



TRUST BUILDING

"Trust yourself. You know more than you think you do." - Benjamin Spock

This training course on trust building will provide participants with the essential tools and strategies to develop strong and meaningful trust within any professional relationship. You will learn how to interpret the signs of trust, respond sensitively and effectively, and foster an environment in which trust can develop easily. Through group activities, individual practice and expert instruction, you will gain the skills needed for establishing trust in both personal and professional relationships. This course is designed to help you open up more honest and productive conversations, create a positive team dynamic and enhance your interpersonal communication. Join us to learn the key components of successful trust building!

Key Course Content:

- Embed a transparent culture
- Break down any communication silos
- Support employees instead of micromanaging them
- Understand the link between lack of trust and low productivity
- Focus on the problem, not the person
- Drive a high performance and productivity culture
- Practice accountability and responsibility rather than blame shifting
- Understand that trust is reciprocal and not a one way street
- Ensure effective flow of communication within the team
- Remove role ambiguity
- Build internal and external levels of trust
- Develop shared rewards



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.