

Exercise 3: Assess Trust Levels in Your Work Relationships

DIRECTIONS

- Work independently, using this time to reflect on the level of trust in your working relationships.
- Assess the level of trust you believe exists with each person you lead or need to influence. Be honest with yourself. Consider carefully what they might say.
- For those that you rate at 4 or below, consider a 1:1 conversation and explore how to increase your trust in them and their trust in you. The right-hand column gives you space to record suggestions you receive during your 1:1 discussions.

Key Working Relationship	Assess the Level of Trust			Actions You'll Take to Grow Trust				
	1 very low	4 average	7 very high					
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	
	1	2	3	4	5	6	7	

