



THE USAFE-AFAFRICA

CONFIDENT WARRIOR

GOAL

Recognizing our personal strengths and that of our wingmen so that we can intentionally build confident leaders

FACILITATOR'S NOTES

TOOLS TO PREPARE YOURSELF

1. Watch Video: <https://www.youtube.com/watch?v=w-HYZv6HzAs&feature=youtu.be> Dr. Ivan Joseph --The Skill of Self Confidence
2. Ensure the venue and environment will encourage dialogue with the group. The purpose of this conversation is to mentor by listening and aligning viewpoints
3. Knowing our strengths allows us to make smarter decisions about our goals and circumstances, and ultimately helps us grow into confident leaders.
4. Transformation and development of Airmen culture is created through formal and informal social practice and informal leadership.

The tools provided in Facilitator Notes, Extra Mile, Mission Plan, and Mission Challenge are here to help guide your discussion and are not mandatory. Please feel free to adapt the conversations based on your own personal experience, audience, and what you think will make the most impact

THE EXTRA MILE

ADDITIONAL RESOURCES

1. Article -- [Seen it done before: confidence](https://www.vance.af.mil/News/Commentaries/Display/Article/1622030/seen-it-done-before-1-of-3-confidence/), by: LtCol Nathan Perry <https://www.vance.af.mil/News/Commentaries/Display/Article/1622030/seen-it-done-before-1-of-3-confidence/>
2. Additional Video: <https://www.youtube.com/watch?v=IBcfu9eBwF0> "Simon Sinek on Turning Confidence into Courage and Grit"

MISSION PLAN

HOW TO EXECUTE

FRAMING THE CONVERSATION

Confidence is an essential skill that directly strengthens us as leaders, peers, subordinates, and in our many personal roles. Strong leadership requires that each of us has the confidence to make necessary decisions to ensure our mission is executed. If any one person on our team is afraid to make and commit to decisions, we can potentially put our people or mission at risk.

Helping our Airmen to build positive confidence can transform them into individuals who will mentally and physically meet challenges head on. In order to lay a firm foundation to build confident Airmen, we must first identify and maximize individual strengths. Understanding the strengths in yourself, coworkers and the team gives greater leverage to working together and accomplishing the mission.

SUGGESTED DISCUSSION POINTS:

1. How do you describe a "Confident Airmen?"
2. Which of your personality traits benefit you the most as a leader or teammate?
3. What do you think your coworkers would say is your greatest quality?
4. When you have to make tough decisions, what characteristics or skills do you rely on the most to help you?
5. What qualities or skills do you look for in your coworkers that give you confidence in their decision making?
6. What strengths or skills would you like to personally work on developing to make you a more confident warrior?

MISSION CHALLENGE

HOW TO APPLY THE LESSON

- 1) **Be Intentional Today** -- Consider daily actions that will lead you towards your big goals of your ideal self. For example: I intend to...
 - Love myself at my worst, spread happiness, be patient with myself and others, #bethere, be open-minded, etc... These will become your daily mantra. Plan how you can remind yourself of these actions everyday and use them as an opportunity to move towards your intention and increase your confidence a little at a time.
- 2) **Share your intention** with your wingman/mentor for support, feedback and accountability when needed.

Reference: Everyday PowerBlog at <https://everydaypower.com/increase-your-self-esteem/>

USAFE-AFAFRICA GRIT
CORE VALUES • PROFESSIONALISM • WARRIOR ETHOS

This Check 6 is a guide to allow you to have a discussion with your employees on the values and culture that represent the Air Force. This 15-30 minute discussion replaces traditional formalized training and CBTs to allow you to frame the concepts in the way that best meets the needs of your Airmen.