



By the Sea Enterprises

"News You Can Use"

by Terriana (Riana) Milne, MA, LPC, LCADC, SAC
Certified Couples & Singles Coach
Author, Motivational Speaker, Inter-Faith Minister

By the Sea Enterprises, 7028 Ridge Ave, Egg Harbor Township, NJ 08234



Ph: (609) 601-7884 | Cell: (201) 281-7887 | Website: www.RianaMilne.com | Email: info@RianaMilne.com

Issue #1

Get Back in the Game!

Making a good first impression counts!

Welcome to our first Monthly newsletter! You will see articles that inform, celebrate, enlighten, and bring together all aspects of the businesses within *By the Sea Enterprises*.

As summer is winding down, it is a great time to reflect on the upcoming Fall and new goals to accomplish before the year ends. Why not do a complete honest assessment as to where you are now, and where you hope to be by the end of the year? Then set up your goals to reach by Dec. 31st.

Let's begin by discussing the importance of making a good first impression. Whether you are looking for a new or better job, hoping to rekindle a dying relationship, feeling depressed that you just aren't as vivacious as you once felt, or are single & hoping to meet someone new- setting new goals to become the

best person you can by revamping the first impression you give to others is essential. I am not talking about only changing what you look like on the outside, but more importantly, changing *who you are* on the inside. Studies show that people judge you within 5 seconds of meeting you. Your job resume means nothing compared to how you walk into the room, say hello, and the energy and confidence that comes from within you when you speak your first few words. After this initial impression, the Boss knows whether you "the one" for the job. The hot new lady

or man you meet will also know if you are "the one" within moments! Some call this chemistry in the dating world. So how to you get "it?" Well, it all begins within the mind, what you think not only of others, but of yourself. Do you love who you are? Are you proud of your accomplishments as a person, parent, partner and in life? Do you live with purpose and a sense of Faith? Do you help others? Have you done the necessary steps to

Making a good 1st impression begins first with the mind – do internal changes before the external to change your life!

"forgive and forget"? Do you set mini-goals and plan each day with purpose to reach them? Do you take care of the body temple by eating healthy, real foods (from the earth – no packaged products – including organic fruits and vegetables, fish, chicken and turkey), do you exercise & keep in shape, take vitamins, sleep

7-9 hours/night, and exude the picture of health? Everything is more competitive today, especially in the job and relationship markets for baby boomers – so you absolutely *must* be your best. Do an honest evaluation and start changing now. I suggest watching the DVD of "The Secret" by Robin Byrne and read the book by Joel Osteen, "Your Best Life Now." Start strengthening the mind and the body will follow. Confidence will come with internal and external change and *that energy* will show from across the room! Then watch what happens to your life!

Inspiration for the Month...

"Help Yourself by Helping Others"

by Riana Milne

I wrote this quote in 1987 when I started my Talent school; as when you serve, inspire, or volunteer to help others, your self-esteem & sense of purpose increases, and depression, anxiety & hopelessness decreases! *Help someone today!*



Congratulations to Alexi!

Alexi Panos, Riana's daughter, was just nominated by Jet Blue Airline as 1 of 6 for their "True Blue to Passion" campaign for her charity, EPIC, that puts water wells in Africa. She is currently building wells no. 6 thru 9. The AC Press will feature Alexi in the Monday, 8.23.10 newspaper; section: *Everyone Has a Story*. Watch for it!



Jim and Riana celebrate their 4th Anniversary together!



Katy Mills & Tammy Lascar

Congratulations to Katy & Tammy who celebrated their loving relationship with Civil Union on August 14th, in Belmar NJ at the Riverview Pavilion. Thank you ladies for making me a part of this very important day in your lives!



Anne Garman & Cathy Lentini

Celebrated their Civil Union on the beach in Avalon, NJ at sunrise with their families – a perfect morning on July 31st, with weekend accommodations at the lovely Golden Inn Resort. Thanks to Ron Mirkil and staff for having Jim and I as guests for the day also!



Kerri Lafferty & Leo DiPietro

make a stunning couple and were married June 27th at the Ocean City Yacht Club, on the bay in Ocean City, NJ. Thanks to Chris and Chef Bill for introducing me to Kerri & Leo and for providing another beautifully done reception!

Ceremonies by the Sea

Singles by the Sea

Upcoming Parties

Visit our website for info!

Suggested Reading-DVD

"The Secret" by Rhonda Byrne

Advice, etc. Quick Question of the Month: *Riana, I never seem to meet anyone I feel would be a great life partner. I'm a woman in my late 40's and feel there is no hope! What do you suggest?*

R: First, watch *The Secret* DVD to get in a positive frame of mind to meet someone special. The world is abundant, and it's important you have positive energy that eludes from you. Get out with friends on weekends & ask them to introduce you to their single friends. I suggest Personal Singles Coaching for learning the success strategies to be your Best. Call me for details.



Washington Square Hotel

Ph: 212-777-9515,
www.washingtonsquarehotel.com;
103 Waverly Place, NYC, 10011.

Romance International Travel

Jimmy and I really enjoyed our Anniversary weekend at the New York City *Washington Square Hotel*. Tucked away in Greenwich Village, one of Manhattan's most desirable neighborhoods that is rich with history, culture, artists, authors and architecture. Fine cafes, restaurants & clubs bound, with the Meat packing district (the latest party spot in NYC) just a few blocks away. When there, say hello to Alexi who works Fri & Sat nights at 10 June nightclub.

The hotel offers an Art Deco motif, restaurant, lounge/bar, Sunday Jazz brunch, lobby café, and a small gym. We had a beautiful, big, King Deluxe suite, room 802, which was huge for NYC standards! It featured a large bathroom with a lovely marbled double sink and shower for two, the softest sheets in the biggest king bed I have ever seen, and a ladies vanity desk with mirror.