

# Who Am I?

## Finding my Purpose through Inner Reflection

### A RETREAT FOR WOMEN

with Lynn Gow

**Date and Time:** Friday May 11, 6:30-9:00 p.m.  
Saturday May 12, 9:00 a.m. – 4:00 p.m.

**Cost:** \$160 -includes lunch Saturday

*Enrich your retreat with the following:*

Stay in a small bedroom (Friday Night) -\$60/night

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

Registration deadline: May 9

A non-refundable deposit of \$25 is required when registering

**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](mailto:gow.lynn@gmail.com)**

**To Arrange for Accommodations and/or Saturday Breakfast, call**

**306-242-1916 or email: [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)**

#### RETREAT SCHEDULE

##### Friday Evening

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

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

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.