

TOOL 20 - GUIDELINE 8: TRUST

Module: ALL – EMPOWERMENT OF THE JOB COACHES Worksheet

Objectives:

Trust is the core value of the FROG-methodology in which the JobAut methodology is based upon.
Choosing trust means choosing to see potential, value, and capability, even when it doesn't immediately fit the mold.
Being able to shift the dynamic from control to collaboration.
Trustful approach that empowers growth.

Materials required:

Printed out worksheets and needed attachments for each session.

Step by step facilitation instructions:

Choose 100% trust in the method, the participant, the process, your co-leader and yourself.
Trust the autistic adults' intentions, capacity and effort.
Trust that all humans are naturally creative, resourceful and whole.
When working from this perspective, this will also guide your approach and your questions to your participants, being braver and working from a solution-oriented space.
A lot of «the four agreements» - the final guideline, will also have concrete tools as to how to keep and regain trust in any situations.

Expected duration

Throughout the group session including check – ins: 120 minutes.

Expected outcomes

When people feel trusted, they are more likely to take social risks, try new strategies, and open.
Research shows that trust in relationships promotes psychological safety, which encourages individuals to engage in innovative behaviours and share ideas without fear of negative consequences.
Trust fosters willingness to be vulnerable, which is essential for taking social risks and experimenting with new approaches.
Trust enables openness and cooperation in social interactions.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

CHECKLIST

- I understand the purpose of trust:
- I trust the autistic adults' intentions, capacity and effort:
- I trust that all humans are naturally creative, resourceful and whole: