

Resonant Trust

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Trust, simply put, is a belief in the reliability, goodness, truth, ability, or strength of someone or something; it is that in which we have faith or confidence. In this sense, trust is an emotion. In addition, trusting or placing trustworthiness includes a process of analysis, a cognitive, more objective thought process. And trust, trusting, trustworthiness is always done in a social context, a relationship, through reflection on the relationship – it is never done in isolation – and it resonates through self and others.

Given this more holistic systems perspective we promote *Resonant Trust*, which is dynamic, alive changing. When dealing with trust issues we subscribe to the following:

1. We advocate trust in context. We do not encourage unbridled trust. There are times when trust is required to be very high, and there are other times when trust needs to be held in check. Reading the context correctly, and understanding how each individual fits into the context is a necessary precursor to trust.
2. We believe that trust is dynamic and an appreciation of context is always extant. Trust in context demands understanding self and others. Trust is both subjective and objective; it is an emotion as well as a cognitive activity. A trusting relationship always involves at least two distinct parts of the brain.
3. Start with trusting self. If you cannot trust yourself, how can you establish a healthy trusting relationship with someone else? Trusting self requires self-knowledge and self-acceptance. Self-trust requires self-reflection which includes both emotion and cognition. A resonance with self is created.
4. Accompany self-trust with trustworthiness; that element of trust which is perceived by others. Giving and leaving the right impression is foundational.
5. Follow self-trust and trustworthiness with trusting others. Our perceptions of others – trusting others – influences our behavior. Their perceptions of you influences their behaviors. We can, and do create perceptions of others. Concurrently, we cannot change or control others, however we can endeavor to create an image of one who can be trusted – trustworthiness. Now the trust relationship with others may flourish. Resonance with others is established.
6. Trust, being dynamic, is changing, alive – created, won/lost, restored. In physics resonance is a phenomenon in which a vibrating system or external force drives another system to oscillate with greater amplitude at specific frequencies. Like in physics trust is a ‘vibrating system’ impacting self and others. In musical terms resonance is tending to reinforce or prolong sounds, especially by synchronous vibration. In a psychological view trust does just that; reinforces and prolongs relationships with self and with others.
7. We measure and deliver Resonant Trust. Using operational definitions we can ascertain levels of trust. Relying on current research, strategies, techniques, and approaches we promote trust in self and within organizations enabling them to experience breakthrough performance.

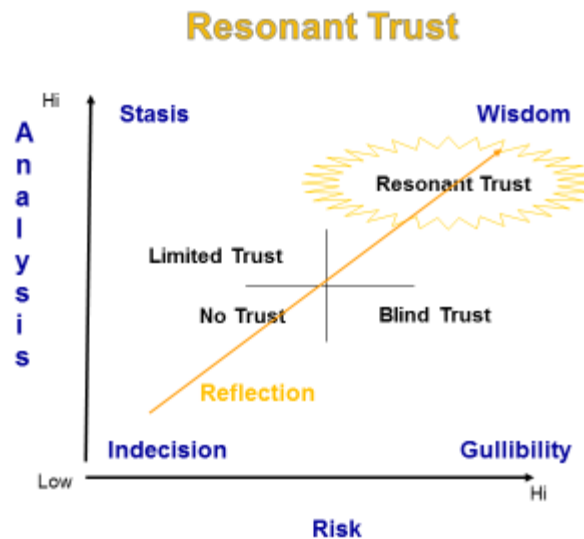
Resonant Trust

Each of us is a system within other systems radiating, resonating out into the ever expanding universe. Trust is the foundation and it is abundant. We live trust through our claimed authority and responsible actions. The levels of trust we generate creates, or inhibits, innovation, productivity, and successful endeavor.

Resonant Trust is created when three primary variables converge: Risk, Analysis, and Reflection. Graphically we see risk as the horizontal axis. Trust always involves risk. If there is no risk or uncertainty there is no need for trust. Risk is dealt with on a clearly subjective level. Of course we try to analyze it as best we can through objective analysis. Thus, analysis is on the vertical axis. Resonant trust is achieved with necessary alignment of risk and analysis. We say 'alignment' because risk is always greater than analysis or what is certain.

Reflection, the third variable is required because serious consideration, contemplation, meditation, or pondering is needed on both the subjective risk and the objective analysis. Reflection ought to be held in very close alignment applied equally to both risk and analysis.

The alignment of Risk, Analysis, and Reflection results in Resonant Trust which begins with you and is amplified as you interact with others. Resonant Trust grows.



Low levels of risk and analysis results in indecision - not a lot gets done, basically there is no trust. High levels of risk with little analysis results in gullibility, and blind trust and perhaps radical beliefs.



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High levels of analysis with very little risk results in stasis, static thinking, and probable tunnel vision. Trust would be very limited because this is a very safe place, and no trust is necessary.

When both risk and analysis levels are high the result is Resonant Trust. Meaning is evident, personal convictions are exhibited and honored, there is a sense of being a part of something larger, spirituality is a part of life and decisions made. When experienced with reflection combining thought and belief, wisdom emerges.

Resonant Trust is understood, felt, and appreciated as it resonates through an individual and touches others. Trust is highly relative to each individual, rarely being equal among those involved. The benefits are equally specific and unique for each individual. It is that realization – each of us risks what we may - which binds us together. Some of us are taking greater risks. Others of us are more hesitant. However when we work together as our trust levels allow, all of our achievements are celebrated. Higher trust levels result in higher achievement, innovation, creativity, deeper relationships, and more intentional action.