

Retreat Schedule

Friday Evening / Prairie Lounge

6:30 – 7:00 p.m. Introductions / Overview

7:00 – 9:00 p.m. Session One

Discover your True Essence

- Mind, Heart, Spirit Alignment
- Who Am I? – an Inventory
- Influencer's Inventory

Saturday / Prairie Lounge

9:00 – 10:15 a.m. Session Two

Clear the Path for Growth

- Mind, Heart, Spirit Alignment Revisited
- Who rules the roost? Where do I spend my energy?
- Strategies for clearing blockers

10:15 – 10:45 a.m. Break

10:45 – 11:50 a.m. Session Three

Chart Your Course

- Where do I WANT to spend my energy?
- Who Am I Inventory Revisited – Core Values
- Integrated Decision Making (Mind/Heart/Spirit)

12:00 – 1:00 p.m. Lunch

1:00 – 3:30 p.m. Session Four

Intentional Living

- Setting Your Intention
- Building Your Supports
- Self-Care and the Journey

3:30 – 4:00 p.m. Wrap-Up and Feedback



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.

To contact Lynn please call 306-371-6392 or email: gow.lynn@gmail.com

Queen's House Retreat and Renewal Centre

601 Taylor Street W, Saskatoon SK S7M 0C9
306-242-1916

To register please call **306-371-6392**
or email: gow.lynn@gmail.com

For details on all programs:
www.queenshouse.org

Who Am I?

FINDING MY PURPOSE THROUGH INNER REFLECTION

A RETREAT FOR WOMEN

Friday February 16,

6:30 - 9:00 p.m.

Saturday February 17,

9:00 a.m. - 4:00 p.m.



Lynn Gow

Queen's House Retreat & Renewal Centre

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A Home Away from Home



Who Am I?

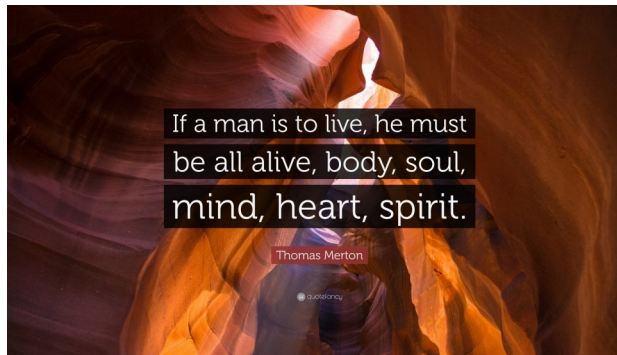
'Who Am I?' is a time to stop, reflect and look inside yourself with a new lens. You will be given a framework to use in your journey of self-discovery. Knowing ourselves, our core values helps to focus us on where we need to be spending our energy to become the women we were created to be. The time 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.

"When you are doing what you are meant to be doing, you will have the energy to do it"

Sister Margaret O'Rourke

Discover your True Essence

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?



Clear the Path for Growth

Peace and a sense of wellbeing don't come to us from a life free of challenges. They come from an inner certainty that you are living your best self and you are equipped to deal with what life has in store. Our mind, heart, spirit, and body are meant to work together to help us live out the fullness of who we are and what we are meant to do. Where are your blockers? How do you clear them and help all parts of yourself align with your true purpose?



Chart your Course & Intentional Living

... so, now what? We will finish by creating a vision with some concrete next steps along the path. You will identify the supports you need to help you keep the commitment to yourself. And you will receive a list of recommended resources to support your path.

Who Am I?

FINDING MY PURPOSE THROUGH
INNER REFLECTION
A RETREAT FOR WOMEN

Friday February 16, 6:30 - 9:00 p.m.

Saturday February 17, 9:00 a.m. - 4:00 p.m.

Program Cost: \$160

*(includes lunch on Saturday –
overnight accommodations extra)
Registration deadline: February 14*

**To Register for Program, please call or email
Lynn: 306-371-6392 / gow.lynn@gmail.com**

To arrange for Accommodations (\$60/night) and/or Saturday Breakfast (\$9), call 306-242-1916 or email: receptionist@queenshouse.org