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Building Mutual Trust

Building mutual trust involves clear communication, delivering on promises, and fostering reciprocity.



Advance Leadership Skills

METADATA

Communication

Teamwork and
Collaboration

conflict management
and mediation

Leadership and
followership

social and emotional
awareness

Top 10 Teaching Points

01

You can't expect others to read your mind, so be crystal clear when you explain what you need and why you need it

02

Show consideration and care for others you are in trusting relationships with by regularly expressing your appreciation for them.

03

Only make offers to help if you are confident that you can deliver on them.

04

For relationships to thrive, mutual trust must be present. If it's ever feeling one-sided, it's time to reevaluate and see what changes need to be made.

05

When confiding in others, clarify your expectations for handling personal information, even if their reactions aren't as compassionate as desired.

06

Building trust in new relationships or arrangements takes time as trust cannot be rushed or faked, so exercise patience as it naturally develops over time.

07

Self-trust involves identifying areas where trust issues arise, followed by reflection to pinpoint low-trust areas and devising a plan for small actions to rebuild trust with oneself.

08

Part of learning to trust yourself is getting comfortable following your instincts.

09

Once you've identified your areas of low self-trust, it's important to be mindful of projecting these onto others to prevent unnecessary distrust in interactions with others.

10

Challenge yourself to follow through with your personal goals just as much as you do with other people or at work.

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01

tions to Ask for Dialogue:

Reflecting on your natural inclination to trust, how has this trait influenced your personal and professional relationships? Can you identify a situation where your level of trust impacted a decision or outcome significantly?

02

In contexts where privacy and confidentiality are crucial, such as in professional settings or sensitive personal relationships, what strategies do you employ to ensure trust is maintained? How do you handle situations where trust in confidentiality has been challenged?

03

How do you approach building self-trust, especially in areas where you've identified trust issues? What specific actions have you taken to strengthen trust in yourself, and how has this affected your relationships with others?

04

After trust has been compromised, what steps do you believe are essential in rebuilding it? Could you share an example from your experience where trust was successfully regained? What lessons were learned?

05

How do you ensure clarity in your communications to effectively set expectations and foster trust, especially when starting new relationships or repairing existing ones? What techniques have you found effective in expressing needs and expectations without causing misunderstandings?

Questions to Ask for Dialogue

Key Takeaways

01

Personal trust assessment

02

High stakes trust and confidentiality

04

Reseeding trust

03

Cultivation self- trust

05

Communication and trust building