Learn on your own

- **Increase trust** by reviewing the six strategies found in the article, *Building Trust Inside Your Team*.

- **Build your trustworthiness** by viewing the Lynda.com video, *Building Trust* and applying some of the concepts to build better relationships with your colleagues.

Learn from others

- **Improve your self-awareness and team communication.** Watch this video on the [Johari Window](#) then ask a peer that you trust to complete a window on you. Request that they be truthful. (For more information, visit [The Johari Window](#) page.)

- **Learn trust from others.** Ask someone you consider trustworthy if he/she would be willing to meet with you to share tips on how he/she regularly gain the trust of others.

Learn by doing

- **Build trust with others.** The next time you are confronted with information that may trigger a negative response that would destroy trust, assume positive intent and speak constructively instead.

- **Build trust by building relationships.** Inviting colleagues to meet somewhere outside the office (e.g., coffee, lunch, happy hour, walk, etc.).

“To be persuasive, we must be believable; to be believable, we must be credible; to be credible, we must be truthful.”

*Edward R. Murrow*