

GOAL: To create an environment built on trust

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, Microsoft Teams, or Telecom.
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 "Resilience".
 - July – Character
 - August – Wellness
 - September – Resilience
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

Good character can be defined as morals, values or beliefs; character is our personality, our lived experiences and what we are made up of whether as an individual or an organization. Establishing expectations for character in the workplace sets the standard for how an organization operates and people who display positive character strengths such as integrity, empathy, and honesty are able to develop healthier relationships, demonstrate better coping skills, exhibit higher productivity, and greater resilience. When considering character and the impact it may have on your unit, consider these actions:

- Demonstrating respect
- Taking responsibility for your actions
- Showing concern

SUGGESTED DISCUSSION POINTS:

1. What does character mean to you?
2. How do those around you affect your character?
3. How does your character impact your unit's culture?

TAKE ACTION:

Have your Airmen reflect on their own characteristics that have a positive impact on their unit. Watch the video titled "Character" and discuss how it relates to your organization. The video can be found at the following link:

[AFMC Connect SharePoint](#)

NOTE: To copy URL, select "Enable All Features" at top of document.

Reach out to your MRT/RTA to facilitate a conversation about *Values* or *Bring Your Strengths*, which focuses on finding your personal strengths and applying them to your daily lives.

KEEP IT SIMPLE:

By the end of the day, recognize one positive character strength of a coworker and let them know how you appreciate that strength and its impact on your team/yourself.