

# Skills to Build Relationships & Trust

Interpreting The Veteran Workforce Toolkit



## Upskilling Employees

Creating mental health responses for your staff is more than providing resources. Throughout your company, upskilling your employees in the interpersonal skills that improve culture is imperative to emotional wellness in the workplace.




## Learnable Skill-Building

Our toolkit breaks down the competencies into learnable skills, which include the ability mentor others and model behaviors that require both vulnerability and comfortable boundary setting.

Mentoring 

Modelling Healthy Boundaries 

Creating Safe Spaces 

Leading with Empathy 

Active Listening 

## How it Looks:



Collaborating with your Leadership and HR, we will implement strategies such as developing structured mentoring programs or carving out time and spaces for relationship building, to help systematically identify opportunities for upskilling employees, all while enhancing your culture of internal support.

## Continous Improvement

We are committed to continuously assessing and enhancing the effectiveness of the toolkit, using feedback from our veteran employees, supervisors, and stakeholders. We recognize that the success of the toolkit relies on ongoing dedication and collaboration, and we encourage all members of your organization to actively participate in its implementation and evolution