

# EXCEL (Excellence in Coaching and Engaging Leadership) Senior Leaders ~ York Regional Police ~ September 10, 2025

## ORIENTATION SESSION CHECK-OUT

# What is resonating?

- Will this differ from other courses?
- Will the learning stick? Will it be practical and put to use?
- What will you actually do? What's the capacity for taking on new learning and sustaining it? What's our comfort for pushing ourselves?
- Want to get to takeaways...time invested vs. what can I use in my day to day.
- Maintain relationships - through the program breakthrough.
- Self-learning is good - want help with blind spots - feedback.
- Curiosity about how we will 'walk the talk' of change' - different previous courses seem to have had some similar content, but optimistic that there will be new learning.
- Don't get time for self-work so hopeful for this and pleased to be able to join this experience.
- Interested not just in the internal knowing of self, but also in how that plays out externally in the day-to-day of work.
- Hopeful - been working on 'reframing' - and looking forward to working with this group.
- Drive home ideas across the organization with self-awareness as a piece - what is the impact?
- Easy to be a leader, but hard to be a good leader. Looking forward to the coaching.

