

Who Am I?

Finding my Purpose through Inner Reflection

A RETREAT FOR WOMEN

with Lynn Gow

Date and Time: Saturday March 28,
9:00 a.m. – 4:00 p.m.

Cost: \$125 -includes lunch Saturday

Enrich your retreat with the following:

Overnight accommodations begin at \$60/night

Breakfast Saturday (for those living in or commuting) - \$10

To register please call **306-242-1916** or email: **receptionist@queenshouse.org**

Registration limited to a minimum of 6 participants and a maximum of 12 participants - register soon!

A \$25 Deposit is required when registering.

Registration deadline: March 21

Detail: 'Who Am I?' is a 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, our core values helps to focus us on where we need to be spending our energy to become the women we were created to be. The time together will include meditation, journaling, creative exercises and sharing with other women committed to their own growth and development. 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 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 uncovering the strengths that already exist within each individual and helping them build on those to become their best selves.

Lynn made a career transition in 2000 to work in IT and moved to Victoria, BC. Her focus in IT has been in the areas of Project Management, Organizational Change Management, Coaching and Leadership. She has lead 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.