



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

Establishing trust in the workplace is fundamental to an environment that supports connectedness and can positively influence an organization’s culture. A high level of trust in the workplace creates a more positive employee experience, enhancing a sense of belonging - where people feel comfortable relying on each other.

Building trust takes time and can be hard work; it is about establishing opportunities for open and consistent communication, but the investment will positively impact the overall organization.

Promote a culture of trust with your team by encouraging the following:

- Be honest when communicating with your team
- Promote a culture of transparency
- Celebrate individual and team achievements
- Encourage employee interactions

Suggested Discussion Points:

1. What actions can you take to demonstrate trust with your coworkers?
2. How can you strengthen trust in your workplace?

Take Action:

- Try asking some classic icebreaker questions to kick off your regular team meetings. You can ask employees work-related questions like “what’s your most important project this month?” or more personal questions such as “who has had the biggest influence on your life?”
- Reach out to your Integrated Resilience and Prevention Office to set up a team-building activity for your group.
- Have your unit MRT/RTA facilitate a resilience class (e.g., Reframe, Balance Your Thinking, Celebrate Good News).
- Watch the following video together as a team and discuss ways to build trust with each other: <https://www.dvidshub.net/video/699551/struggle-before-trust>

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>

