

# WELLBEING FITNESS CHALLENGE 9

## ROCC of Trust

The ROCC of Trust is an effective road map to follow to provide reliable, open, competent and compassionate leadership of yourself and others. Through ROCC, your and others' state of wellbeing will grow through self-generating positive emotions, being empathetically engaged, feeling optimistic and grateful, and feeling inspired by a meaningful sense of purpose. ROCC is dependent on trust.

*Trust is your willingness to feel some vulnerability with others in uncertain situations. What does trust mean to you?*

Self-assess as to whether you are or could be a **ROCC Star**:

### Reliability

Can you trust yourself to do the right thing and do the thing right?

Can your students and colleagues trust you to:

1. Follow through on what you say you will do?

2. Share problems and then solve them together?

### Openness

Can you trust yourself to be honest with the person you see in the mirror?

Can your students and colleagues trust you to:

1. Be open, honest and welcome feedback?

2. Identify and share with them what they need to know?

### Competence

Are you confident in your capabilities to master what you need to master?

Can your students and colleagues trust you to:

1. Meet their expectations to deliver quality learning experiences?

2. Identify, review and build on your errors?

### Compassion

Are you consistently kind to, accepting of, and believe in yourself?

Can your students and colleagues trust you to:

1. Value, have empathy for them and show that they matter to you?

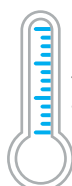
2. Empower them to feel optimistic in difficult times?

*Acknowledgement: Anel and Karen Mishra*

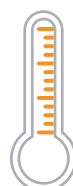
Please show professional empathy for colleagues by sharing your thoughts about ROCC on the AEU Facebook page.



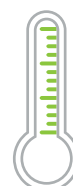
**BIG FOUR  
CHECK IN:  
This week  
how did you:**



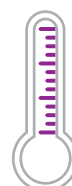
feel in  
yourself?



exercise  
daily?



eat  
healthy?



sleep  
deeply?

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." Dolly Parton*