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## Activity 3: Strategies for Trust Building

🕒 Approx. 50–60 minutes

### Step 1: Identify your best practices

👤👤 Pair activity

🕒 5 minutes per partner, 10 minutes total

Working in pairs, each choose the quadrant of trust where you feel strongest. Together, brainstorm and fill in your best practices for maintaining this quality.

#### Best practices for maintaining elements of trust

<b>Reliability</b>	<b>Congruence</b>
<b>Openness</b>	<b>Acceptance</b>