



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



Who Am I?

A RETREAT TO DISCOVER WHO YOU ARE AND HOW TO LIVE IN ALIGNMENT WITH YOUR AUTHENTIC SELF

A RETREAT OFFERED AT QUEEN'S HOUSE

Friday October 6,

6:30 - 8:30 p.m.

Saturday October 7,

9:00 a.m. - 3:30 p.m.



Lynn Gow



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Who Am I?

DISCOVERING YOURSELF IS LIFE'S GREATEST ADVENTURE

'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.

Our time together will be a combination of presentation, reflection, sharing and discussion. You will receive a workbook with copies of the materials to take away. 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 – 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.

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

For details on all programs:
www.queenshouse.org

**Friday October 6,
6:30 - 8:30 p.m.**

**Saturday October 7,
9:00 a.m. - 3:30 p.m.**

A RETREAT OFFERED AT QUEEN'S HOUSE

Commuter Fee: \$145

- retreat and Saturday lunch

A minimum of 6 participants and a maximum of 12 participants are needed to offer this retreat.

Registration deadline: **October 4**

Registration Details

There are two registration options:

- Visit our website: <http://www.queenshouse.org/programs>
- OR
- Call Queen's House and register over the phone: 306-242-1916 X226