

Trust Building and Resilience Development

Quick Reference Sheet



Accept Input

No employee wants to be viewed as a number or “just another worker”. Each wants to be considered a valuable, contributing member of the team. What better way to make employees feel valued than seek the input of each member on various issues?

While some factors in an organization require an executive decision, it can be helpful to take advantage of opportunities where it would be appropriate to gather and assess the feedback of the entire team before making a final decision.

Using a formal means of obtaining input such as a **questionnaire**, or informal **word-of-mouth** method can prove to be **equally effective**.

Once the ideas have been evaluated, action must be taken. This does not mean that every idea will be implemented, but something must be done to show that you are listening and onboard with executing necessary changes.

For the concepts that will not be implemented, explaining why this was the case is important. Don't forget to give credit where it is due!

Work Under Pressure

An important aspect of taking your health into your own hands is working at your own pace. You never want to go straight in and over work yourself. It will only cause you to become exhausted and discouraged. Working too slow, on the other hand, can leave you with minimal results.

It is important to find a pace that fits your body and your needs. This can be done by trial and error, and learning what is the correct pace for you. Once you find that pace, increase it gradually. No need to go from 0 to 100, but once your body becomes content with a routine, it is time to move forward.

Non-Verbal Communication

Eye contact

For many, non-verbal communication can be difficult to master, because you are not consciously aware of what you are “saying”. Even still, it is important for you to be mindful of your non-verbal communication and make sure it is giving the message you intend. Again, it can give the impression that you are not being transparent or are an untrustworthy individual.

Facial expressions

Here are some non-verbal communication cues to consider:

Body movements

Handshake

Aspects of speech (tone and speed)

Posture

Silence