

FEBRUARY 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

In the workplace, sharing can help people connect in meaningful ways. By supporting one another we create opportunities to build trust, increase our connection and create a sense of belonging. Establishing a shared purpose can allow personnel to depend on one another which can extend past the workplace. The abundance of experience and knowledge employees possess is an important resource to any team. By sharing knowledge with each other, we can operate more effectively as a team and contribute to the success of the organization's mission. As a leader you impact your team by creating an environment that encourages collaboration.

Do this by:

- Asking deliberate questions
- Providing opportunities to build relationships
- Being approachable

SUGGESTED DISCUSSION POINTS:

1. What does sharing mean to you?
2. How do we encourage collaboration to better support our mission?
3. How do you feel when your ideas are utilized?

TAKE ACTION:

- Facilitate a discussion on ways the team can increase and/or sustain an environment where knowledge sharing is the norm.
- Contact your Community Support Coordinator (CSC) to locate a facilitator who can lead a communication activity with your team. (See Appendix C in the Implementation Guide for a list of POCs).

KEEP IT SIMPLE:

Have the team share one thing they like about AFMC Connect discussions and one way they would improve conversations. Encourage everyone to share their feedback using the link or QR code below.

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.

