



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



DAY OF REFLECTION FOR WOMEN

Saturday, September 12th , 2026

9:30 am - 4:00 pm

How to Prioritize Values and Set Boundaries with your Time

“For everything there is a season, and a time for every matter under heaven.” (Eccl 3:1)

Jesus never seemed to hurry. He always made time to be with people and to be alone with the Father in prayer. Time is a gift from God and our decisions about how to best steward it must come from acknowledging that our lives belong to Him. Prioritizing prayer and Sabbath rest will guide us to make wise choices, and setting appropriate boundaries will allow us to protect what is most important.

Join us for this interactive workshop reflection day where you will learn values-based time management strategies, gain tips for creating a workable to-do list and not-do list, tools for how to say no to activities that waste time and distract us from our goals and priorities, and insights into the benefits of making time for communal and individual prayer and rest.

Come away for a while from the busyness of life to pray, reflect, connect, grow together, share a meal, enjoy the lovely grounds, and celebrate Mass 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.