

Trust Building Blocks- (post it)

Kindness Speaks Volumes

- **Be authentic:** know what you value. Take a stand when values are compromised.
- **Be an active listener:** don't interrupt or be judgmental.
- **Be committed:** keep your word and deliver what you promise.
- **Be clear:** never intentionally misrepresent another's point of view to others.
- **Be kind:** lift people up and demonstrate you care.
- **Be an example:** "walk the talk" and be honest.
- **Be courageous:** in actions, words, and deeds.
- **Be accountable and responsible for your actions:** Don't play the blame game.
- **Be respectful:** treat everyone equally and with dignity.
- **Be sincere:** be willing to apologize when wrong.
- **Be open:** demonstrate respect for others' ideas and suggestions.
- **Be present:** make sincere eye contact and use inviting body language.
- **Be truthful:** don't withhold information, use double-talk or distort the truth.
- **Be loyal:** keep confidences. Don't gossip or undermine others.

Resource: *Compendium12* by Olivia McIvor