

Design for Life

LEADERSHIP PROGRAMS FOR WOMEN

Who Am I?

Weekend Retreat

**Friday September 28, 6:30 p.m. -
Sunday September 30, 1:00 p.m.**

Program Cost: \$225

*(includes lunch on Saturday & Sunday –
overnight accommodations extra)*

Designing My Journey

One Day Next Step

Saturday October 20, 9:00 a.m. - 4:00 p.m.

Program Cost: \$95

(includes lunch)

Navigating the Path

Group Coaching & Support

Wednesday Evenings, 6:30 - 8:00 p.m.

**November, December,
January, February**

*Dates to be determined based on
participants' availability*

Program Cost: \$100

(four sessions - limited to 4-6 participants)

To register or for more information call or

email Lynn: 306-371-6392 /

gow.lynn@gmail.com

www.designforlifecoaching.ca

To arrange for Accommodations for 'Who Am I?'
Retreat (\$60/night) and/or additional meals,
call 306-242-1916

or email: receptionist@queenshouse.org



Lynn Gow is a Certified Expedition Coach, Project Manager, Change Leader and Owner of Design for Life Coaching and Consulting. She was born

and raised in New Brunswick where she practiced Social Work 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 led 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.

Queen's House Retreat and Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9
306-242-1916

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For details on all programs:
www.queenshouse.org

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Navigating the Path Group Coaching & Support



Lynn Gow, PMP

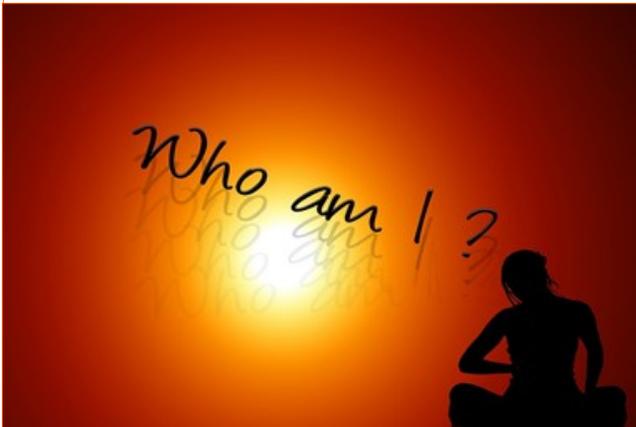
Queen's House Retreat & Renewal Centre

—
A Home Away from Home

Who Am I?

FINDING MY PURPOSE THROUGH
INNER REFLECTION

'Who Am I?' is the first step in the *Design for Life Program*. It is a prerequisite to the other offerings. During this weekend away (Friday evening, Saturday and Sunday) you will have 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 and our core values, helps to focus us on where we need to spend our energy to become the women we were created to be. Explore a little deeper in a safe place. Experience curiosity about yourself, who you are and what you are meant to be doing.



**"When you are doing what you are
meant to be doing,
you will have the energy
to do it"**

Sister Margaret O'Rourke

**"Every little step I took in this new
direction — it was like feeling my
molecules aligning"**

Chris Hardwick

Designing My Journey

For those who have attended 'Who Am I?', there is a follow-up day available to look at the next steps. Once we know better who we are and what really matters to us, how do we align our energy and spend our time doing things that fulfill us and bring real value to those around us? 'Designing My Journey' is a day of sharing and interactive exercises that help you explore the possibilities in your life. Participants will learn how to use tools such as 'mind maps', 'story-telling' and 'prototyping' to discover how to start down the path of living in alignment with your core values. A prerequisite to attending 'Designing my Journey' is your participation in the 'Who Am I?' retreat.



Refresh, Relax and Rejuvenate
DAY RETREAT

Indecision and
confusion begin to
fall away when you
know yourself.

—MICHELLE MAROS
@PeacefulMindPeacefulLife



Navigating the Path

'Navigating the Path' is a series of four evening sessions of group coaching (once a month for 1.5 hours each). These sessions are designed for those who have attended both 'Who Am I?' and 'Designing My Journey' to share successes and challenges along the path, support each other in practicing the tools learned in the previous programs and gain a deeper understanding of living out the principals of a value based, well designed, joyful life.

DESIGN
for LIFE
COACHING & CONSULTING INC.

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