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Understanding Trust

Definitions

Trust is a concept that holds a pivotal place in human relationships and organizational dynamics. Its complexities can seem overwhelming, but understanding it can have a profound impact on both personal and professional interactions. In our work with clients, we begin to unravel these intricacies, shedding light on the psychological underpinnings of trust and the influence of our lived experiences on our perspective of trust.



Below are some of our best questions you can ask yourself and your team, to gain a better understanding of trust. These questions are a complement to our [blog post and podcast on trust here](#).

1. Definition of Trust

- How do you define trust in your own words?
- How do your lived experiences influence your perspective of trust?

2. Nature of Trust

- On a scale of 1-10, how delicate or strong is your sense of trust?
- List three psychological patterns or preferences you believe you have related to trust.

3. Categories of Trust

- Which category do you fall into?
 - ✓ Trust instinctively.
 - ✓ Withhold trust until solid proof is presented.
- How do you think this affects your interactions within a team?

4. Building Trust

- Think of a time when someone built trust with you through consistent behaviors. Describe that experience.
- Reflect on a relationship where trust feels inherent and natural. What behaviors led to that level of trust?

5. Your Trust Context

- Describe a situation where your trust was circumstantial.
- Do you believe people will always do what they say? Why or why not?

6. Trust Diversity in Teams

- Do you believe different definitions of trust within a team can be beneficial? Explain.
- How can a team ensure there's a shared understanding of trust differences?

7. Reflections on Trust

- Reflect on your personal experiences related to trust. Write down any pivotal moments that shaped your view.