

FACILITATOR NOTES

1. The objective of AFMC Connect is to provide opportunities for meaningful conversations to occur within our organizations – 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. Twelve tools have been developed for CY24, and leaders are able to choose which tool is utilized each month to best meet the needs of their organization – eleven traditional AFMC Connect topics plus one Suicide Prevention training tool.
3. Attend an AFMC Connect facilitator training offered by your Integrated Resilience Office to help navigate the best way to deliver small group sessions and clarify questions you may have on the Suicide Prevention (SP) content.
4. Supervisors have the flexibility in facilitating these discussions in already existing forums (i.e., staff meeting, roll call, guard mount, shift change, PT etc.).
5. It is important to introduce the monthly discussion in your own words in a way that meets the needs of your personnel.
6. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact at:
<https://www.afmc.af.mil/connect>

FRAMING THE CONVERSATION

As the cliché goes, change is the one constant in the world. Being adaptable is finding opportunities to prepare for change, even advocating for it, by expanding individual capabilities to meet emerging needs. While resilience provides individuals the capacity to withstand or recover from difficulties, adaptability is about the willingness to change in those circumstances and the opportunity to thrive beyond it.

Developing adaptability in the workplace ensures everyone is equipped to be agile and flexible. Adaptable individuals exhibit abilities in critical thinking, resilience, growth mindset, collaboration, and responsiveness to feedback.

Here are some effective strategies to assist your personnel with this skillset:

- Be responsive to new information; ask questions and do research
- Commit to personal development
- View change and new situations as opportunities for growth rather than barriers
- Challenge tradition, and be open to new ideas
- Learn from your peers
- Practice empathy

Suggested Discussion Points:

1. How can being flexible impact our ability to accomplish certain tasks or goals, and ultimately, the mission?
2. Share an experience where being adaptable allowed you to overcome a challenge.

Take Action:

- Team building exercises: Challenge team members to collaborate, communicate, and innovate in different scenarios. Have a scavenger hunt by creating a list of items or clues to find or solve within a limited time. The items or clues can be related to the team's work, goals, or values.
- Reach out to your Integrated Resilience and Prevention Office for ideas on personal development and team building classes.
- Have your unit MRT/RTA facilitate a resilience skill building discussion.
- Watch the following video together as a team and discuss how your team could adapt new strategies or approaches in response to the demands of a situation:
<https://www.dvidshub.net/video/843232/motivational-minute>

We welcome your feedback on how we can make these products more effective. Please utilize the following link or QR Code:

<https://www.surveymonkey.com/r/CY24Connect>

