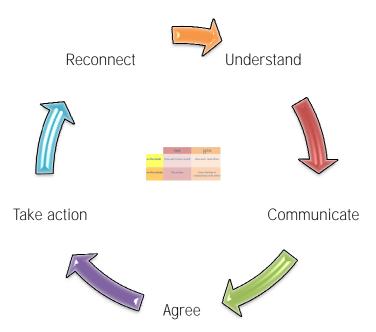
relationships

Trust Process
Awareness into Action

You'll feel better because:
You committed and
delivered.

You'll feel better because: You have confidence and purpose.



You'll feel better because:
There's clarity,
accountability & you value
one another.

You'll feel better because: You know what's going on and why it's important.

You'll feel better because:
You're connected, 'on the same page'; you both count.



It's all about	
relationship	0S

Trust Process Awareness into Action

At the heart of the Trust Process is behaving with Emotional Intelligence:

		me	you
awareness	on the inside	How well I know myself	How well I read others
action	on the outside	My actions	How I behave in relationships with others

Being aware of what's going on for you (your thoughts and your feelings) + Being aware of what's going on for the other person (his /her thoughts and feelings)

Managing your behaviour – how you communicate your situation as you perceive it (verbally and non-verbally)

Managing your relationship – how you enable the other person(s) – in this context – to trust.

