

Trust in Society Is Changing with Conor O'Malley

In today's society, trust is hard to build. People are wary of one another; we even find it hard to trust ourselves. In this episode, Annemarie Cross speaks with Conor O'Malley, an executive coach for leaders. He excels in helping others tap into themselves and their narratives to unlock the answers to their problems.

Trust begins from your self-narrative: your beliefs and facts. Conor explains that building trust is like building a brick wall. It doesn't happen overnight — you have to keep laying bricks to make it bigger and stronger.

In today's activity, you will study and analyse your self-narrative. Ideally, this will guide you in forming the trust you need for yourself and others.

QUOTE TO REMEMBER

'How do we include other people's views to actually come to a better co-created outcome, as opposed to, "It's my way or the highway"?'

Activity: Looking at My Narrative

I. Identify

In this section, recall the key points that Conor presented in the interview.

Conor concluded the interview by saying he is not a consultant, but a _____.

How did Conor define trust?

What are the risk factors of trust?

Where do stories or self-narratives emerge from?

Behaviours are a manifestation of _____, and vice versa.

Leaders can no longer demand respect. Instead, they should _____.

In analyzing collective trust of society toward how the pandemic is being handled, Conor explained that there is no common _____ among nation leaders.

According to the survey, who does society trust the most to lead the way in dealing with societal problems?

II. Explain

In this section, thoroughly expound on certain concepts discussed in the interview.

Conor expressed that the language of leadership is changing, especially with the introduction of women leaders who are more understanding and empathic in their approach. How do you view leadership in your line of work or business? What changes should you make to become a better leader?

According to Conor, trust begins and ends with the self. How can you interpret this statement and explain how you can apply this perspective in your life.

Conor talked about the metaphorical equivalent of gaining back trust when an individual or company fails to deliver on commitments. Share your understanding of this explanation and relate it to how you plan to build trust with important people in your life.

III. Prepare

What is your self-narrative?

Choose a specific aspect of your life (e.g., love life, social life, academic, career, business, family). Next, create a diagram of how your facts and beliefs, influenced by your culture, family experience and lived experience, have shaped you to behave in that chosen aspect of life.

How You'll Learn from the Activity

This activity will help you unlock your self-narrative by looking at your past experiences and linking them to your current behaviours, standards, intent and big purpose.

The difficulty that individuals and companies face has to do with a lack of a clear, well-defined direction in life. That is why it is so valuable for companies to adhere to mission and vision statements to maintain alignment from the top executives to the rank-and-file employees. Aligning everyone in an organisation with a single vision helps them stick to certain standards. These standards are what build trust in society. When you can consistently deliver results, you build trust with the people you work with.

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If you are struggling on a personal, career, or business level, it is vital to take a moment to reflect and analyse the way you think, feel and act. That can only be done by trusting yourself. If you learn to trust yourself, you will begin to trust others, and you will also earn their trust.

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