



Trust Style  
ORGANISATIONAL SOUL

# Trust STRENGTHENING

## REFLECTION QUESTIONS

Our families, coworkers, and social networks are all examples of networks that have the potential to support us with our goals. Here are a few questions you can use to reflect on how you can tap into the power of trust so you can strengthen your relationships and improve your quality of life.

Why should I consider trusting additional people? If I do, what criteria should I use to decide on who I should trust?

How can I communicate in ways that build or strengthen trust?

I know it will take time for me to nurture and grow trust, what can I do to exhibit patience if my trust building overtures are not initially reciprocated?

How can I remain open to trusting others without sacrificing my values and beliefs?

