

May 2022

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide an opportunity for meaningful conversations to occur within our units – resulting in stronger connections and increased unit cohesion. Social ties that accompany a sense of belonging as well as increased connectedness are identified as protective factors associated with preventing suicide.
2. Supervisors have the flexibility in facilitating these discussions in already existing forums (i.e. staff meeting, roll call, guard mount, shift change, PT, etc.).
3. It is important to introduce the monthly discussion in your own words in a way that meets the needs of your personnel.
4. Virtual Tip: At the start of your meeting, greet your team members as though they're walking through a real door. This way they feel like their presence matters, and provides motivation to stay engaged and contribute.
5. 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 message is "Observant".
 - April - Mindfulness
 - May - Considerate
 - June - Observant
6. For additional information on facilitating discussions and local points of contact, you can find the full implementation guidance here: <https://www.afmc.af.mil/connect>

FRAMING THE CONVERSATION

Consideration is a deliberate action, which allows people to show they care by recognizing and appreciating others. Showing consideration in the workplace can be through a display in behavior or through words that emphasize commitment to developing personal relationships. It provides opportunities to foster a positive work environment by being respectful of those around you, encouraging individual differences, and exhibiting the willingness to think beyond oneself. Having a considerate workplace can result in increased morale and productivity.

Encourage your team to connect by:

- Actively listening to others
- Recognizing impactful moments in each other's lives
- Publically acknowledging each other's strengths
- Providing encouragement to others

Suggested Discussion Points:

1. What does being considerate mean to you at home? ...at work?
2. Discuss examples of considerate acts within the workplace.
3. How do you respond when others are considerate towards you?

TAKE ACTION:

- Have team members conduct random acts of kindness and share their experience with the team.
- Take the time to understand one another by reaching out to your Community Support Coordinator (CSC) (see Appendix C) to help coordinate a personality assessment for your team.

KEEP IT SIMPLE:

- Encourage your team to share words of appreciation to other team members for assistance they have provided.

We welcome your feedback on how we can make these products more effective. Please utilize the following link at <https://www.surveymonkey.com/r/CY22CONNECT> or the QR Code.

