

# Teams And Trust

We all think we know what makes for a good team. Gee we win a lot. No it is far beyond that outcome.

One obvious factor in the great team is trust, trust in your fellow mate on the field, off the field.

Achieving trust is difficult because in the course of careers most successful people learn to be competitive with their peers and protective of their reputations. And they do so because it is an individual thing.

It is a challenge for them to turn those instincts off for the good of the team when they play sport in teams, but that is exactly what is required.

And then there are those who are more self centred regardless of their success in careers who are fellow team members.

Members with an absence of trust display this within the team by:

- Concealing their weaknesses and mistakes from others,
- Hesitate to ask for help, insecure in themselves,
- Unwillingness to provide constructive feedback,
- Jump to conclusions about the intentions and aptitudes of others without attempting to clarify them,
- Fail to recognise and tap into one another's skills and experiences,
- Waste time and energy managing their behaviours for effect,
- Being the one most likely to hold grudges.

Funny dynamic when there are those in the team who lack trust in others.

Watch for it, distrust, when next in your bowls and club team environment and see how and what you could do to address it for the good of the team.

**Lachlan Tighe, 2020**