

GOAL: Strengthen and sustain positive relationships within the workplace.

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.
4. Each month a theme and corresponding tool has been established to assist supervisors in the delivery of relevant content. Those monthly themes feed into a broader quarterly message – this quarter’s theme is “Connected”.
 - April – Respect
 - May – Contribute
 - June – Connected
5. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact:
<https://www.afmc.af.mil/connect>
6. We welcome your feedback:
<https://www.surveymonkey.com/r/2021Connect>

FRAMING THE CONVERSATION

Connection fosters a sense of commitment, productivity, trust, drives collaboration and cultivates healthy working relationships. Being connected helps team members feel seen and heard, simply knowing you are not alone in times of need. Being connected with a team helps foster protective environments which increase resilience before, during, and after stressful events.

Encourage connection through various opportunities:

- Offer activities that can help reduce stress
- Have some fun together, learn about one another and foster comradery
- Emphasize the importance of inclusion, give everyone a voice
- Promote early help seeking as a sign of strength and personal growth
- Highlight individual values and how they contribute to the team’s success
- Get to know your people, interact frequently even if nothing comes out of it

SUGGESTED DISCUSSION POINTS:

1. What does being connected to the team mean to you?
2. How does having everyone contribute to the mission help aid in building a connected workplace?
3. How does being connected help identify those who are experiencing distress?

TAKE ACTION:

1. Discuss ways the team can create and/or sustain an environment where everyone feels included.
2. Create opportunities to build connections for your personnel:
 - Bring in the Employee Assistance Program (EAP) or the Military Family Life Counselor (MFLC) to provide education on work/life balance.
 - Invite Civilian Health Promotion Services (CHPS) to come out and talk about nutrition, physical activity, and healthy sleep.

KEEP IT SIMPLE:

Encourage everyone to download the Air Force Connect App! Highlight different areas within it during interactions with your personnel.