



LEAD YOUR TEAM PROJECT

Your Trust Tendency Quiz

Instructions

Answer the following statements as you actually are (rather than as you think you should be!) When you've finished, add up your score then, use the tips that follow the quiz to improve your trust mindset.

Question	Not at All 1 point	Rarely 2 points	Sometimes 3 points	Often 4 points	Very Often 5 points
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Generally speaking, you would say that most people can be trusted

Generally speaking, you would say that most people try to be helpful

Generally speaking, you would say that most people would try to be fair

Generally speaking, I'm not worried that people will find out too much about me

Generally speaking I would say that most people keep their promises

Generally speaking I share my true opinions and thoughts

Your Total Score =

Score Interpretation

15 or more

You have a tendency to trust.

In a leadership context, your tendency to trust will mean that you are likely to treat your employees well, and, as a consequence, your employees are likely to be comfortable being open with you.

Remember to use SMART trust. Consider the skills, knowledge and attitudes of employees before assigning them tasks.

Less than 15

You have a tendency not to trust.

In a leadership context, your tendency to distrust might mean that you will have a problem letting go of control and your staff may not get the opportunity to grow and learn. They may not feel able to raise issues or concerns with you for improving the support for your family member. The independent life for your family member and for you might be harder to obtain too.

Work on being more trustworthy your self because that will help you to trust others. Do what you say you will, get to know your staff personally, share things about yourself with your staff and be open about what you don't know.