

Part 1

Let V be a d -dimensional vector space over $F = \mathbb{C}$ or \mathbb{R} , S non-singular $S \in GL(d, F)$, $\ker(S) = \{0\}$, $\text{Im}(S) = V$. Let $\{v_1, \dots, v_d\}$ be a basis of V and $S(v_i) = w_i$
 $\Rightarrow \{w_1, \dots, w_d\}$ are linear independent.

Let G be a group and D^G a representation.

$$\begin{aligned} D^G w_n &= D^G S(v_i) \\ &= D^G \sum_{m=1}^d S_{mn} v_m \\ &= \sum_{m=1}^d S_{mn} D^G(v_m) \\ &= \sum_{m=1}^d S_{mn} \sum_{k=1}^d D_{km}^G v_k \end{aligned}$$

$$\begin{aligned} [D^G v_m]_j &= D_{jk} v_m^k \\ &= \sum_{m,k=1}^d S_{mn} D_{km}^G \sum_{l=1}^d S_{lk}^{-1} w_l \\ &= \sum_{l,k,m=1}^d S_{lk}^{-1} D_{km}^G S_{mn} w_l \\ &= \sum_l^d D_{ln}^{G'} w_l \end{aligned}$$

thus $\{w_1, \dots, w_n\}$ is a set of basis vectors for the equivalent representation

$$D^{G'} = S^{-1} D^G S$$

Since $w_i = S(v_i) = \sum_m S_{mi} v_m$, the effect of a similarity transformation is the rearrangement of the basis of the space without changing the space itself. \square

Part 2

Let S be unitary D^G unitary rep of G and $D^{G'} = S^{-1} D^G S$ the equivalent representation.

Note that $\langle S v_i, S v_j \rangle = \langle v_i, v_j \rangle = \langle D^G v_i, D^G v_j \rangle$ as S and D^G are unitary.

Then orthonormality is preserved since:

$$\begin{aligned} \langle v_i, v_j \rangle &= \langle S v_i, S v_j \rangle \\ &= \langle D^G S v_i, D^G S v_j \rangle \\ &= \langle S^{-1} D^G S v_i, S^{-1} D^G S v_j \rangle \\ &= \langle D^{G'} v_i, D^{G'} v_j \rangle \end{aligned}$$

$D^{G'} = S^{-1} D^G S$ is unitary since

$$\begin{aligned} \langle D^{G'} a, D^{G'} b \rangle &= \sum_{i,j=1}^d a_i^* b_j \langle D^{G'} v_i, D^{G'} v_j \rangle \\ &= \sum_{i,j=1}^d a_i^* b_j \langle v_i, v_j \rangle \\ &= (a, b) \quad \text{for } \forall a, b \in V \end{aligned}$$