

## BUILDING MEANINGFUL CONNECTIONS

---

Meaningful relationships, be they professional or personal, are based on trust. Trust is about having a belief in the reliability, truth, or ability of someone else. It takes time to build it and is why it is difficult to build a lot of meaningful connections at the same time. However, it is worth investing in. We all need meaningful connections in our lives, connections that nourish us and help us create a sense of belonging.

### How can you build trust?

Trust can be broken down into the four elements below:

**Reliability:** You do what you say you will do.

**Acceptance:** You accept others for who they are, don't judge, criticise, or humiliate.

**Openness:** You are open about what you think, believe, how you feel and your priorities.

**Congruence:** You say and do what you believe, walk the talk, are straightforward, are consistent.

### Trust Exercise

If you want to cultivate a meaningful connection with someone, built on a solid foundation of trust, try this exercise.

Think of someone you want to build a more meaningful connection with.

Reflect on your interactions with that person and complete the template below.

Write some actions in the space at the end that will help you create a more meaningful relationship with them.

### Building Meaningful Connections - Template

Name of someone I want to build a more meaningful relationship with.....

.....

	Score out of 10 (10 = All the Time, 0 = Never)	Do I need to work on this? (Yes/No) If less than 5 then probably 'Yes'.	Is this a priority? Tick those that you think are most important to work on.
<b>Reliability</b>			
I do what I say I will do			
I keep promises			
I meet deadlines			

# WORKSHEET: BUILDING CONNECTIONS

I am on time			
I follow up/through			
I deliver			
<b>Acceptance</b>			
I respect their views			
I am empathetic			
I am non judgemental			
I listen			
I allow learning from mistakes			
I accept limitations			
I don't try to change them			
<b>Openness</b>			
I clarify expectations			
I don't criticise			
I value their opinions			
I am willing to hear what they have to say			
My body language and behaviour match what I say			
I am honest about my limitations			
I let them know how I feel, what I think and what I believe			
<b>Congruence</b>			
I talk straight			

# WORKSHEET: BUILDING CONNECTIONS

I don't play games			
I am sincere			
I make rules clear			
I walk the talk			
I am not too kind			

**Action:** Three things I will do differently from today that will greater build trust with:

.....

**1.** .....

.....

.....

.....

**2.** .....

.....

.....

.....

**3.**.....

.....

.....

.....

