

Who Am I? Part Two: Going Deeper

LIVING IN ALIGNMENT WITH MY TRUE SELF AND PURPOSE

A ZOOM SERIES FOR WOMEN

Facilitator: Lynn Gow

Dates and Times: Tuesday evenings, May 4, 11, 18 & 25, 6:30 - 8:30 p.m.

Cost: \$120 for four sessions
Registration deadline: **April 30**
A minimum of 9 participants are needed to offer this series

Registration Details: There are two registration options:

- Visit our website: http://www.queenshouse.org/?page_id=4399
Participants can register and pay online
- Call Queen's House and register over the phone: 306-242-1916 x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

A prerequisite for this program is 'Who Am I? Part One' which will be offered again this fall. If you are interested in participating in Part Two and have not attended a previous program, please contact Lynn Gow: gow.lynn@gmail.com

Detail: If you have taken the introductory program, 'Who Am I?' then you are invited to join us for a four-week series this May, '*Who Am I? Part Two: Going Deeper*'.

Going Deeper is an experiential virtual retreat providing participants with the opportunity to practice their inward journey of self-reflection in a supportive and encouraging environment with others who are on the same path. Using the concepts included in the Person Framework introduced in 'Who Am I?', participants will share where they are in their own journeys, along with their hopes and wishes for what may be coming next. During each session, we will use the tools, techniques and practices learned in 'Who Am I?'

The focus of this series will include:

- Journeying together as part of a supportive group
- Personal reflection exercises
- Meditation Practices to silence the mind, heal the heart, and connect with the spirit

- Sharing personal stories to honor the path that has led you here
- Visioning and setting intentions
- Learning from others' insights as we journey together
- Developing curiosity about yourself, who you are and what you are meant to be doing

Included in the registration:

- Four 2-hour Zoom Sessions (meditation, reflection, sharing and setting intentions)
- Copies of all resources shared
- A one-on-one (Zoom) coaching or spiritual direction session

Facilitator: **Lynn Gow, PMP, CMP** 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.

Lynn currently works as a Change and Project Management Specialist for Federated Co-op in Saskatoon. She is also owner of Design for Life Coaching and Consulting offering several services including Retreats and workshops for women, one-on-one or group coaching, spiritual direction and custom designed programs for individuals, teams, groups, or organizations.

Lynn believes and teaches that the key to becoming our best selves, living our best lives and true peace of mind ultimately comes down to the same thing; knowing who we are and living in alignment with who we are created to be.

To contact Lynn:

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