



Trust

Learn Now Guide



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