

12 Ways to Build Trust With Others

Trust is the foundation of any strong team. It is the glue that holds us together and allows us to collaborate, innovate, and achieve our goals. Building trust is an ongoing process that doesn't happen overnight. It requires time, effort, and consistency. These 12 practices can help you build trust with others and foster strong relationships.

1. **Honor Your Commitments:** Reliability is a key factor in building trust.
2. **Communicate Properly:** Maintain clear, open, and honest communication with others to foster understanding and transparency. Take LLD Crucial Conversations class to develop this skill.
3. **Make Careful Decisions:** Thoughtfully consider your choices and actions, demonstrating responsibility and good judgement.
4. **Be Consistent in Your Actions:** Consistency in your behavior and values show others they can rely on you.
5. **Acknowledge other people's emotions:** The simple act of verbally acknowledging how your team or consumers are feeling can help form deeper connections with them and will strengthen your relationships. Take the LLD Emotional Intelligence class to develop your emotional intelligence.
6. **Listen Actively to Others:** Ask open ended questions and use empathic listening to show others you value their perspective. Take the LLD Listening Quiz as a benchmark. Consider participating in the 360° assessment process to be more mindful of how others see you.
7. **Help Other People Out:** Extending a helping hand to those in need showcases your willingness to support others.
8. **Share Your Feelings Openly:** Openly and respectfully express your thoughts and emotions, enabling others to connect with you on a deeper level.
9. **Admit It If You Make Mistakes:** Acknowledge your errors and take responsibility for them. Admitting mistakes demonstrates humility and integrity.
10. **Apologize When You Are Wrong:** Offer sincere apologies when necessary, indicating your commitment to making amends and maintaining trust.
11. **Do And Say What You Believe In:** Align your actions and words with your values. This shows authenticity and integrity.
12. **Be Honest to Other People:** Maintain honesty in your interactions. Honesty is a fundamental component of trustworthiness.

Regularly demonstrating these practices to build trust will pave the way to make Covenant Health the valued and trusted partner with our consumers, patients, and communities for life.

-Amy

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