

HELPING YOUR LEADER TRUST YOU MORE

Welcome to the Guide

Cultivate greater trust from your leader, especially when that trust feels uncertain or underdeveloped:



Wild Boar Fell, Yorkshire Dales





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Helping your leader trust you more isn't about people-pleasing, it's about consistently showing up in ways that build credibility, demonstrate alignment and foster mutual respect.

How to Help Your Leader Trust You More

1. Be Clear Before Being Clever

Leaders trust clarity more than charisma.

- Keep them in the loop proactively, especially around risks, priorities, and progress.
- Summarise what you're doing, why it matters, and what support (if any) you need.

Try:

"Here's where I'm focusing, here's what I've handled, and here's what might need attention next."

2. Deliver What You Say, and Say When You Can't

Follow-through builds more trust than perfection.

- Do what you commit to and flag delays early with ownership, not excuses.
- Be honest about capacity or concerns; it shows maturity and foresight.

Try:

"I want to update you early here's a challenge I'm working through, and here's how I plan to keep things on track."

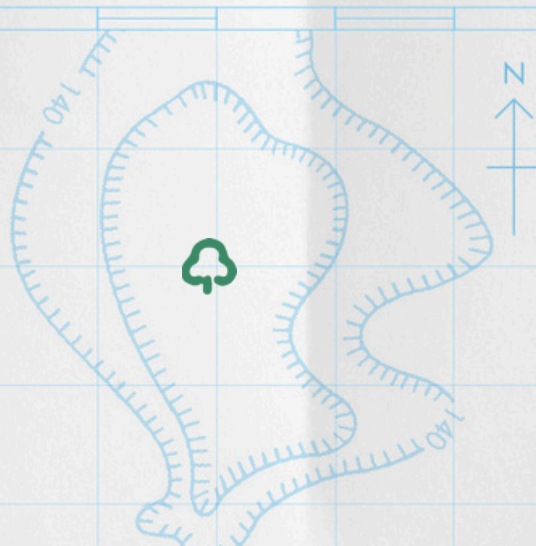
3. Align With Their Priorities

Trust grows when your work supports what matters most to them.

- Understand their pressures and aims then link your contribution to those.
- Show you're not just busy you're purposeful.

Try:

"I've framed this approach around the outcomes you've said are critical this quarter."



4. Ask Insightful Questions

Curiosity shows depth, not doubt.

- Ask about the bigger picture, not just your task.
- Invite feedback and use it.

Try:

“Is there anything you’d do differently if you were in my shoes here?” “How else can I help you feel confident in how I’m approaching this?”

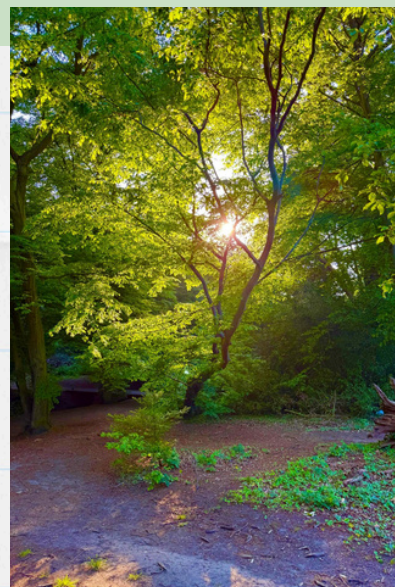
5. Show That You See Them as Human, Too

Leaders also hold doubts, insecurities, and burdens. Trust deepens when they feel safe with you.

- Express appreciation when they do trust you.
- Be someone they can rely on, not just for tasks, but for integrity and steadiness.

Try:

“Thanks for backing me on that I really value the trust and want to keep earning it.”



Taken in Epping Forest,
late afternoon sun

Nature Cue

Trust is like sunlight in a forest.



It doesn’t rush in all at once it filters slowly through, moment by moment, decision by decision. But over time, it transforms the landscape.