

WORKSHOP AGENDA

Trust

Build the trust that actually changes how a team works.



90 minutes · In person or virtual · Intact teams

A 90-minute session on the anatomy of trust: what makes people trust each other, what quietly erodes it, and what you can do to build more of it. You leave with a clearer picture of your own trust profile and specific commitments to strengthen trust in your team.

— WHAT YOU LEAVE WITH

- Understand what makes people trust each other, and the specific qualities that matter most in your team.
- Your own Trust Quotient, using the Trust Equation, and where you might be inadvertently undermining trust.
- Specific ideas about how you can behave differently to build higher-trust relationships in your team and beyond.

— WHO IT'S FOR

Intact teams who want to strengthen their working relationships and raise problems early, and culture or teamwork programmes that would benefit from a session closing on concrete behaviour change.

— AT A GLANCE

Trustable Traits <i>Define trust from your own experience.</i>	30 MIN
Trust In Me <i>Break down trust with the Trust Equation.</i>	30 MIN
Building Trust Together <i>Turn trust insights into shared commitments.</i>	30 MIN

the session

01

Trustable Traits

30 MIN

Define trust from your own experience.

Think of someone you trust. Why do you feel this way about them? We run a simple discussion in breakout groups where participants identify people they trust and why. We collect a set of Trustable Traits from the group.

02

Trust In Me

30 MIN

Break down trust with the Trust Equation.

How do you get people to trust you? And how do you decide to trust someone else? Using the Trust Equation, participants break down the components of trust, understand what contributes to their Trust Quotient, and identify practical ways to develop and increase it.

03

Building Trust Together

30 MIN

Turn trust insights into shared commitments.

A structured closing activity that moves the session from individual insight to shared commitment. Each participant names one specific behaviour they will do more of to build trust and one they will do less of.

Let's talk.

Bring Trust to your team

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