

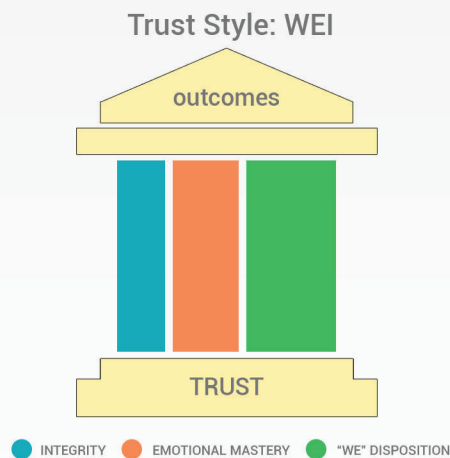


Trust Style
INVENTORY

TrustSTYLEINSIGHTS

YOUR TRUSTWORTHINESS

As you consider your **TRUST STYLE** it is important to keep in mind each style has its strengths and challenges. Each has inherent strengths and opportunities for improvement. This additional insight sheet was created to provide you with added perspectives you can use to consider how you can enhance your TRUST STYLE and improve your quality of life. In your **TRUST STYLE INVENTORY** results, you received insights about your trust willingness. This document provides additional ideas you can use to improve or strengthen your trustworthiness.



You are collaborative so your asset is your we disposition. While you may get along and work with others, given your style, a motive behind it may be your "I" disposition.

Two possible opportunities for growth for you are: 1) to bring your we and "I" dispositions into balance; and 2) to enhance your emotional mastery and strengthen your integrity to ensure you consistently respond in self-regulated and integrous ways.

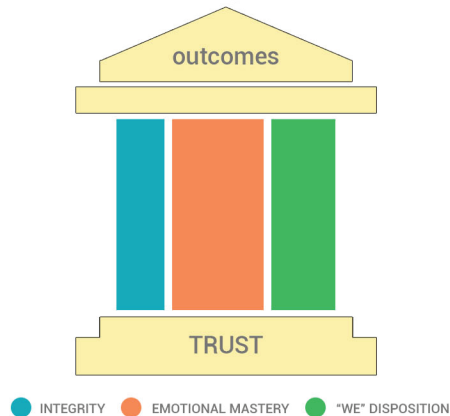
If this is your style, you can also think about if you may be using your empathy to influence situations for your own benefit.

Based on your style, your integrity is where your highest potential exists for enhancing your trustworthiness. Consider where you stand in terms of honesty, transparency, confidentiality, intrinsic motivation and alignment with your "why". Ask yourself if the people around you are telling you what you want to hear, or what they really think? You can also consider the dynamics of your communication, are there clues you may have dismissed that point to how others perceive your trustworthiness? You can use these insights to determine what you can do to build trust and strengthen your relationships.



TrustSTYLEINSIGHTS

Trust Style: EWI



You have an undeniable strength when it comes to identifying your emotions and patterns of behaviour. You know how to regulate your emotions up and down as needed.

An opportunity you may have here is to consider if you are using your emotional mastery to manipulate others. Think about if you care about your goals more than the team's goals. To build or reinforce your trustworthiness, it is important for you to consider how you use your top two strengths to build or impair trust.

Your integrity is where your highest potential exists for enhancing your trustworthiness. Consider where you stand in terms of honesty, transparency, confidentiality, intrinsic motivation and alignment with your "why". Think about whether people trust you. Ask yourself if the people around you are telling you what you want to hear or what they really think? Think about the dynamics of your communication, are there clues you may have missed that point to how others perceive your trustworthiness? You can use these insights to determine what you can do to strengthen your TRUST STYLE.

Trust Style: WIE



You have a clear strength when it comes to your we disposition. You probably work well with others once the situation is not emotionally charged. You should understand that when you are emotionally unpredictable it is hard for the people around you to feel safe in your presence. As a result, it is difficult for them to trust you. Asking them if they trust you will not necessarily provide you with an authentic response.

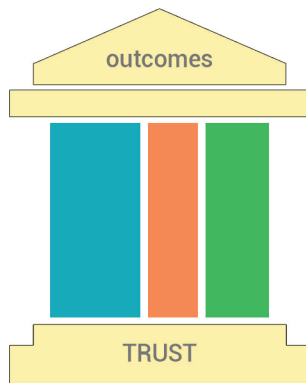
Integrity is your next best asset. You may demonstrate honesty and ethics most or all the time. You may be transparent or intrinsically motivated from time to time. To build or reinforce trust, it is important for you to consider how you use your top two strengths to build or impair trust.

Your emotional mastery is an opportunity to improve your integrity and even strengthen your we disposition. If you are unable to regulate your emotions, the people around you can sense your emotions and this can stimulate unproductive outcomes. When people feel unsafe around you this means your trustworthiness is undermined. Emotional mastery involves identifying your emotions and related patterns, understanding the consequences of your actions, demonstrating optimism and self-regulating when you are stressed.



TrustSTYLEINSIGHTS

Trust Style: IWE



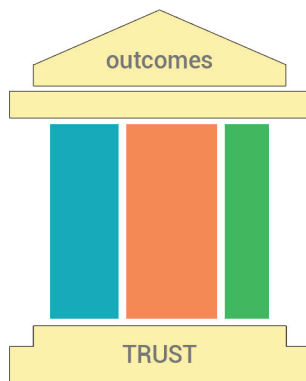
● INTEGRITY ● EMOTIONAL MASTERY ● "WE" DISPOSITION

Your integrity is your superpower. You probably have an unshakeable work ethic and your honesty is noteworthy. While from your perspective your candor might be a virtuous act, or your "go to" position, with your highest potential for change in the area of emotional mastery, you may not be aware of how your blunt commentary affects the people around you.

Are you leaving them feeling uplifted? Or are you leaving the pieces behind for others to pick up? Blunt, offensive tones can lead to fear or anger and impair your relationships.

Your emotional mastery is an opportunity to improve your integrity and even strengthen your we disposition. If you are unable to regulate your emotions, the people around you can sense what you are feeling and this can cause unproductive outcomes. When people feel unsafe around you, your trustworthiness is undermined. Emotional mastery helps you to identify your emotions and related patterns, understand the consequences of your actions, demonstrate optimism and self-regulate when you are stressed.

Trust Style: EIW



● INTEGRITY ● EMOTIONAL MASTERY ● "WE" DISPOSITION

You are a master of your emotions. You are self-aware and know how to navigate stressful situations. You also know which emotions you are experiencing and the patterns that emerge from them. You can be optimistic, and you understand the consequences of your actions.

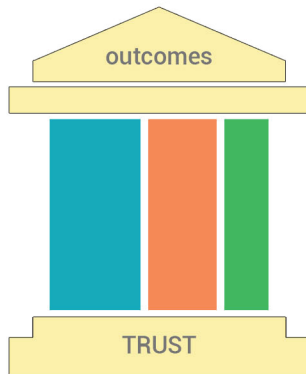
Integrity is your intermediate strength. You can consider where you have opportunities for growth in the areas of honesty, transparency, confidentiality, or intrinsic motivation.

Your we disposition is a powerful opportunity for you to strengthen your trustworthiness. You already have a strength in the area of emotional mastery, so you can use this to fuel collaboration. Collaboration, shared goals, purpose and non-judgment are important connective skills you may benefit from developing. In other words, you may exhibit more of an "I" disposition than a we disposition. As a result, the people around you can have the impression that you don't care about them as much as you care about yourself. If this is the case, building trust can mean bringing your we and "I" dispositions into balance. Strengthening your integrity and your ability to connect with others can contribute to building your overall trustworthiness.



TrustSTYLEINSIGHTS

Trust Style: IWE



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Note: These are suggestions to stimulate your thinking about your TRUST STYLE. You may exhibit your styles in other ways, so you are welcome to make notes if this information has stimulated your thinking.