

COMMITMENTS (Session Check-Out)

Peel Regional Police - Senior Leaders EXCEL
September 23, 2024

Josh Colley

Explore the science of multi-tasking - specifically how it's detrimental and impacts presence; try to be more present?

Will report to the group on Oct. 17

Dave De Angelis

Focus on presence, and also levels of listening

Will report to the group on Oct. 17

Sara Alimardani

Will explore presence, and the nuances associated with that (vs. the 'to do' list)

Will report to the group on Oct. 17

Mark Noble

Levels of listening - check in on that

Will report to the group on Oct. 17

Anzette DeCunha

Levels of listening, and values - noticing

Will report to the group on Oct. 17

Darlene Smith

Pay attention to values and how they show up

Will report to the group on Oct. 17

Peter Danos

Will not bring a device to our next meeting, invites others to join him 😊 (focus on presence)

Some kind of 'no device policy' for the group was discussed - tricky for some

Dyson Smith

Being present and the levels of listening, both at work and at home

Will report to the group on Oct. 17