

GOAL: Understand the power of different perspectives among individuals and groups.

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, Webex, AF CHES, or Telecon.
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 “Hope”.
 - October – Outlook
 - November - Thoughtful
 - December – Hope
5. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact: <https://www.afmc.af.mil/connect>

FRAMING THE CONVERSATION

Outlook refers to our opinions, beliefs, and feelings about different aspects of our lives. It is important to understand that the outlook an employee brings to the organization will directly impact their ability to develop relationships within the organization and ultimately the performance of the team. The greatest thing about outlook is that it is something each individual has the ability to control. The following tips are provided to assist you in cultivating an environment that fosters a positive outlook and builds a culture where team members look forward to coming to work:

- Encourage positive self-talk.
- Listen to each other.
- Understand where other’s perspectives are coming from.
- Develop a positive vision and goals for your organization and reinforce it.

SUGGESTED DISCUSSION POINTS:

1. Why is it important to understand each other’s perspectives?
2. How can positive self-talk and what you see in others affect unit morale?
3. How does outlook serve your vantage point from where you sit?

TAKE ACTION:

- Reach out to your CSC to bring someone in to focus on Multigenerational Diversity, Four Lenses or complete a personality strengths test.
- Reach out to your MRT/RTA to facilitate a conversation about Resilient Thinking such as Reframe, Balancing Your thinking or Celebrating Good News. (See Appendix C of the AFMC Connect Implementation Guide for a listing of CSC contacts).

KEEP IT SIMPLE:

- Start each meeting this month with a check-in; i.e. What’s on your mind? What challenges are you facing? What are you looking forward to?

We welcome your feedback on how we can make these products more effective. Please utilize the following link at <https://www.surveymoneky.com/r/2021Connect> or the QR Code.

