

**GOAL:** Fostering confidence in your team.

**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, Microsoft Teams/CVR, or Telecon.
4. Each month will have a different focus and corresponding tool established to assist supervisors in the delivery of relevant content. Those monthly messages feed into a broader quarterly theme – this quarter’s theme is “Belonging”.
  - January – Trust
  - February – Valuable
  - March – Belonging
5. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact.

**FRAMING THE CONVERSATION**

The need for trust in the workplace is a fundamental building block of any group and can greatly influence an organization's culture. Trust is built through actions not words alone.

Trust can be built in the workplace by:

- Empowering Airmen to take ownership of their actions.
- Being open and transparent on key decisions / changes.
- Refrain from treating anyone more favorably than another.
- Actively listening.
- Use different types of communication to connect to the group at large.
- Be authentic in your communication.

**SUGGESTED DISCUSSION POINTS:**

1. What does it mean to you to have trust in your work environment?
2. What actions have you taken to demonstrate trust with your co-workers?
3. How can you strengthen trust in your workplace?

**TAKE ACTION:**

It's important to make time for teambuilding. You can select from the resources below to assist with conducting an activity with your group:

- Resiliency Team (Community Support Coordinator, Master Resilience Trainer, or Resilience Training Assistant)
- Airmen and Family Readiness
- Employee Assistance Program
- First Sergeant

**KEEP IT SIMPLE:**

Encourage the team to share a note or text of gratitude to at least one other team member.