

'NAVIGATING THE PATH'

Group Coaching and Support

With Lynn Gow, PMP

Date and Time: Wednesday – 6:30 – 8:00 pm / once per month November to February
Exact dates to be determined based on participant availability

Cost: \$100 (plus GST) total for four evening sessions

Detail:

'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.

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

For more information on Design for Life: www.designforlifecoaching.ca