

December 2022

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide an opportunity for meaningful conversations to occur within our units. 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: Consider opening your meeting with an icebreaker to encourage personnel to engage in conversation about topics other than work (e.g. favorite restaurants, pets, or hobbies).
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 “Inspire”.
 - October - Endurance
 - November - Recharge
 - December - Inspire
6. For additional information on facilitating discussions and local points of contact, find the full implementation guidance here: <https://www.afmc.af.mil/connect>

FRAMING THE CONVERSATION

Inspiration in the workplace involves encouraging others to achieve their goals by fostering a supportive environment. When we motivate each other, we create a positive work environment, increase personal development and improve self-esteem. The time between the holiday season and end-of-year may leave people feeling overwhelmed, so it is especially important to connect with others and encourage them to practice their resilience.

Establish a supportive environment by:

- Encouraging personal growth
- Empowering others to seek help when needed
- Sharing personal coping strategies
- Expressing empathy

Suggested Discussion Points:

- What can you do to encourage others within your organization?
- How do you serve as a source of motivation?
- Think about someone or something that inspires you. What is it about that person/thing/activity that helps you overcome and deal with your challenges?

TAKE ACTION:

- Celebrate the team! Set up a get together to provides opportunities to get to know one another (i.e. schedule a team lunch, take part in an activity that supports the community, find an FSS activity everyone can enjoy, etc.)

KEEP IT SIMPLE:

- Have team members’ handwrite thank you notes to someone within your organization that inspired them and include why their actions were impactful.

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

