

## JANUARY 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

A purpose-driven workplace is essential for employee engagement. By taking the time to discuss how individual contributions impact the bigger picture you are bringing meaning to your team’s work. Having a sense of purpose is crucial to our well-being and directly impacts employee motivation at work, increases resilience, and establishes an environment in which employees can thrive. Meaningful work helps people handle challenges, setting the groundwork for forward thinking and positive change.

Encourage teammates to find purpose at work by:

- Helping to find what motivates them
- Identifying their personal strengths to benefit the organization
- Offering opportunities for mentorship and coaching

### SUGGESTED DISCUSSION POINTS:

1. What motivates you at work?
2. How do you contribute to completing the mission?
3. What are we doing to capitalize on everyone’s strengths?

### TAKE ACTION:

- Review your unit’s vision and mission statements and discuss how your team contributes to the success of these endeavors.
- Contact your unit Resilience Team to explore optional Resilience skills development. If you are not familiar with who your team is, please contact your Community Support Coordinator (CSC). (See Appendix C in the Implementation Guide for a list of POCs).

### KEEP IT SIMPLE:

- Have your team members share how they would complete the following quote: “I am inspired when....”.

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.

