

## 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

Regardless of size or mission, top-performing organizations are driven by an established set of values – individual and organizational. Our values, beliefs, and attitudes guide our decision-making ability and associated behaviors. The individual strengths and values your employees bring to the table increase the team’s capacity to accomplish the mission in an effective, positive manner.

Values-based organizations inspire a sense of community where employees are working collectively in establishing and maintaining a positive environment. They are empowered to handle challenges and take care of one another.

The following items can assist with establishing a positive work environment:

- Show respect to others
- Encourage accountability
- Nurture open dialogue
- Listen to individual perspectives

### Suggested Discussion Points:

1. Share an experience where you felt a high level of personal value as it relates to your workplace and/or home.
2. What is one quality you see in a team member that you’d like to develop in your own habits and actions?

### Take Action:

- Have each team member choose five values that they couldn’t operate without – values they see as most important to success. Discuss their choices and identify any themes or areas of difference. Be sure to connect the team’s values back to the mission statement and core values of the organization.
- 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., Values Based Goals).
- Watch one of the following video together as a team and discuss ways to build trust with each other: <https://www.dvidshub.net/video/745789/moment-resilience-values>

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>

