

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

Levels of motivation reside within each of us and often drive action or behavior in a particular way. Every individual is motivated differently and brings a unique perspective, set of experiences, and abilities to the table.

Motivated personnel are invested in their job, engaged with the organization's goals, more adaptable, and empowered in their daily work. While some individuals may be motivated by external factors (e.g., earning praise, winning a competition, receiving a raise), others are motivated by intrinsic factors (e.g., sense of purpose, enjoyment in their work). Building a culture that encourages and supports motivation creates a positive employee experience.

Tips to boost motivation include:

- Effective communication and transparency
- Encouraging collaboration
- Providing regular feedback
- Recognizing individual and team contributions
- Making work/life balance a priority

Suggested Discussion Points:

1. What motivates you at work/at home?
2. How do your values impact your motivation?
3. Describe a time when you felt like you belonged. How did that feeling impact your motivation?

Take Action:

- Ask your team to share an example of when they were motivated to take action. What was the outcome?
- 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 skills class (e.g., Values Based Goals, Bring Your Strengths, Gratitude)
- Watch the following video together as a team and discuss what motivates them and how being motivated in the workplace can impact the mission:
<https://www.dvidshub.net/video/138784/afsocs-13-critical-attributes-self-motivation>

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>

