

Trust

The Art of Living Middle School Club 2023

Trust

Definition:

to believe that someone is good and honest and will not harm you, or that something is safe and reliable

The most difficult virtue but the most noble of mankind is Trust. It is also the most important and respected virtue a person can have in life; trust in one's neighbours, relatives, and friends.

5 Elements of Trust:

-Reliability: Being reliable creates trust.

Honesty: Telling the truth creates trust.

Good Will: Acting in good faith creates trust.

Competency: Doing your job well creates trust.

Open: Being vulnerable creates trust.



Quote

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

Video

<https://youtu.be/NUrnkA0DF2g>