



Steve Savides: The Body of Trust: How Trust Based Action Changes Everything.
Creating sustainable impact in your business and community.



Steve Savides teaches sales, business, strategic negotiation, effective communication, wellbeing, mindfulness and meditation to companies, entrepreneurs and business leaders. Explore how to measure trust of yourself, people, and process at the personal, business, community, and national level.

TOP EMBODIMENT TIP: Trust yourself. Come back to your breath. Breath is the first thing to trust.

Trust: **Trust is an action, feeling, and a process.**

- Trust is the willingness to accept vulnerability or risk, based on the expectations of another person's behavior.
- There are degrees of trust, and contexts in which you trust someone and context you don't.
- Think of a brand you trust, and notice how that feels in your body.

Importance of Trust: **Trust Begets Trust.**

- Trust changes everything and makes everything better.
- We are suffering from a global trust deficit disorder.
- Nations that have higher trust levels Are successful, prosperous, happy nations.

How to Engender Trust: **Listen. Curiosity. Ask**

- Why do they think like that, why do they think differently to me?
- Make sure you are conveying integrity, benevolence, and ability.
- Make your business targeted to what they need, not what you need; Not neediness, from a sense of “you have to trust me.”

3 Core Pillars of Trust:

1. **Ability:** Does this person have the ability or the capability to deliver what they say they're going to deliver?
2. **Benevolence:** There's this sense of fairness between yourself and that person or organization.
 - Is there intention towards me good?
 - Are they ethical towards the environment?
3. **Integrity**

Resources

- ❖ **Website:** [The Global Trust Project](#)
- ❖ **References:** *The State of Affairs Rethinking Infidelity*, Esther Perel. [Brené Brown Vulnerability Ted Talk](#)



All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now