TEAL
LEARNING SOLUTIONS

FREE
TEAM TRUST ASSESSMENT WORKSHEET

Trust is the foundation of every high-performing team.

This worksheet helps you assess how your team perceives your leadership across key trust drivers so you can identify strengths, address gaps, and build stronger, more connected relationships.

HOW TO USE THIS WORKSHEET

- Rate each statement below based on your observation or team feedback **(1 = Strongly Disagree, 5 = Strongly Agree)**.
- Reflect on your results. Which areas scored highest and which could use more attention?
- Use the Action Steps section to note specific ways you can strengthen trust within your team.

Trust Driver	Assessment Statement	Score (1-5)
Credibility	My team believes I am consistent, competent, and reliable.	
Communication	I communicate openly, honestly, and in a timely manner.	
Empathy	I genuinely listen and show understanding towards team concerns.	
Accountability	I take responsibility for my actions and decisions.	
Support	I provide my team with the tools, guidance, and encouragement they need.	
Transparency	I share relevant information and decisions clearly and consistently.	

REFLECTION & ACTION STEPS

After completing the assessment, identify one or two areas where you'd like to improve. Write down specific actions or habits you can develop to strengthen trust within your team.

ACTION STEPS:

1. _____
   _____
   _____
2. _____
   _____
   _____
3. _____
   _____
   _____

Building trust takes intention and consistency. Use this worksheet regularly to track your growth and maintain strong, transparent relationships within your team.

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