Trust in teams - worksheet

Rate the frequency of behaviours on your team for each of the BRAVING elements:

Never (1) | Rarely (2) | About 50/50 (3) | Often (4) | Always (5)

|  |  |  |  |
| --- | --- | --- | --- |
|  | My score | Our team average | Our team range |
| **BOUNDARIES** |  |  |  |
| **RELIABILITY** |  |  |  |
| **ACCOUNTABILITY** |  |  |  |
| **VAULT** |  |  |  |
| **INTEGRITY** |  |  |  |
| **NONJUDGEMENT** |  |  |  |
| **GENEROSITY** |  |  |  |

Considering the scores you have given:-

For your highest scoring element, what are one or two behaviours that make it a strength that are important to sustain? (E.g. We ask each other for help)

|  |  |
| --- | --- |
| Element |  |
| Behaviours |

For your lowest scoring element, what are one or two behaviours that you commit to changing as a team so you can build trust? (You may add to this during the workshop).

|  |  |
| --- | --- |
| Element |  |
| Behaviours |

What do you personally need to do to enhance trust in your team?