



## Creating a Culture for Success

### Educator Series: 4.4 Forming Trusting Relationships

Hello! My name is Danette Jewell, and I am the SEL trainer here at QuaverEd. Today's session is called, "Forming Trusting Relationships." In this session, we will be discussing the role trust plays in your practice of self-care. Our objectives for today's session are to 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.

I believe trust is the foundation of all interactions. All relationships develop at the speed of trust. Putting trust in ourselves allows us to acknowledge our own needs. This is a powerful form of self-care. Carrying out acts of self-care affirms that we deserve the care we are providing. Self-care also allows self-trust to thrive. This practice allows us to recharge, so we can continue to do the work we love. When we are replenished, we are effective. Now, let's discuss some ways to build self-trust.

One of the most important practices for creating self-trust is to practice regular check-ins. Listen to your thoughts and acknowledge your feelings out loud. This process allows you to identify your needs and design a self-care routine that works for you.

Next, celebrate the act of making a decision. Making decisions isn't about believing you have all the answers. In fact, it is acknowledging you don't! By celebrating the act of making a decision, you're building self-trust. Over time, this practice will help to eliminate self-doubt and strengthen your ability to make confident decisions.

Another way to create self-trust is to always be yourself. If you are living an authentic life, you will build a life that brings you meaning and joy. Expressing your authentic self will build self-trust. Speak your opinions honestly and stay true to your values and personal boundaries.

Finally, have confidence in your ability to persevere in the face of any challenge. The challenges life brings can sometimes feel overwhelming. Those who have formed self-trust believe they can persevere no matter what life throws at them. At times, you may have to give yourself grace. Practice self-compassion and remind yourself "this too shall pass." Now that we've discussed ways to build self-trust, let's talk about the benefits of having self-trust.

When self-trust is a part of your daily routine, you may find more positive interactions with those around you. Also, having self-trust can improve your self-confidence. People with a self-trust mindset are natural leaders, with a deep belief in their own abilities to overcome any challenging situation.

Ultimately, self-trust is an ongoing practice that you engage in daily. Over time, it becomes natural. After establishing this level of confidence in yourself, you have the capacity to build meaningful relationships with others.

I've found trust to be the building block for any relationship. Trust can bring us closer to other people. If you trust someone, you feel safe with them and rely on them. It is important to make this type of bond with others. These are the types of relationships that help bring joy to our lives. Having these connections is a form of self-care.

This isn't just for our personal relationships. Trust is key in our professional interactions too. When trust is present in the workplace, organizations flourish. A high level of trust creates a positive climate and a higher level of productivity. Have you ever heard the phrase "Teamwork makes the dream work"? Doing the challenging work of an educator is difficult on your own. When trust is present among colleagues, the load is lighter. Additionally, when adults trust each other, students reap the benefits.

So, how do we build trust with others? The steps to developing these meaningful bonds are pretty straightforward; however, we must be intentional and committed to ensure a trusting relationship develops.

These strategies include:

- **Being honest and transparent**
- **Assuming the best in others**
- **Honoring your commitments**
- **Admitting when you are wrong**
- **Showing you care, and**
- **Being vulnerable**

In a school setting, establishing trust with your colleagues is very important. It's also critical to establish trust with students. Let's discuss these strategies now.

How can you take intentional steps to build trust with your students?

- Look for ways to show you care. It could be as easy as looking for something to compliment them on each day or asking about their interests. Get to know their families. Show students you are willing to go to bat for them if necessary.
- Be Intentional. Use class time to engage with them in a bonding opportunity.
- Be consistent. I found having structure helped students feel comfortable in my class. Establish consistent expectations for how students should treat one another, how they treat you, and how you treat them. This helps students feel safe with you.
- Demonstrate your trust in them. Give them opportunities to see that you trust them. Provide students with leadership roles. Ask them for feedback, and value their input. This could be as simple as having students work together to create the classroom rules and make decisions about certain class routines.

When your students trust you, your classroom management becomes easier, and you foster a culture of success for your students. Ultimately, this leads to a positive working environment for you. Forming these bonds with students is one way to promote everyone's happiness.

As this session comes to an end, let's take the opportunity to reflect on our discussion by answering these questions:

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

In today's session, we defined trust, established the connection between trust and self-care, determined ways to build trust in yourself and in others, and discussed the importance of trust in the workplace. Thank you for your time. Take care and stay well.