

# Education Learning Activities



## LESSON 7 - THE DNA CONTINUUM

### Part 1 - 5 Steps to Building Trust

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Are you willing to take risks in order to work towards building trust with your coworkers and students? What kinds of risks are you willing to take?

Do you have limits to your level of commitment and trust? Are these limits a result of a bad experience, insecurity, lack of respect? Explain.

Evaluate your class or coworkers it on The Relationship Triangle (*Mark with an 'X'*):

*On a scale of 1-10, how much do you respect one another?*

1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

*On a scale of 1-10, how much connection do you all have?*

1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

*On a scale of 1-10, where do you feel your authenticity level is?*

1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

*On a scale of 1-10, how well can you engage in healthy conflict?*

1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

*On a scale of 1-10, what is the level of trust?*

1 \_\_\_\_\_ 5 \_\_\_\_\_ 10

List some steps you can move to get your class or coworkers to the next level.

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### Part 2 - The Leadership Dance

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Based on who you are, what personality types drain you?

How do you recharge your emotional energy? *(List at least 3 ways)*

What steps can you take to recharge immediately after being around someone who drains your emotional energy?

What can you do to engage your relationships in the classroom or with coworkers better?