



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 both PotashCorp/ Nutrien and Federated Co-op leading Projects and Organizational Change Management. 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 & 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.

To contact Lynn:

<https://www.designforlifecoaching.ca/>

gow.lynn@gmail.com

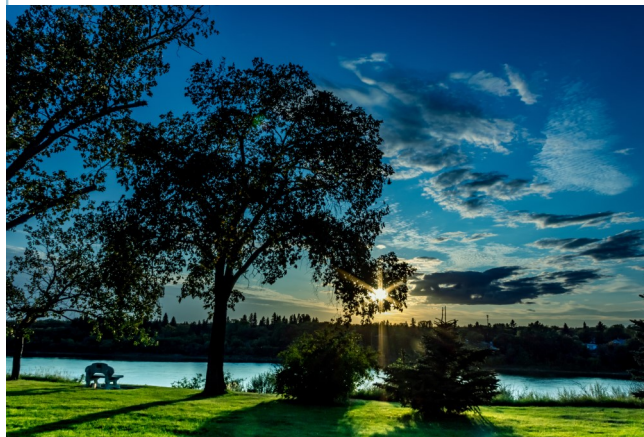
306-371-6392



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

A sacred place to nourish your mind
and nurture your spirit through:

- ♦ Ecumenical Encounter & Prayer
- ♦ Silent Retreats & Spiritual Direction
- ♦ Contemplation & Meditation
- ♦ Healing Retreats & Workshops
- ♦ Spiritual Exploration & Engagement
- ♦ 12-Steps Retreats & Gatherings
- ♦ Solitude and Private Retreats
- ♦ Yoga, Reiki & Holistic Practices
- ♦ Art & Iconography
- ♦ First Nations Spirituality & Encounter
- ♦ Community, Celebration, Worship



Going Deeper: Healing the Heart

WHO AM I? PART TWO

A RETREAT OFFERED AT QUEEN'S HOUSE

**Friday April 26,
6:30 - 8:30 p.m.**

**Saturday April 27,
9:00 a.m. - 3:00 p.m.**



Lynn Gow



QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

Going Deeper: Healing the Heart

WHO AM I? PART TWO

If you have attended 'Who Am I?', consider 'Going Deeper: Healing the Heart' as a next step along the path.

Each of us carries wounds at the heart level simply because of the human condition and experiences we have had along the way. These wounds can hold us back and can act as blockers to knowing who we were created to be.

This retreat will provide you with tools and practices to support your healing journey. As we begin the process of healing the inner wounds, the fog begins to lift, and we start to let go of the fear. The way becomes clearer, and we naturally begin to move towards a life lived in alignment with who we were created to be.

Our time together will be a combination of presentation, reflection, sharing and discussion. There will be space and time provided for individual and group sharing as well as personal reflection.

Consider giving yourself the gift of this time to focus on yourself and your journey. Experience curiosity about yourself, who you are, and what you are meant to be doing.

Part One - 'Who Am I?' Revisited

We will begin by revisiting the 'Person Framework' discussed in 'Who Am I?' Through presentation and group sharing we will look at each part of who we are and begin to identify where there are blockers including our own inner critic.

Part Two - The Wounded Self

We often try to ignore, cover up or avoid those painful parts or ourselves or our history. Much of our time together will be using exercises, time for reflection and sharing to begin to name and embrace those heart wounds that often block us from knowing our true selves.

Part Three - Navigating Your Path

Time will be spent at the end reflecting and sharing on how we move out from here continuing to heal the heart, letting go of the inner critic and embracing what we are being called to live out. We will explore tools and practices to take away as we continue the healing journey.

A prerequisite for this program is
'Who Am I? Part One'
which will be offered on zoom,
March 9, 9:00 a.m. - 12:00 p.m.

Please visit

[Our Programs | Queen's House \(queenshouse.org\)](https://www.queenshouse.org)
to register for this program.

Friday April 26,

6:30 - 8:30 p.m.

Saturday April 27,

9:00 a.m. - 3:00 p.m.

A RETREAT OFFERED AT QUEEN'S HOUSE

Commuter fee: \$145 - retreat and
Saturday lunch

Bed and breakfast available
- call 306-242-1916 x226 for details

Welcoming 6-12 participants.

Registration deadline: **April 24**

Registration Details

There are two registration options:

- Visit our website: [Our Programs | Queen's House \(queenshouse.org\)](https://www.queenshouse.org)
Participants can register and pay online

OR

- Call Queen's House and register over the phone: 306-242-1916x226. As our staffing is minimal, please leave a message and we will be in touch ASAP.

Queen's House Retreat & Renewal Centre
601 Taylor Street W, Saskatoon SK S7M 0C9

For details on all programs:
www.queenshouse.org