T.R.U.S.T.
Developing a Team you can Trust

Dr. Tina S. Brookes
Are team members trained for the work?

Are they trained for the specific role they have on the team?

Are they committed to on-going training?

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily.

Zig Ziglar
T=Training

Don't Know What You Don't Know

Know What You Don't Know

Know What You Know

Don't Know What You Know
R=Reflection

- Know Your Own Stuff ie History, Buttons, etc
- Know How Your Style Impacts Others
- Know When You Hit a Wall
- Have a Fall-Back Plan
U=Urgency

Is It Important to Support Others in Crisis?
Will They Be Inconvenienced?
Do They Communicate Openly and Freely?
Are They Easy to Reach When You Need Them?
S=Sensitive

Do They Show Empathy?

Do They Understand "Crisis is in the eye of the beholder?"

Do They Honor When Others React Differently Than They Would?
T=TLC for Self

Do They Practice Good Self-Care Daily?
Do They Have a Solid Support Group?
Can They Have a Plan of Action to Take Care of Them-self?