

FEBRUARY 2021

# VALUABLE ∫ AFMC Connect



**GOAL:** Build an environment that fosters mutual respect and worth.

## FACILITATOR NOTES

1. The objective of AFMC Connect is to reinforce the importance of connection and how it can encourage early help seeking behaviors. This directly contributes to our suicide prevention efforts by lessening the chance of occurrence for high risk behaviors.
2. You have been provided the flexibility in facilitating these discussions in already existing forums (i.e. staff meeting, roll call, guard mount, shift change, PT etc.).
3. Virtual delivery may be utilized due to COVID-19 operating restrictions – examples of available platforms include Zoomgov, Webex, Microsoft Teams/CVR, or Telecon.
4. Each month will have a different focus and corresponding tool established to assist supervisors in the delivery of relevant content. Those monthly messages feed into a broader quarterly theme – this quarter's theme is "Belonging".
  - January – Trust
  - February – Valuable
  - March – Belonging
5. Please reference the full implementation guidance for additional information on facilitating discussions and local points of contact.

## FRAMING THE CONVERSATION

Our self-worth is a fundamental part of who we are. Everything we think about, all the things we feel, and even the way we engage with our coworkers, family and friends are related to how we value ourselves.

Similarly, the way we value each other directly impacts our work centers. Building relationships based on the individual strengths we and others bring to the table will increase our ability as a team to accomplish the mission. Value can be measured by the effort put into the accomplishment, not just the accomplishment itself.

### SUGGESTED DISCUSSION POINTS:

1. What makes you feel like a valued member of the team?
2. How do you contribute to your unit's mission?
3. What strengths can you use that help people feel they are a valued member of the team?

### TAKE ACTION:

Discuss what strengths each team member brings to the overall group. This provides an opportunity to fully understand how individual strengths can build into the overall strength of your team.

- Reach out to your Community Support Coordinator (CSC) to help find a facilitator who can lead a strength assessment with your team (See Appendix C of the AFMC Connect Implementation Guide for a listing of contacts).

### KEEP IT SIMPLE:

Start each meeting this month with participants sharing something they value in another coworker.

AFMC Connect allows you to have open, genuine discussions with your employees on the values and culture that represent the Air Force. This 15-30 minute discussion replaces traditional formalized training to allow you to frame the concepts in the way that best meets the needs of your Airmen.