



HOW TO BUILD TRUST THROUGH RESPECT AND GRATITUDE



Are you trying to build more trust with someone on your team? Here's a tool you can use from our Trust Inside Program™ to build trust through respect and gratitude.

1. Write down two or three things about this person that you respect. Look for characteristics, talents, and competencies.
2. Write down a couple of sentences you could use to communicate to this person what you respect about them, how much you appreciate them and how you're grateful for them.
3. Think of some questions you could ask this person to get a better understanding of what their priorities are and any ideas they have that could help you work together even more effectively.
4. Share with them what is important to you and any ideas you have on how you could work together more effectively.
5. Clarify your expectations of the relationship and ask them what they expect of you.
6. Share your appreciation for their openness and willingness to have the conversation.