

Professional Learning Activities



LESSON 7 - THE DNA CONTINUUM

Part 1 - 5 Steps to Building Trust

Are you willing to take risks in order to work towards building trust with those you work with daily? 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 team at work 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 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 take to get your team to the next level.

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Part 2 - The Leadership Dance

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 professional relationships better?