



V E N T U R I N G · B S A

Synergism Module 1 - Trust Circle

Learning Objectives At the end of this session, each participant should be able to:

- Understand the need for trust in any group setting
- Feel a greater sense of teamwork within the group
- Feel more confident about their role in the group

Materials Needed Flip chart and markers

Introduction Announce to participants that you are going to learn about trust, and its importance in leadership and with groups.

Emphasize that this is a serious activity, that trust must be maintained. No horseplay or fooling around allowed.

Activity Split participants into groups of six to ten individuals. Each of the groups forms a circle touching shoulders.

One person volunteers to stand in the middle of the circle as the "faller." The rest of the group forming the circle are "spotters."

The spotters should stand with legs slightly bent and at shoulder width apart. Arms should be straight out and slightly bent at the elbows.

The spotters' job is to catch the faller and gently center him or her or pass that person to the next spotter. Fallers must fall stiff as a board and keep their hands to their sides, or folded across their chests.

The faller is to stand in one place and fall as if his or her feet were nailed to the ground.

The faller says, "Ready to fall."

The spotters say, "Fall away."

The faller says "Falling" and then falls.

Give each person a turn who desires it.

Rules:

1. No action begins until signals are given.
2. No bantering between participants. This is a very serious learning situation.

Variations:

- As the groups' trust and confidence increases, widen the size of the circle so the faller has a greater distance to fall before being caught.
- Have the faller use a blindfold.

Reflection

After the activity, assemble in a group and discuss the following:

What went through your mind the first time you fell?

Was it easy to trust in this situation?

Were some people in the circle easier to trust than others?

Which role were you comfortable in, faller or spotter? Why?

What does building relationships of trust have to do with leadership?

Is true leadership really possible without trust?

Emotional Bank Account

Read and discuss the following to the group:

“One of the most important ways to manifest integrity is to be loyal to those who are not present. In doing so, we build the trust of those who are present. When you defend those who are absent, you retain the trust of those present.”

Stephen R. Covey

Write on the flip chart, with a line down the middle:

Emotional Bank Account

Deposits

Withdrawals

Read the following paragraphs and write the underlined words in the appropriate column on the flip chart. Spend some time discussing the words and maybe adding some to the list.

“We all know what a financial bank account is. We make deposits into it and build up a reserve from which we can make withdrawals when we need to.

“An emotional bank account is the amount of trust that’s been built up in a relationship. It’s the feeling of safeness you have with another human being.

“If you make deposits into an emotional bank account through 1. Courtesy, 2. Kindness, 3. Honesty, and 4. Keeping commitments, you build up a reserve. Others will trust you more. When the trust account is high, communication is easy, instant, and effective.

But if you have the habit of showing 1. Discourtesy, 2. Disrespect, 3. Cutting others off, 4. Overreacting, 5. Ignoring others, 6. Becoming confrontational, 7. Betraying your trust, or 8. Threatening, eventually your emotional bank account is overdrawn. The trust level gets very low.”

Ask: How can we improve as a Venturing crew in our relationships with each other?

End of Session