

Who Am I?

Finding my Purpose through Inner Reflection

A Retreat for Women

with Lynn Gow

Date and Time:

Friday, February 16 - 6:30 - 9:00 pm

Saturday, February 17 - 9:00 - 4:00 pm

Costs:

Program: \$160 -includes lunch Saturday

Enrich your retreat with the following:

Stay in a small bedroom (Friday Night) -\$50/night

Breakfast Saturday (for those living in or commuting) -\$9/day

Detail:

'Who Am I?' is a time to stop, reflect and look inside yourself with a new lens. You will be given a framework to use in your journey of self-discovery. Knowing ourselves, our core values helps to focus us on where we need to be spending our energy to become the women we were created to be. The time together will include meditation, journaling, creative exercises and sharing with other women committed to their own growth and development. Explore a little deeper in a safe place. Experience curiosity about yourself, who you are and what you are meant to be doing.

To Register for Program, Call, or Email Lynn

306-371-6392 / gow.lynn@gmail.com

To Arrange for Accommodations and/or Saturday Breakfast, call

306-242-1916

or email:

receptionist@queenshouse.org

Retreat Schedule

Friday Evening / Prairie Lounge

6:30 – 7:00 Introductions / Overview

7:00 – 9:00 Session One

Discover your true Essence

- Mind, Heart, Spirit Alignment
- Who Am I – an Inventory
- Influencer's Inventory

Saturday / Prairie Lounge

9:00 – 10:15 Session Two

Clear the Path for Growth

- Mind, Heart, Spirit Alignment Revisited
- Who rules the roost? / Where do I spend my energy?
- Strategies for clearing blockers

10:15 – 10:45 **Break**

10:45 – 11:50 Session Three

Chart Your Course

- Where do I WANT to spend my energy?
- Who Am I Inventory Revisited – Core Values
- Integrated Decision Making (Mind/Heart/Spirit)

12:00 – 1:00 - Lunch

1:00 – 3:30 Session Four

Intentional Living – Take your values for a Walk

- Setting Your Intention
- Building Your Supports
- Self-Care and the Journey

3:30 – 4:00 Wrap-Up and Feedback

Presenter: Lynn Gow was born and raised in New Brunswick where she worked as a Social Worker for 18 years counselling women and families. Her focus has always been uncovering the strengths that already exist within each individual and helping them build on those to become their best selves.

Lynn made a career transition in 2000 to work in IT and moved to Victoria, BC. Her focus in IT has been in the areas of Project Management, Organizational Change Management, Coaching and Leadership. She has lead small and large teams, worked in Public and Private Sectors supporting organizations and individuals as they adapt to change.

The one constant through both careers has been Lynn's focus on empowering people. The key to effective relationships, productive workplaces, successful project teams and a person's peace of mind ultimately comes down to the same thing; people knowing who they are, and living an authentic life in line with their core values.