

#### PRESIDENT'S REPORT



#### LCAM What??

Many of our EWI members are probably wondering what LCAM is. LCAM is EWI's Leadership Conference and Annual Meeting. It's when members from across Canada and the United States gather to Flourish, Grow and Thrive. This year's LCAM is also celebrating 80 years of EWI. How cool is that!! I feel a great sense of pride being part of a group of professional women, and really smart men, that has

been around for many decades. The LACM event is from September 20th-22nd, 2018 in Raliegh North Carolina.

Here is a small teaser of what LCAM offers:

In these ever-changing times, achieving effective results demands a paradigm shift that can be realized only with exposure to new ideas and thought processes. The EWI Leadership Conference and Annual Meeting (LCAM) will help you discover and implement ideas that deliver results. You will receive training that will assist you in searching for innovative solutions. It will provide opportunities to make valuable connections with other executive women and suppliers who have solutions you need. And, it will prepare you to take advantage of the opportunities ahead of you...in just three days!

Below is some helpful information to show the value of attending LCAM.

- Session content. What sessions have particular relevance to your organization's work?
- Tools (Workshops and presentation skills, leadership assessment and development)
- Technologies (Apps, mobile marketing, social media, branding)
- Processes (time management, goal setting, networking, team building, mentoring)

There is also speakers and educators we will be learning from!

Keynote Speaker: JuliAnn Stitick, Walk away with the 3 biggest mistakes that are stopping women from growing, thriving and flourishing in today's modern, fast-paced world.

Communication Secrets of Outstanding Leaders. Academy of Leadership with Lori Giovannni-New Module!

This NEW module investigates and delivers the following:

- How to communicate effectively with each workplace generation
- Mastering the art of "Critical Conversations"
- Defining successful behaviors and skills of a leader with "Conversational Intelligence"
- Finding your voice and maximizing your influence as a leader

After reading that small tidbit, how many of you busy influential women and business people could benefit from such education and growth? This is why it is incredibly important our Saskatoon EWI President

and Vice President attend. If our chapter leaders are educated in the areas of leadership and growth, Saskatoon EWI can't help but grow!! The best part is LCAM is open to anyone who is a member of EWI. My vision is to see many of our members attend in 2019. The conference is hosted in different locations each year. An opportunity such as LCAM for me to gain contacts, knowledge and growth is priceless to a business professional like myself. To be surrounded by uplifting and high vibing people is the best investment you can make in yourself, no matter who you are or what your profession.

Stay Epic!!

Alisa Thompson,  
President



## 2017-2018 Officers & Directors

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Alisa Thompson, Epic Alliance Inc.

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Michelle Busa

## Nine & Wine

Thank you to all those who came out on August 15<sup>th</sup> for the Moon Lake Golf Course Nine and Wine event. We all had a blast while raising awareness for EWI!

After some golf in the smokey weather, we moved into the tent for a tasty dinner and great conversation. Alisa gave an overview of EWI, then Jess Tetu shared a little of her story before expanding on how networking has helped her business. I (Michelle) then closed with the benefits of EWI and how it has helped me personally and professionally.

Here are some great photos from the night!



### DATES TO NOTE

#### September 26<sup>th</sup>

5:00pm – Networking  
and Dinner  
Saskatoon Inn

#### October 17<sup>th</sup>

5:00pm – Networking  
and Dinner  
Hillcrest Funeral Home

#### November 21<sup>st</sup>

5:00pm – Networking  
and Dinner  
Location TBD



**JOIN US!**  
**Wednesday, 26 September**



### **The Program:**

Business Advisor, educator, writer and the creator of the SFG Employee Engagement Wheel™.

Andrea will be sharing the “5 Success Factors for Couples in Business” and will share her experience as one of co-founders of Seeds for Dreams.

**Guests welcome!**

### **DINNER MEETING**

@Saskatoon Inn

5:00—Drinks & Networking  
6:00—Dinner  
6:45—Program  
7:30pm—Adjourn Dinner Meeting

Cost:

**\*Special Rate \$35 for Nine and Wine Attendees**

\$45/Members

\$50/Guest

Register by September 23rd on  
[ewiofsaskatoon.ca/events](http://ewiofsaskatoon.ca/events)

**Connections, Careers,  
Community**



## Design for Life

LEADERSHIP PROGRAMS FOR WOMEN

### Who Am I?

#### Weekend Retreat

Friday September 28, 6:30 p.m. -

Sunday September 30, 1:00 p.m.

Program Cost: \$225

*(includes lunch on Saturday & Sunday –  
overnight accommodations extra)*

### Designing My Journey

#### One Day Next Step

Saturday October 20, 9:00 a.m. - 4:00 p.m.

Program Cost: \$95

*(includes lunch)*

### Navigating the Path

#### Group Coaching & Support

Wednesday Evenings, 6:30 - 8:00 p.m.

November, December,

January, February

*Dates to be determined based on  
participants' availability*

Program Cost: \$100

*(four sessions - limited to 4-6 participants)*

To register or for more information call or

email Lynn: 306-371-6392 /

gow.lynn@gmail.com

[www.designforlifecoaching.ca](http://www.designforlifecoaching.ca)

To arrange for Accommodations for 'Who Am I?'  
Retreat (\$60/night) and/or additional meals,  
call 306-242-1916

or email: [receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)



Lynn Gow is a Certified Expedition Coach, Project Manager, Change Leader and Owner of Design for Life Coaching and Consulting. She was born

and raised in New Brunswick where she practiced Social Work 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 led 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.

#### 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](mailto:gow.lynn@gmail.com)

For details on all programs:  
[www.queenshouse.org](http://www.queenshouse.org)

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Group Coaching & Support



Lynn Gow, PMP

## Queen's House Retreat & Renewal Centre

—  
*A Home Away from Home*



## Who Am I?

### FINDING MY PURPOSE THROUGH INNER REFLECTION

'Who Am I?' is the first step in the *Design for Life Program*. It is a prerequisite to the other offerings. During this weekend away (Friday evening, Saturday and Sunday) you will have 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 and our core values, helps to focus us on where we need to spend our energy to become the women we were created to be. 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

**"Every little step I took in this new  
direction — it was like feeling my  
molecules aligning"**

Chris Hardwick

## Designing My Journey

For those who have attended 'Who Am I?', there is a follow-up day available to look at the next steps. Once we know better who we are and what really matters to us, how do we align our energy and spend our time doing things that fulfill us and bring real value to those around us? 'Designing My Journey' is a day of sharing and interactive exercises that help you explore the possibilities in your life. Participants will learn how to use tools such as 'mind maps', 'story-telling' and 'prototyping' to discover how to start down the path of living in alignment with your core values. A prerequisite to attending 'Designing my Journey' is your participation in the 'Who Am I?' retreat.



Indecision and  
confusion begin to  
fall away when you  
know yourself.

—MICHELLE MAROS  
@PeacefulMindPeacefulLife



## Navigating the Path

'Navigating the Path' is a series of four evening sessions of group coaching (once a month for 1.5 hours each). These sessions are designed for those who have attended both 'Who Am I?' and 'Designing My Journey' to share successes and challenges along the path, support each other in practicing the tools learned in the previous programs and gain a deeper understanding of living out the principals of a value based, well designed, joyful life.

DESIGN  
for LIFE  
COACHING & CONSULTING INC.

Lynn Gow PMP

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