

'WHO AM I?'

Finding your Purpose through Inner Reflection

With Lynn Gow, PMP

Date and Time: Friday September 28, 6:30 - 9:00 pm
Saturday, September 29, 9:30 am – 4:00 pm
Sunday, September 30, 9:30 am – 12:00 pm

Cost: \$225 (plus GST) includes lunch on Saturday & Sunday.

Detail:

'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.

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 those who would like to live in, contact **Queen's House** for accommodations and additional meals

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