

FACILITATOR NOTES

FRAMING THE CONVERSATION

Teamwork involves establishing a collaborative environment focused on shared goals. Collaboration allows us to capitalize on our individual and collective strengths and enables us to accomplish more than we could independently.

The connections built when working as a team assist in creating an environment of trust and open communication, opening up opportunities to recognize when something is wrong, and providing necessary support. Taking the time to engage in team building activities will foster a positive work environment and foster resilience for those members both in the workplace and at home.

You can engage with your team by:

- Having lunch with one or several of your coworkers
- Attending a squadron/base-wide event together
- Celebrating events in each other's lives
- Incorporating 'get to know you' opportunities in team meetings

Suggested Discussion Points:

1. What would you identify as the greatest benefits of teamwork?
2. What factors impact our ability to work effectively?
3. What steps can we take to foster a culture of transparency, trust, and open communication within our organization?

Take Action:

- Discuss the importance of a support network to reinforce people don't have to face a challenge alone. Ask questions like 'who is your person and why' and 'have you ever told them they are your person'.
- 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 class (e.g., Bring Your Strengths).
- 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/544466/heritage-today-teamwork>

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>

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>

