TRUST

This is a great tool for exploring the topic of Trust as a team. Use it in a team meeting / off-site.

Explain Why (5 mins)

Explain the exercise and why it is useful in a team to talk about Trust (trust is a fundamental part of a high performing team) and the foundation of everything you do. Without it, a team will never be truly high performing.

Explore What Trust Means (30 mins)

Ask each team member to explain to the whole team what trust means to them. Write each person's explanation on a flipchart / whiteboard. Get each person to think about whether they are very trusting / more distrustful of others.

Trust Behaviours (30 mins)

Put the team into small groups of 3-4 people to discuss:
* What behaviours would you expect to see demonstrated in team members to show you they are trustworthy / trust you?
* Decide the top 5 behaviours as a group.

Get each team to present back their 5 behaviours and capture the behaviours on a flipchart / whiteboard

Agree Trust Behaviours (15 mins)

As a team, agree which of the behaviours you can all sign up to. Type them up after the meeting and share them with the team.