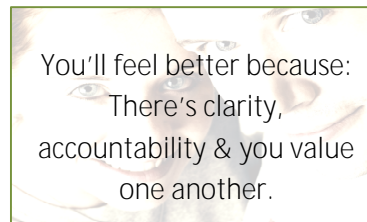
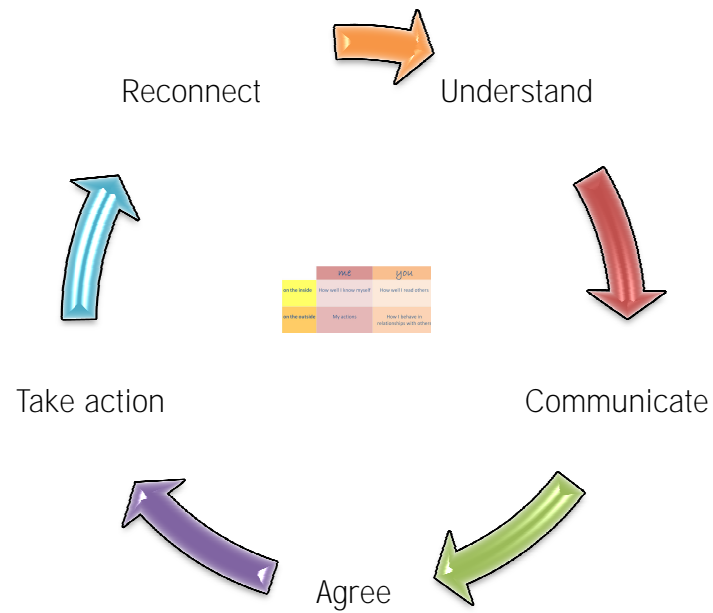
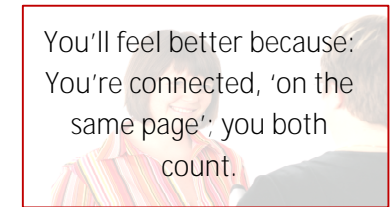
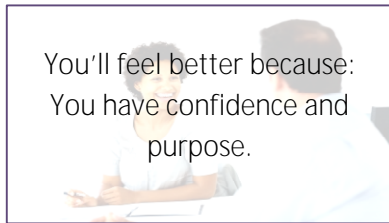
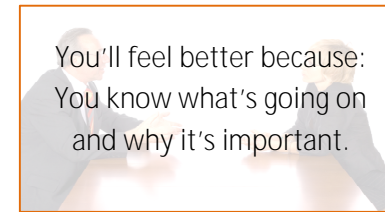
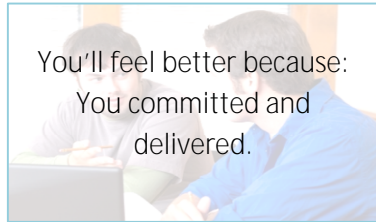


Trust Process Awareness into Action



Trust Process Awareness into Action

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

		<i>me</i>	<i>you</i>
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.