

Creating a Culture for Success: Educator Series

Self-Care for School Staff

Session 4.4: Forming Trusting Relationships

*This space is for your notes and personal reflections as you participate in
Session 4.4: Forming Trusting Relationships*

Objectives:

- *Define trust*
- *Establish the connection between trust and self-care*
- *Determine ways to build trust in yourself and in others, and*
- *Discuss the importance of trust in the workplace*

Notes	
How Do We Build Self-Trust?	
The Benefits of Self-Trust	
Trust in the Workplace	
How Do We Build Trust with Others?	
Building Trust with Students	

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Reflection	
How are trust and self-care related?	
What are some strategies for building trust with yourself and your students?	
What resonated with you from this session?	