

Personal Exercise:

How able am I to build trust in my team?

Please score 5 for Always, 4 for mostly, 3 for sometimes, 2 for not much and 1 for almost never.

1. I am able to communicate my true feelings when talking with other people

2. I take time to get to know the life situations (family context, interests etc.) of those I lead _____
3. When I am wrong or make a mistake, I freely admit it to my team or to team members involved _____
4. I receive all feedback from individuals on my team with an open mind and try to learn from it _____
5. When conflict occurs within my team, I make sure it is resolved quickly, if at all possible _____
6. When I need to make a decision quickly, I am able to trust my gut instinct as to which way to go _____
7. I provide regular feedback to members of my team that helps them succeed in the work they do _____
8. Even though I have a natural affinity with some team members over others I don't allow this to impact my behaviour or decisions _____
9. When people hurt me through their actions or words I am able to forgive them and move on _____
10. When I talk about someone who is not present I do it in such a way that they would not object to, if they were there _____

Total = _____