

Who Am I?

DISCOVERING YOURSELF IS LIFE'S GREATEST ADVENTURE

A ZOOM SERIES FOR WOMEN

with Lynn Gow

An online three-part series using Zoom

Dates and Times: Tuesday evenings, October 13, 20 & 27
6:30 – 8:30 p.m. Mountain Daylight Time
repeated
Saturday mornings, October 17, 24 & 31
9:30 – 11:30 a.m. Mountain Daylight Time

Cost: \$90.00 for 3 sessions
A minimum of 9 participants are needed to offer these programs.
Registration deadline: **October 11**

Cost is per person - if additional people are joining you in participating in this Zoom event, we invite them to make a donation to the retreat centre.

Registration Details: There are two options to consider when registering for this series:

- Visit our website: http://www.queenshouse.org/?page_id=4399
Participants can now register and pay online!
- Call Queen's House and register over the phone: 306-242-1916. As our staffing is minimal, please leave a message and we will be in touch ASAP.

Detail: 'Who Am I?' is a time to stop, reflect and look inside yourself with a new lens. In a time of significant change, knowing ourselves and our core values helps to focus us on where we need to spend our energy to become the people we were created to be. 'Who Am I?' will provide you with a framework to use in your journey of self-discovery and give you tools to help you grow in a deeper awareness and understanding of the path that's right for you. Experience curiosity about yourself, who you are and what you are meant to be doing.

Included in the registration:

- Three 2 hour Zoom Sessions (combination of presentation and discussion)
- A workbook in three sections sent in advance of each session.
- Copy of session slides
- 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 follow-up one on one (Zoom) coaching or spiritual direction session with Lynn to help
- incorporate learnings into your own journey.

Part One – Discover your Deep Desires

There are so many voices telling us who we should be, and what we should do. Discover why some things drain your energy and others fuel you. What does that tell you about who you are and what you are meant to be doing? Who are you at your very core? Who were you created to be? Discover your core values.

Part Two – Design your Life

When you are in touch with the unique gifts and values that are yours, it becomes easier to explore all the possibilities that you had not considered. What parts of your life have not been getting the attention they need and what direction you are meant to be moving in?

Part Three – Navigate your Path

Identify the supports you need to help you keep the commitment to yourself. Discover how fear holds you back from becoming everything you were created to be. See how self-care and self-compassion are your greatest tools for growth.

Presenter: Lynn Gow, PMP, CMP

Lynn 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 supporting others to uncover the strengths that already exist within. Living in alignment with who we are created to be enables people to become their best selves and live their best lives.

Lynn made a career transition in 2000 to work in IT and moved to Victoria, BC. In 2005, she moved to Saskatoon with her husband John where she worked with PotashCorp/Nutrien until 2018 and now in Organizational Change Management with Federated Co-op. Combining her years of training and experience, she has founded *Design for Life Coaching & Consulting Inc.*

In 2020, Lynn completed a two-year Spiritual Direction Formation Program through Queen's House Retreat and Renewal Center in Saskatoon. With the addition of Spiritual Direction, *Design for Life* now offers a range of services as well as custom designed programs for individuals, teams, groups, or organizations.