

TRUST: TO GIVE, WITHHOLD, EARN, AND REPAIR



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ABOUT DR. HENRY CLOUD:

Dr. Cloud is an acclaimed leadership expert, psychologist, and best-selling author. He draws on his extensive experience in business, leadership consulting, and clinical psychology, to impart practical and effective advice for improving leadership skills and business performance.

In his leadership consulting practice, Dr. Cloud works with Fortune 500 companies and smaller private businesses alike. He has an extensive executive coaching background, and experience as a leadership consultant, devoting the majority of his time to working with CEOs, leadership teams, and executives to improve performance, leadership skills, and culture.

His experience includes three decades as a consultant, and as an entrepreneur, he started and grew a successful chain of treatment centers in over 40 cities across the western United States. His experience running a business of this magnitude lends credibility to his expertise on leadership matters in the companies with which he works.

As a speaker, Dr. Cloud has shared the stage with many business and global leaders and experts, such as Tony Blair, Jack Welch, Condoleezza Rice, Desmond Tutu, Marcus Buckingham, and others.

Dr. Cloud is a graduate of Southern Methodist University, with a B.S. in psychology. He completed his Ph.D. in clinical psychology at Biola University and his clinical internship at Los Angeles County Department of Mental Health. His philanthropic interests lie in homelessness in the inner city, as well as missions in the developing world. He lives in Los Angeles with his wife, Tori, and their two daughters, Olivia and Lucy. He enjoys golf, scuba diving, boating, and fishing.

4 KEY TAKEAWAYS:

In this episode of the L3 Leadership podcast, Dr. Cloud is back for another episode to discuss his new book, *Trust: Knowing When to Give It, When to Withhold It, How to Earn It, and How to Fix It When It Gets Broken*, his views on mental health and leadership, and setting boundaries.

1. Dr. Cloud shares his views on the current mental health status of both leaders and the general population as a result of COVID.
2. He talks about trust and distrust in different institutions and shares examples of what that looks like.
3. Dr. Cloud talks about how trust can be repaired even if it is broken at some point.
4. Doug and Dr. Cloud talk about setting boundaries and how context is essential for defining boundaries.

“Trust fuels investment.”
– Dr. Cloud

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Thanks for tuning into this week’s episode of the L3 Leadership Podcast. If you enjoyed this episode, please head over to Apple Podcasts, Stitcher, or Google Play to subscribe and leave us a rating and review.