

# 'DESIGNING MY JOURNEY'

*1 Day Next Step*

With Lynn Gow, PMP

**Date and Time:** Saturday, October 27, 9:00 am – 4:00 pm

**Cost:** \$95 (plus GST) includes lunch

**Detail:**

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 their core values. To attend 'Designing my Journey', you have to have taken 'Who Am I?'

**Presenter:**

**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. Lynn made a career transition in 2000 and moved to Victoria, BC. Her focus 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.

**To Register:** Contact **Lynn Gow, Design for Life** at 306-371-6392 or [gow.lynn@gmail.com](mailto:gow.lynn@gmail.com)

**For more information on Design for Life:** [www.designforlifecoaching.ca](http://www.designforlifecoaching.ca)