

THINGS TO REMEMBER TO SUPPORT TRUST BUILDING

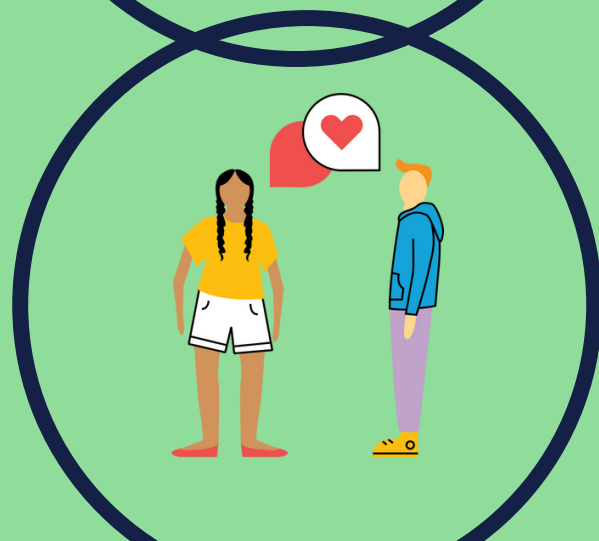
1 Do what you say

Accountability is huge in building trusting relationships



2 Be honest

Your words matter and mean a lot to the people you are working with. Do your best to be sincere, authentic, and candid in your interactions.



3 Honour your boundaries

You know what is best for you, and you know what you need to feel comfortable. Listen to your gut feelings and enforce the respect of your boundaries and those of others you work with.



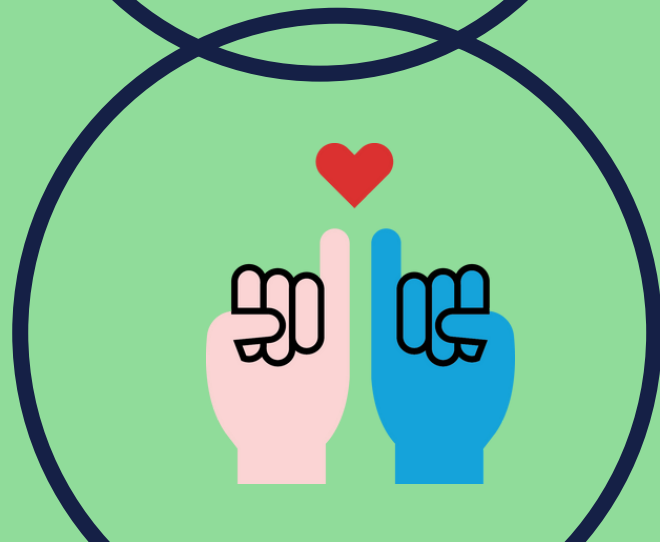
4 Be transparent

Let people know when you can and when you can't keep a secret. Disclose when you have the duty to report.



5 If you make a promise, keep it

Be careful about making promises. Life is full of unexpected circumstances which can make fulfilling promises within the context of a professional relationship difficult. If you make a promise, know that it is very important that you stay true to your word.



6 Be consistent

Show consistency in your behaviour. Being reliable and dependable is super important in this field. For some people, you might be the one consistent relationship in their lives. This is an honour that should be respected.



7 Practice non-judgement

When someone shares something that is potentially controversial or deeply intimate, try your best to lead with empathy, avoid personal or emotional reactions or observations and let them share what they need to in a safe space.



8 Be present

You don't always need to share your opinion. Sometimes it is best to just listen, provide objective insight and be supportive.

