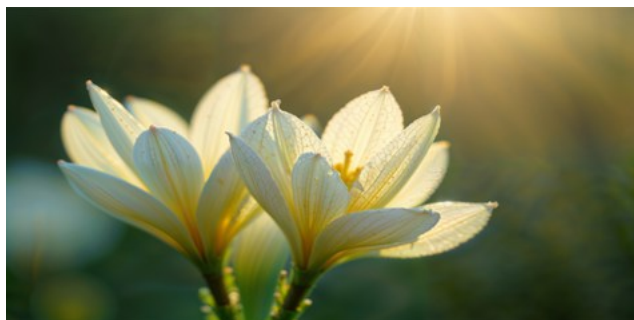


Manresa Jesuit Spiritual Renewal Centre
2325 Liverpool Road, Pickering, ON L1X 1V4
manresa-canada.ca 905-839-2864



DAY OF REFLECTION FOR WOMEN Saturday, August 8th, 2026 9:30 am - 4:00 pm

How to Build Resilience around Habit Change: From Resistance to Perseverance

“Be renewed in the spirit of your minds, and put on the new man, created after the likeness of God in true righteousness and holiness.” (Ephesians 4: 23-24)

Lasting change comes through spiritual renewal and the transformation of one's mind, not just willpower. Abandoning old behaviours to create new habits requires spiritual strength and emotional resilience. Join us for this interactive workshop and reflection day where we will look at how our awareness of undesired habits, beliefs that keep us stuck, and discontentment of these behaviours and results, can assist us in building the emotional resistance and conviction needed to persevere in creating habits and outcomes we want. We will share insightful tools and practical tips.

Come away for a while and be refreshed by walking the grounds, having a nice meal together, praying, and fellowshiping with other women of faith.

Suggested Offering: \$ 75.00 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.