



Building Trust



Overview/ Description:

Trust is an essential component of successful relationships both at work and in one's personal life. By establishing yourself as a person in whom others can put their trust, you can position yourself for greater personal happiness and professional success. Earning trust can take time and is not always easy, however. This workshop will describe several practices that help people build personal trust and credibility.



TARGET AUDIENCE:

ANYONE LOOKING
FOR WAYS TO MAKE
SURE OTHERS
VIEW THEM AS
TRUSTWORTHY



EXPECTED DURATION:

45-60 MINUTES

Workshop Objectives:

At the end of this workshop, you will be able to:

Describe trust as a long-term strategy

- Identify the difference between trust and persuasiveness

Identify the three components of earning trust

- Describe how empathy can help you earn trust
- Describe how honesty can help you earn trust
- Describe how reliability can help you earn trust

Identify ways to overcome common trust barriers

- Describe ways to overcome difficult past experiences
- Describe ways to overcome fear of getting hurt