

EXCEL (Excellence in Coaching and Engaging Leadership) Senior Leaders ~ York Regional Police ~ October 8, 2025

SESSION 1

One Step: TypeCoach

- Notice who is being quiet.
- W.A.I.T. answer
- Heads up front
 - ↳ “Just brainstorming”
 - ↳ Do you have time to:
 - ↳ Bounce ideas?
 - ↳ Feedback?
 - ↳ Summarize actions - really want to do?
- Use cohort to practice.
- Use sensor strengths to identify concerns.

TypeCoach Resources

- Go to typecoach.com
- Log in with the email you signed up with
- If it asks for your code: VRNP9H

