

June 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 - Compassion
 - 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

Being observant means taking note of smaller details and connecting them to the bigger picture. Part of the process in being observant is examining your own thoughts and feelings as well as those of the people around you. Additionally, it can help with identifying opportunities to provide further support to the mission, your smaller workcenter or to each other. The advantages of being observant in any situation is understanding reactions and having the ability to adapt more easily; resulting in improved relationships and opportunities for personal growth.

By being observant in the workplace, we are able to create stronger connections with members of our team. This can also help identify, through verbal and non-verbal cues, when someone might be experiencing a challenging time and when we should check in on them.

Encourage your team to connect by:

- Understanding individual strengths and how they contribute to the team
- Doing something fun together as a team—aim to learn more about one another
- Encourage less email and more verbal communication
- Pausing to reflect on how the day went

Suggested Discussion Points:

1. What does being observant mean to you?
2. How does being observant help you to contribute as member of the team?
3. How does being observant help identify those who may be experiencing distress?

TAKE ACTION:

- Reach out to a Master Resilience Trainer/Resilience Training Assistant (MRT/RTA) to arrange time for team members to complete a free strengths survey offered by the VIA Institute on Character (viacharacter.org) and share information at a future team event.
Note: If you are not aware of who your MRT/RTA is, use Appendix C to contact your local Community Support Coordinator to assist.
- Host a brown bag lunch (in person or virtually) and spend time catching up as a team.

KEEP IT SIMPLE:

- Encourage your team to download the Air Force Connect App and "favorite" your installation. Recommend they take a moment to become familiar with the information available.

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.

