

INNERLIGHTENED

Workshop

Slaying the Dragons

How to bust through fear, mistakes, failure, and
change — and come out the other side stronger.

Innerlightened

A FREE GUIDE TO GET STARTED

Welcome to Slaying the Dragons

Every one of us meets our own “dragons”: a mistake we can't shake, a fear that stops us trying, a failure that feels bigger than it is, a change we didn't choose. This workshop gives you tools to face those moments head-on, instead of shrinking around them.

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 Slaying the Dragons 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 Slaying the Dragons skills, what's included, and how to book.

Is this the right fit for you?

Left unaddressed, these ordinary struggles quietly shape our whole story about what we're capable of. Slaying the Dragons gives you language and practice for turning a hard moment into a lesson, not a verdict — so setbacks become something you move through, not something that defines you.

This workshop may be a fit if:

- You avoid trying new things for fear of getting it wrong
- You dwell on mistakes long after they happen
- You give up quickly after a setback or a loss
- You find change (a new job, relationship, or routine) especially hard

Not sure yet?

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

The Slaying the Dragons Skills

Overcoming Mistakes

"How to learn from mistakes and let them go"

Learn to separate the lesson in a mistake from the shame around it — extracting the useful part, then genuinely letting the rest go.

TRY THIS TODAY • Name one recent mistake and the single lesson it taught you — then consciously let the rest go.

Managing Fear

"How to create courage and bust outside of your comfort zone"

A practical approach to fear as a normal part of growth, with small, doable steps for expanding your comfort zone.

TRY THIS TODAY • Ask: "What's one brave thing, even a tiny one, I could try this week?"

Moving Past Failure

"How to 'put it in a box' and keep on going"

A simple technique for containing a failure so it doesn't spread into every other part of your confidence.

TRY THIS TODAY • Use the phrase: "I'm putting that in its box and moving on."

The Slaying the Dragons Skills

Handling Change

“How to embrace change and thrive”

Build a toolkit for the unsettled feeling that comes with change, so transitions feel manageable rather than threatening.

TRY THIS TODAY • Before a known change, list what will stay the same as well as what’s different.

Conditional Thinking

“If... then... when?”

The capstone skill — noticing when you’re stuck in “I’ll be okay when...” thinking, and how to find steadiness now instead of waiting for a condition to be met.

TRY THIS TODAY • Notice “when/then” thinking as it happens: “Is there a way to feel a bit better about this right now?”

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

Private coaching, or group workshops

Every skill in Slaying the Dragons 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

“I couldn't cope with the amount of pain. But then I became complacent, and I once again started living virtually pain free. I have my life back, and I now know I have hope and belief – as long as I put the work in, anything is possible.”

JOANNE GODDY

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 Slaying the Dragons 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 Slaying the Dragons is right for you.

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



021 619 193



inna@innerlightened.com



innerlightened.com/contact.html#booking