

STAYING CONNECTED

Cohort 3, Residency 2



WHATSAPP

- Birthdays - monthly - Lori
- Conferences - posting if going, opportunities
- Milestone celebrations - posted individually
- Positive affirmations - emails too
- Meeting dates



MEETING IN-PERSON

- Travel around (use as learning opportunity)
- Cottages/camping
- Retreat/spa
- Joint patrols
- Agency partnerships
- Joint cohort overnight, 1 location
- Go for lunch if you're in the 'hood
- Police Memorial (Ottawa)



VISION BOARD

- One month finish - Share
- Google Drive (Kim & Sara to create)
- Update as events you achieve vision
- Quarterly update (automatic notification)



QUARTERLY

- Check in
- Celebrate
- 30-60 minutes (lunch break)
- Open invite - not mandatory
- Pick a topic prior to meeting?
- Potential opportunities



CONNECT BETWEEN COHORTS

- Champions/per service
- Videos and books (journals)
- Capitalize on evening social time or speaker events
- "Residency in action" - how did previous cohort members put it into action (lessons learned) > Storytelling
- Skills inventory to be available to other cohorts
- Develop and leverage cohorts to build in post-residency accountability