

TRUST

Concepts of Trustworthiness, Teamwork, Communication and Goal Setting

Trust - worthy of your confidence

Trustworthy – able to be trusted as being honest, safe, or reliable

Teamwork – individuals working towards common goals

Communication - open exchange of thoughts and opinions; includes speaking and listening

Goal Setting - having a vision; setting one's mind and heart on a desired future outcome

Trust is the glue of life. It's the most essential ingredient in effective communication. It's the foundational principle that holds all relationships.

- Stephen Covey

SELF REFLECTION CHALLENGE

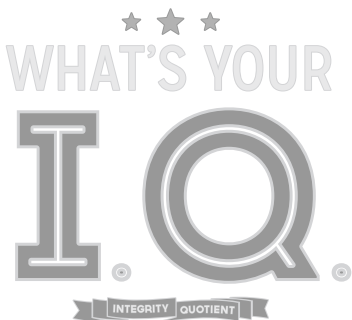
Do you consider yourself a trustworthy team member?

Describe someone on your team that you trust.

What actions do you need from a team member to trust them?

How can lack of trust negatively impact your team?

What can YOU do to become a more trustworthy team mate?



I will do my part
No matter the situation
To ensure high character
Every minute, hour, and day
Giving of myself
Respecting the sports of Cheer and Dance
Investing in others
To leave All Star and our Program a better place for
You

