

Reflections to
Manage
Change
Without Losing
Your Team's

TRUST

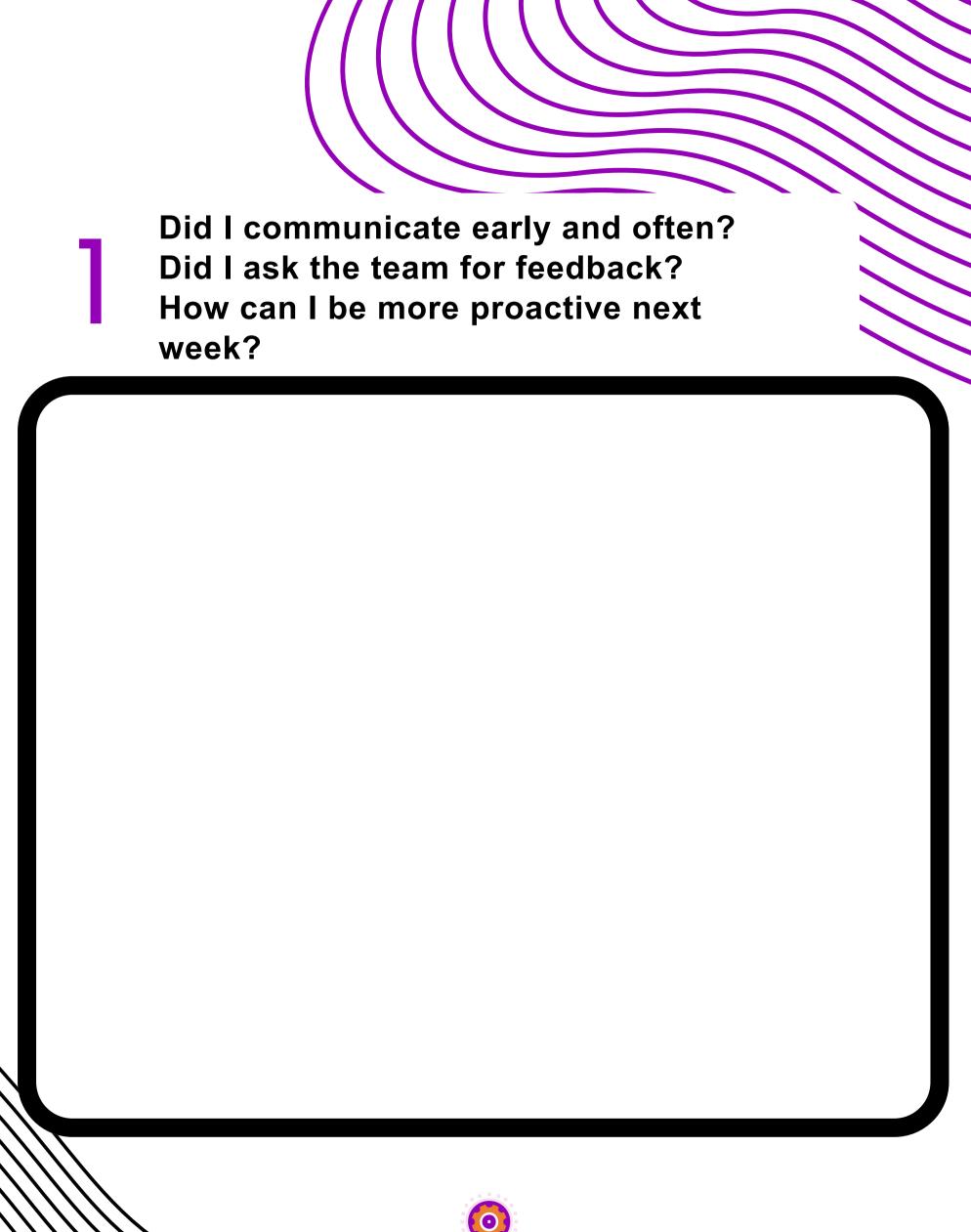


Leading through change isn't just about making big decisions—it's about staying accountable to the people who rely on you.

TRUST is built (or broken) in the small moments, and a little reflection can go a long way.

As you wrap up your week, take a moment to check in with yourself







Did I acknowledge how change may be impacting the team? Have I checked in with folks individually? Have I created space for open conversations?



Was I transparent, even when I didn't have all the answers? Did I share what I could, or did I hold back out of uncertainty? How can I lead with more honesty?



Did I involve the team in the most recent process or change? Who had a voice in decision-making? Who didn't have a voice, and how can I bring them in next time?



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Did I follow through on my commitments? Where did I show up as a leader, and where is there space for me to grow? What's one thing I can improve next week?



Change is inevitable, but **TRUST** isn't. Keep the dialogue open, and you'll keep building a team that's ready to navigate anything—together.

