

The Meaning of Trust in Mentoring, Sport, and Life

Abstract: Trust means different things to different people. The purpose of this workshop is to identify and clarify these differences in different relationships, situations, and settings. Specifically, trust in mentoring, in sport, and in life will be examined. After a few introductory exercises to illustrate trusting and not trusting, trust and mentor will be defined. Workshop participants will be asked to give examples of trusting and not trusting in their relationship with a mentor. Discussion will include important characteristics of a good mentor, and barriers to developing trust in some mentoring relationships. The workshop will then describe the different implications of trusting in sport, including trusting oneself, teammates, coaches, and officials. Again, the participants will be asked to describe experiences they have had that involve the issue of trust. The focus of the workshop will then be broadened to explore the meanings of trust in our every day lives. Questions will be raised about what it means to trust ourselves, to trust other people, and to trust an intimate, a person we live with and love. Participants will again be asked to describe and discuss their own experiences.

Exercises - 1 - Blind walk; 2 - Fall back; 3 - Group lift

Definitions - Trust - reliance on a person's integrity, strength, and ability.
- Mentor - a wise and trusted counselor.

Trusting a Mentor - relying on a wise counselor's integrity, strength, and ability.
(To be trusted carries the responsibility to be trustworthy).

Trusting the process - allowing an activity to continue without knowing the outcome

- examples of trusting and not trusting a mentor – from participants
- characteristics of a good mentor; barriers to trusting

Trusting in sport - myself - releasing conscious control of movement

- teammates - relying on their support, cooperation, and competence
- coaches – relying on them to communicate, teach, and be available
- officials - relying on them to be competent and unbiased
- examples from workshop participants' own experiences

Trusting in life - myself - relying on my own integrity, strength, and ability

- others - relying on them to
 - be competent
 - be reliable
 - be truthful
 - take my side
 - keep their promise
 - do what they say they will do
 - act in my best interest
 - stay interested in me
- examples from workshop participants' own experiences
- an intimate – in addition to above list, relying on them to not

hurt me	reject me	lie to me
betray me	leave me	judge me
ridicule me	criticize me	attack me
abuse me	threaten me	undermine me
embarrass me	contradict me	discount me
ignore me	take advantage of me	try to control me
make me do something	disappoint me	think less of me
upset me	tell my secrets	turn against me