY THIS TODAY · When things go wrong, ask: “What’s one small power shift I could make right now?”

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

Private coaching, or group workshops

Every skill in MindPower 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 changed my life. It helped me access my emotions and use them to live life in the present moment. Because of this, my relationship with my husband and my children improved dramatically and my work environment got better.”

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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 MindPower 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 MindPower 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