



Manresa Jesuit Spiritual
Renewal Centre
2325 Liverpool Road, Pickering, ON
L1X 1V4
manresa-canada.ca 905-839-2864



DAY OF REFLECTION FOR WOMEN

Saturday, May 3, 2025

9:30 am - 4:00 pm

Obstacles to Discernment: Achieving Clarity Through the Gift of Reason

Are you ready to make more confident and informed decisions, to learn a framework that you can apply to any challenge? Do you want to overcome confusion, indecision, overwhelm, worry, and hesitancy?

“Do not be conformed to this world but be transformed by the renewal of your mind that you may discern what is the will of God, what is good and acceptable and perfect.” (Romans 12:2)

In this interactive and reflective workshop, you will be led through The Reason Cycle. It is a meta-skill that can be applied to any problem. By learning this critical thinking skill through self-reflection, repentance and meditative prayer, you will grow in self-awareness, grit, and effective decision-making. You will be taught how to identify and set clear goals, how your thoughts and emotions can be an obstacle to discernment, how to start responding and stop reacting, how to manage your mind and grow in emotional resilience, and how to apply practical daily exercises to grow in virtue using the Metanoia Catholic Journal and Scripture. Come, bring a friend, and grow in perseverance with other women of faith who desire interior peace and freedom to make life-giving choices.

Suggested Offering: \$ 65.00 per person

Includes lunch and coffee/tea break on arrival

For more information and to register,
please contact Veronica at:
boutiquecoachingconnections@gmail.com



Veronica Ljubicic is a Salesian Cooperator and certified Catholic Life Coach trained through Metanoia Catholic. She guides women through workshops, retreats, group, and one-on-one coaching where she helps them discern and develop their gifts, grow in resilience by optimizing their internal and external environments, and customize strategies that support them through work-life transitions. Formerly, Veronica worked in youth and young adult ministry where she developed foundational programs and networks throughout the GTA and Canada. Her background is in Communications, Marketing and Business. She resides in Toronto and offers her services through Boutique Coaching Connections.