

MENU

- Trust in hybrid ✓
- What makes trust tricky? ✓
- ▶ Being human
- ▶ Being credible
- Trust in action
- What next?

Trust in hybrid

NOTEPAD (ALT+N) ACCESSIBILITY (ALT+A)

Trust in hybrid



Empowered by
MindGym



Start

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What makes trust tricky?

We all instinctively know that trust is worth the effort in any relationship.

But it can be difficult to build, and all too easy to break, especially when we're working in hybrid teams.

To build trust effectively, we need to focus on two things: Being human and being credible.

Continue to find out what makes it tricky, and what we can do about it.

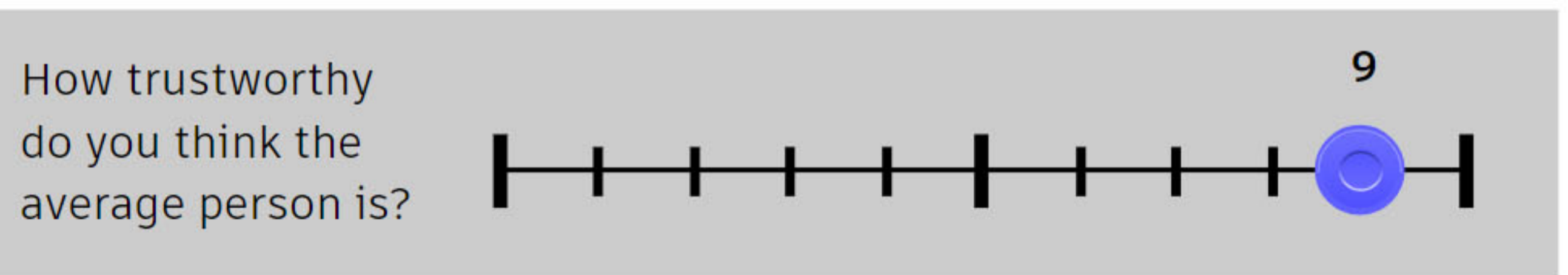
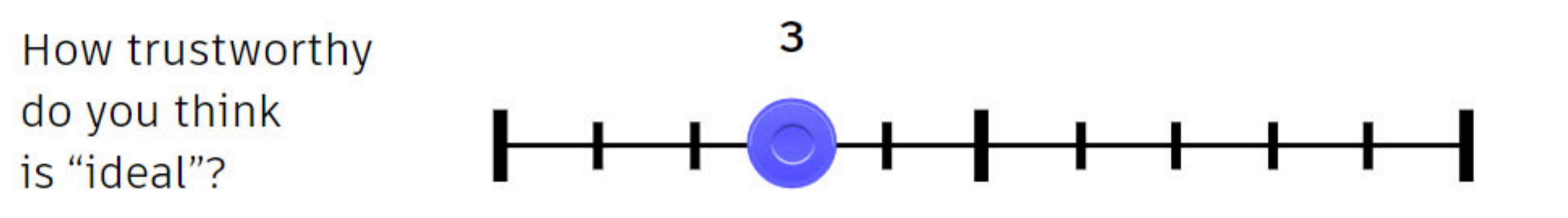
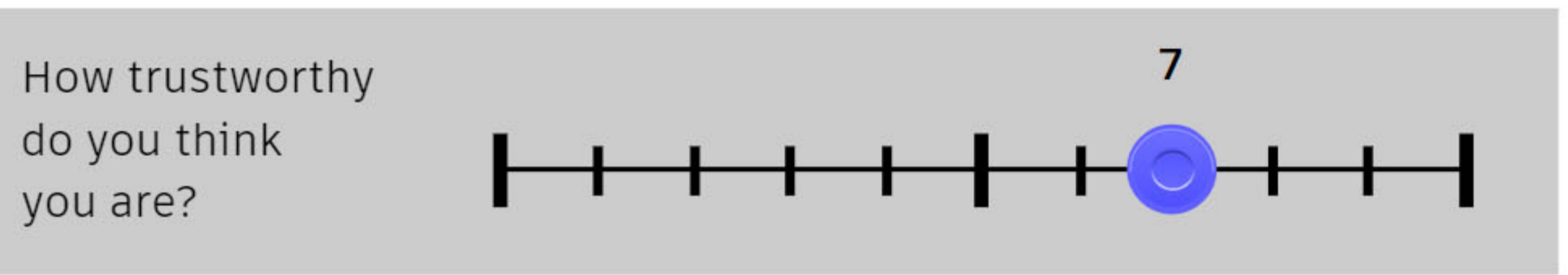
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■ What makes trust tricky?

Are you trustworthy?

Rate yourself, and others, on a scale of 0 (not at all trustworthy) to 10 (very trustworthy).



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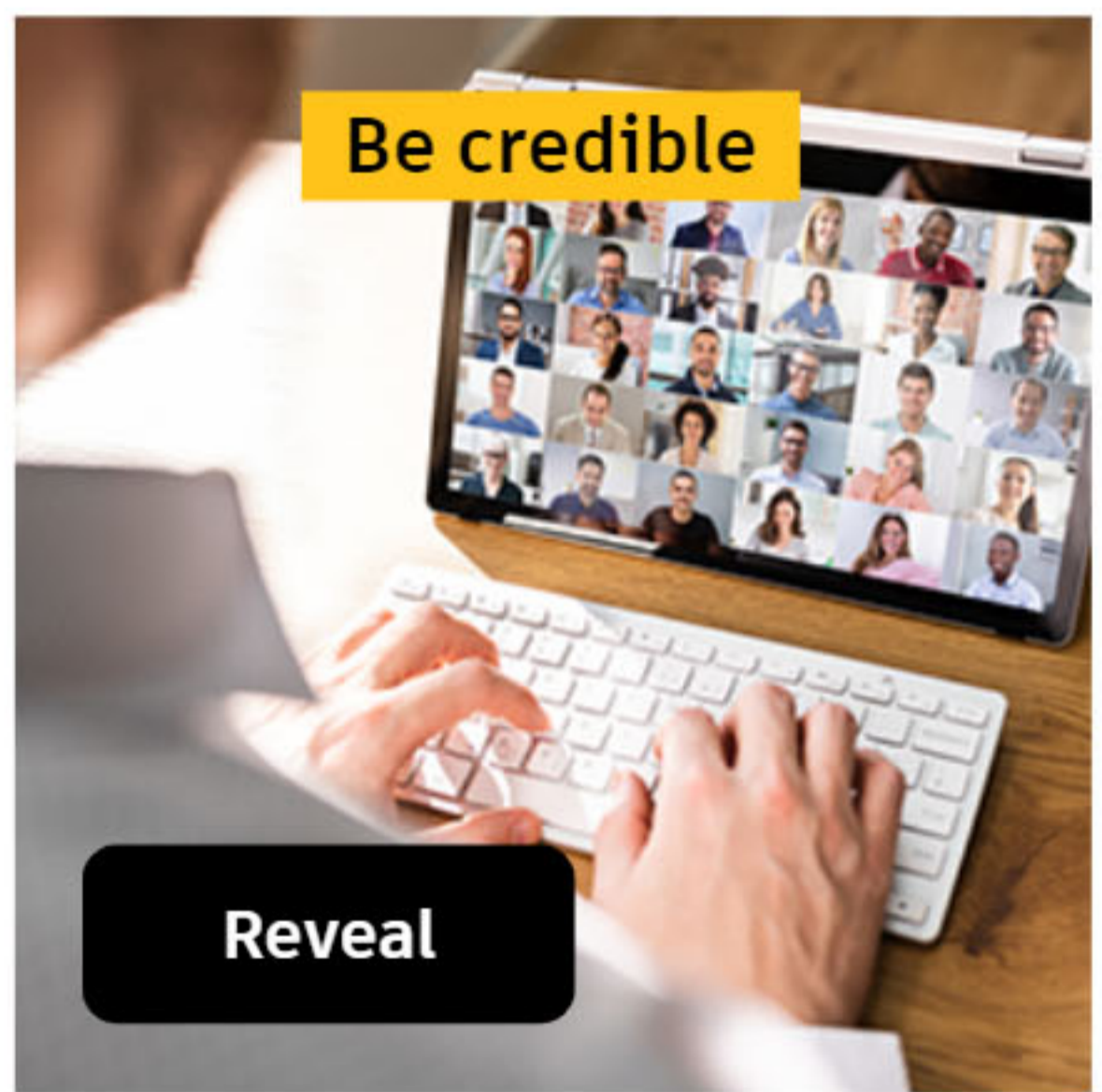
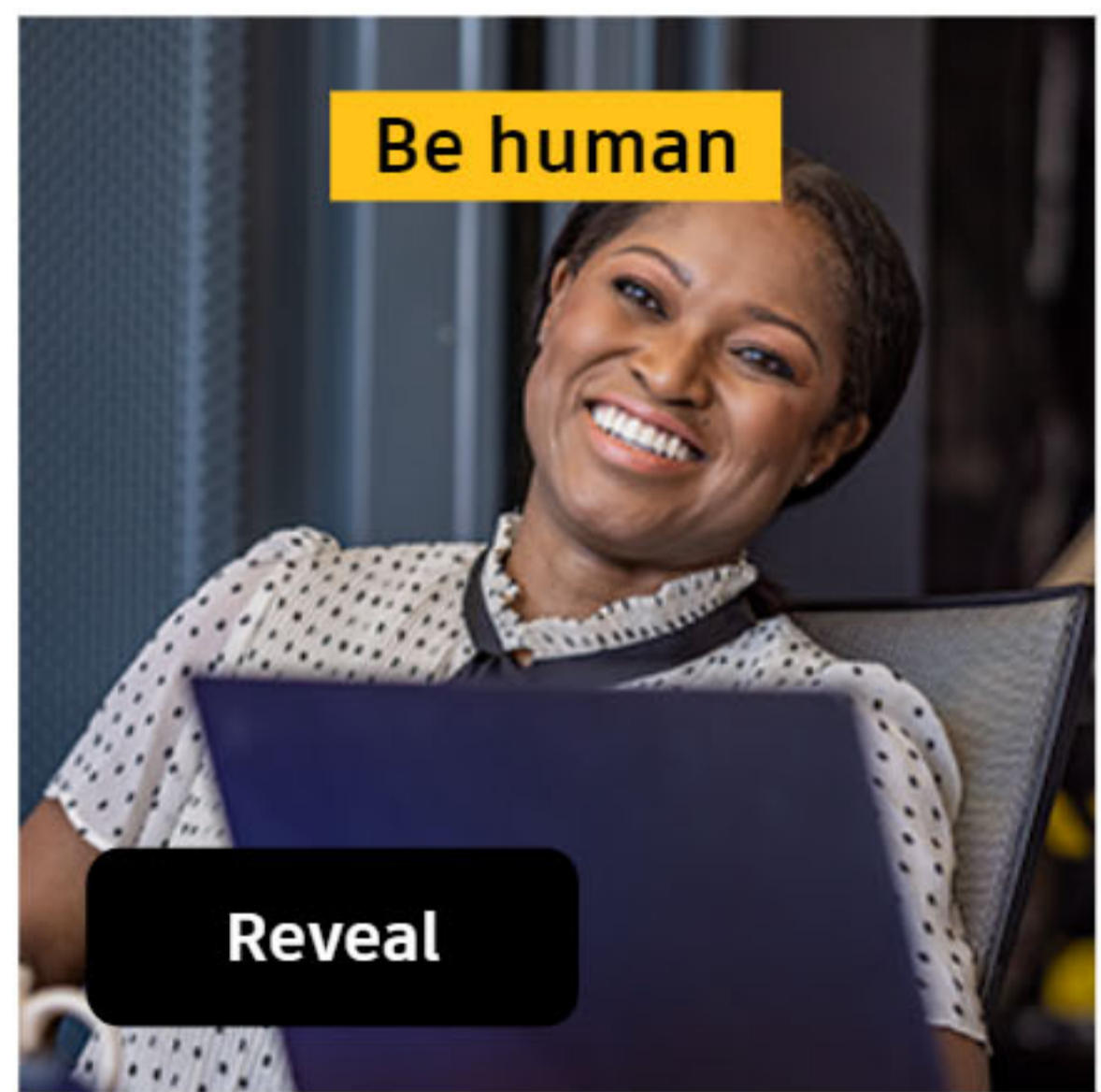
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■ What makes trust tricky?

So how can we build trust with others?

There are two sets of behaviors that help us: Be human and be credible. We can do them in person or when working remotely with others.

It's harder to maintain human connection while working remotely than it is to build credibility, but both are important.



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■ **Being human** | Showing interest

Showing interest in others, even when we're busy, is a highly effective way to build trust

There are three easy ways to do this.
Select the arrows to explore them.

2. **Make time with others** to talk about their work and lives.

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■ Being human | Showing interest

But there's also a dark side...

Sometimes we try to build a rapport by feigning interest, which is often spotted by the other person.

Problems occur when we...

Select the arrows to explore them.

... ask questions because we know that we "should" but don't actually listen to the response.

⏪ ⏩



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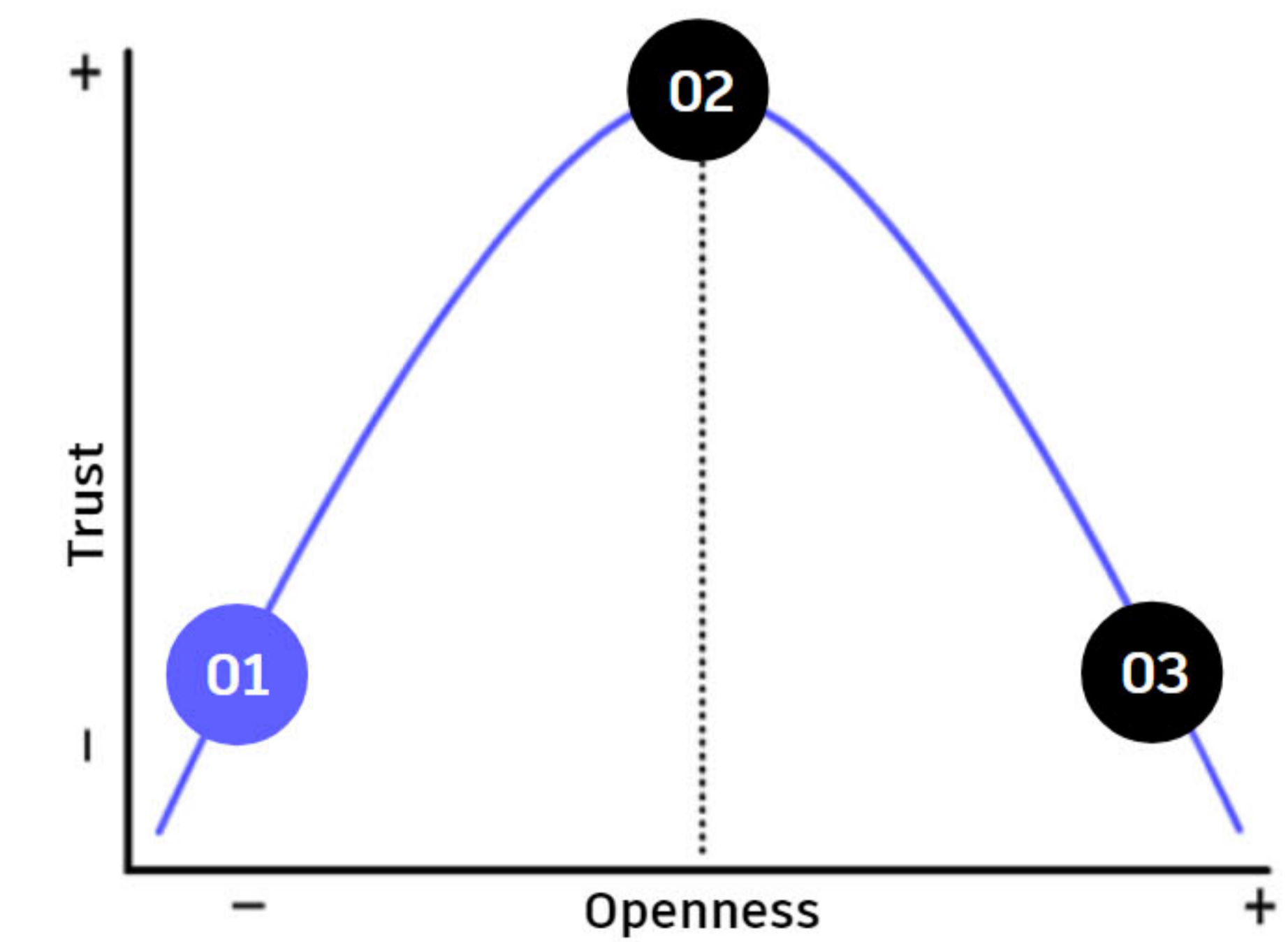
■ Being human | Showing openness

It's also a balancing act

Unreciprocated openness can ruin trust as quickly as it has been built.

There's a fine line between being open and not slipping into oversharing.

Explore the three levels by selecting each number on the graph to find out how to get the balance right.



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■ **Trust in action**

Scenario

When you were together in the office, you promised to help a colleague with an issue that is in your area of expertise.

Unfortunately, you have unexpected work and don't want to overcommit yourself. You're now both working from home, and your colleague just emailed saying they are very stressed.

How could I build trust in this situation?

Write your thoughts here...

Submit

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■ What next?

Before you choose your mission, here's a tip to help you stay on track

Download a weekly calendar reminder with some tips to prompt you to build your "trustability" while working hybrid.

Download 



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■ **What next?**

Missions

Time to choose a mission.

Explore the three missions for specific ideas and commit to an action you're going to take into the next week.

Mission 1

▼

Reveal

Mission 2

▼

Reveal

Mission 3

▼

Reveal

Open up

Next time a colleague confides in you, try to share something in return.

If they disclose something, try to disclose something at a similar level, if it feels comfortable to you.

This will help build trust and strengthen your relationship.

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↑ Don't forget to view and print your notebook

Thank you

You've reached the end of this eWorkout.

Good luck with your mission.



◀ Back

100% Complete