



THE USAFE-AFAFRICA

WARRIOR FAMILY

GOAL

Airmen succeed in the mission when they feel valued and a sense of belonging to the organization.

FACILITATOR'S NOTES

HOW TO PREPARE

1. Share "What is Connectedness" video: <https://www.dvidshub.net/video/embed/619375>
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. Airmen that create a sense of belonging to wingmen create "social capital" that creates trust and support in a team.
4. Our work life is where we create some of our strongest relationships. We spend more time with our coworkers than our immediate families.
5. Transformation and development of Airmen culture is created through formal and informal social practice and leadership.
6. Be familiar of your base helping agencies in order to take care of yourself and others.

THE EXTRA MILE

ADDITIONAL RESOURCES

1. <https://www.dvidshub.net/video/embed/518649> (Social Fitness)
2. <https://m.youtube.com/watch?v=4tvp45yVMd8> ("The connection paradox: why are workplaces more isolating than ever?" NOTE: If you play this video, be sure you can make the connection between your workcenter and the key points of isolation and technology.

MISSION PLAN

HOW TO EXECUTE

FRAMING THE CONVERSATION

There are immediate benefits when we feel connected to each other. Work stress is often a result of a disparity between productivity and resources (e.g. time, ability, knowledge, etc.). Coworkers who can develop relationships within the workplace and with their wingmen can use that social capital to share resources and meet mission requirements more efficiently while reducing individual stress and burn out.

Understanding the value of connectedness is the starting point in designing work spaces that mindfully invest in creating a more supportive culture and build social capital.

SUGGESTED DISCUSSION POINTS:

1. How would you describe the similarities and differences between work relationships and your family/friend relationships?
2. What are some reasons people may feel disconnected or "not belonging" to your team?
3. What can you do to ensure people feel valued and belong to the team?
4. What strategies or agreements can your workplace develop to ensure we all share in the success of each team member?
5. What strategies can you use to manage workplace stress?
6. How can you support coworkers when home stress adds to workplace stress?

MISSION CHALLENGE

HOW TO APPLY THE LESSON

- 1) Suggest Airmen create a list of workplace strengths that list what the individual, or group, bring of value to the mission and team.
- 2) Create a list of agreed on strategies on how the team can support individuals when they start to develop burn out, struggle with work/life balance, or mission requirements.

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.

WHERE DO I GO FOR HELP?

