

The Trust and Emotional Side of Partnership Worksheet

Read at least the first two chapters of the book *Ego-Free Leadership* by Brandon Black and Shayne Hughes and then answer following questions:

What triggers at work cause an "emotional pinch" for you?
What behavioral patterns do you play out in the workplace? What are your underlying fears, and what are your typical knee-jerk reactions?
What do you need from your partners to maintain a sense of trust?

4.	What can you commit to your partners to maintain a sense of trust?
5	What are your top 3-5 takeaways after doing this exercise?
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