

Trust with others - worksheet

Think about someone at work with whom you have built a strong, trusting relationship. What are some of the small gestures that have helped you build trust? (e.g. Asking for help, discussing struggles, doing what you say you're going to do)

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Now think of a colleague with whom you want to build greater trust.

1. Identify the colleagues strongest BRAVING element and a specific behaviour that embodies it (e.g. Element: Boundaries; Behaviour: They ask for help when they need it.)

Strongest Element	
Behaviour	

2. Identify the colleagues most challenging BRAVING element and a specific behaviour you think would improve that element (e.g. Element: Vault; Behaviour: They don't share what isn't theirs to share, including with you.)

Most Challenging Element	
Behaviour	

3. Realising you can't change another person's behaviour, reflect on how you show up in your relationship with this colleague. What is your strongest BRAVING element and what is one behaviour that embodies it? What is your most challenging BRAVING element? What is one new behaviour you commit to practicing in order to improve trust with that colleague?

My Strongest Element	
Behaviour	
My Most Challenging Element	
Behaviour	