

# Executive Assistant Agenda



## Monday, June 9, 2025

- 11:00 AM Arrive at Hotel C by Carmen's  
1530 Stone Church Road East
- 11:30 AM to 12:30 PM **Lunch**
- 12:45 PM to 1:30 PM **Somatic Yoga**  
Lauryl Bruzzese
- 1:45 PM to 4:45 PM **Building Self-Efficacy in Policing Administration Members**  
Alison Pereira and Crystal Natolino
- 4:45 PM to 6:00 PM **Free Time**
- 6:00 PM **Dinner & Rustic Succulents Plant Party**  
Hamilton Police Association  
555 Upper Wellington Street  
(transportation provided)



## Tuesday, June 10, 2025

- 8:00 AM **Breakfast**  
Warplane Heritage Museum  
9280 Airport, Road, Mount Hope
- 9:00 AM to 10:15 AM **Conscious Conflict - Thriving Through Disagreement Workshop**  
Elissa Lansdell
- 10:15 AM **Break**  
Command Van Tour
- 10:30 AM to 11:45 AM **Conscious Conflict - Thriving Through Disagreement (continued)**
- 11:45 AM Warplane Heritage Museum Tour
- 12:15 PM **Lunch/Lunch to Go**

