

MARCH 2021

# BELONGING ∫ AFMC Connect



**GOAL:** Foster a sense of community.

## Facilitator Notes

1. The objective of AFMC Connect is to reinforce the importance of connection and how it can encourage early help seeking behaviors. This directly contributes to our suicide prevention efforts by lessening the chance of occurrence for high risk behaviors.
  2. You have been provided the flexibility in facilitating these discussions in already existing forums (i.e. staff meeting, roll call, guard mount, shift change, PT etc.).
  3. Virtual delivery may be utilized due to COVID-19 operating restrictions – examples of available platforms include Zoomgov, Webex, Microsoft Teams/CVR, or Telecon.
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1. Each month will have a different focus and corresponding tool established to assist supervisors in the delivery of relevant content. Those monthly messages feed into a broader quarterly theme – this quarter’s theme is “Belonging”.
    - January – Trust
    - February – Valuable
    - March – Belonging
  2. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact.

## FRAMING THE CONVERSATION

Belonging is a crucial component in building a productive and efficient workplace. People are bonded by common experiences and benefit when they feel they are part of something meaningful.

Coworkers who develop relationships within the workplace are more likely to seek help, are better equipped to share resources, meet mission requirements more efficiently, and reduce individual stress and burn out. The value in having a sense of belonging becomes a critical starting point in creating a more supportive culture within an organization.

### SUGGESTED DISCUSSION POINTS:

1. What does belonging in the workplace mean to you?
2. What is something a coworker has done that made you feel like you belong?
3. How would you describe the similarities/differences between your work relationships and your family/friend relationships?
4. What is one thing you can do to contribute in your team’s success?

### TAKE ACTION:

1. Create a list of strategies for how the team can support individuals when they face challenges and discuss the benefits of seeking help.
2. Bring in a Master Resilience Trainer (MRT) or Resilience Training Assistant (RTA) to review “Celebrate Good News” and discuss the importance of being engaged in the moment. NOTE: See Appendix C for a list of your local Community Support Coordinators who can help identify available MRTs/RTAs.

### KEEP IT SIMPLE:

Take a moment this month during each meeting to identify valuable contributions of your team member.

AFMC Connect allows you to have open, genuine discussions with your employees on the values and culture that represent the Air Force. This 15-30 minute discussion replaces traditional formalized training to allow you to frame the concepts in the way that best meets the needs of your Airmen.