

MARCH 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: Highly encourage participants to have their cameras on when using virtual platforms. Communication is more effective when non-verbal cues are involved. What you are saying is important, but how you say it is also valuable.
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 “Community”.
 - January - Purpose
 - February - Sharing
 - March - Community
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

Our work culture has changed in ways we never anticipated. Increasing a sense of community can be challenging in a blended environment (i.e. virtual or face to face), but it has never been more important. Organizations that emphasize belonging can reduce feelings of isolation. Fostering connections between coworkers and building trust benefits employee morale and work-life integration. As a leader you help your team feel a part of something greater than themselves and believe in the work they are doing.

Leaders can establish a positive workplace in these ways:

- Offer opportunities for team building
- Invest in multiple forms of communication
- Make appreciation a standard part of your organization

SUGGESTED DISCUSSION POINTS:

1. What does community mean to you? Give an example of what having a sense of community in the workplace looks like.
2. Describe how belonging to a community can encourage you to ask for help in a time of need.

TAKE ACTION:

- Coordinate a volunteer opportunity for your personnel to get involved in an installation activity or local community event.
- Schedule your next team building activity by contacting your local FSS Community Cohesion Coordinator (C3) to plan a UNITE Event.

KEEP IT SIMPLE:

Connect with a member of your team and learn something new about them. Share what you’ve learned at your next regularly scheduled team meeting.

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

