

Repair Through Reliability

Purpose: Help leaders understand repair as a process of consistent presence.

1) A relationship where some strain may be present is:

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2) Signs of strain I've noticed include:

(e.g. guardedness, distance, reduced openness)

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3) My usual impulse when I sense strain is to:

- explain
- reassure
- avoid
- fix quickly
- wait it out

4) One way I can lead repair through coherence is:
(e.g. steadier presence, less defensiveness, better listening)

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5) A sentence I'll hold is:

“Repair happens through how I return.”

Trust rebuilds through consistency, not performance.