



2: Building Trust Through Authenticity

Using the most challenging interactions with your colleagues as an opportunity to build a more trusting relationship

The way to handle these difficult conversations that we often avoid optimally well is to be well prepared.

This is the perfect time to have that conversation you've been putting off

Do



- [Watch the 'Nudge' video for session 2](#)

Think



- How would it feel if you dived into that conversation, got it done well, and proved to yourself that you're better at this than you realised?
- Imagine the impact it'd have on that person to have a conversation they were dreading, but one which worked out as a relationship builder?
- Visualise the best possible outcome, set an intention to make that come to pass – and start preparing

Act



- Start the preparation for your conversation today – don't wait, you are more ready than you ever are to do so.
- Create your Purpose & Importance & 'I feel' statements and set up the appointment.
- Then use the template I'm sending you to guide your preparation.