



THE USAFE-AFAFRICA

COURAGEOUS WARRIOR

GOAL

Airmen seeking help when help is needed is part of the USAFE-AFAFRICA mission

FACILITATOR'S NOTES

HOW TO PREPARE

1. Watch the USAFE-AFAFRICA Core Values Video: <https://www.dvidshub.net/video/embed/409798>

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. Many Airmen will avoid talking about their problems out of fear but will show their problems in behavior (e.g. suicidal thoughts, sexual assault, bullying, depression, etc.)

4. The greatest human maintenance is being connected to other humans: trusting relationships, feeling wanted and supported, being treated with empathy and respect.

5. Consider sharing how you connect your sense of purpose with the Wing/Squadron/Flight mission

THE EXTRA MILE ADDITIONAL RESOURCES

1. Familiarize yourself with the Operation GRIT SharePoint: <https://cs2.eis.af.mil/sites/13819>

2. AF video on squadron vitality <https://www.youtube.com/watch?v=2YgzB7X0CjY>

MISSION PLAN

HOW TO EXECUTE

FRAMING THE CONVERSATION

"Check 6" is a term where a wingman watches for and support each other when troubles arise. When there are problems chasing us, it is our duty to ourselves and the mission to ask for help.

It is important that we are actively looking out for our wellbeing and the wellbeing of others. Only by being observant can we know our Airmen.

SUGGESTED DISCUSSION POINTS

1. What do you believe is your responsibility to making sure another Airman (even a stranger) is taken care of?
2. Why does the Air Force believe it is important to be a good wingman out of uniform after work?
3. Do you believe an Airman asking for mental health help would have negative consequences (e.g. career advancement, social standing, etc.)?
4. Where does your responsibility for your wingman start and end?
5. What do we do now as Airmen to take care of each other?

CLOSING POINTS

Encourage the group to create their own solution to create more connection to (and ownership of the success of) the mission. Remind everyone that the mission is 24/7, because being a good wingman IS THE MISSION!

MISSION CHALLENGE

HOW TO APPLY THE LESSON

Ask Airmen to think about what it means to be a wingman. Do we see that connection in and out of uniform? Do we see the comradeship and esprit de corp we think we should demonstrate towards each other? How do we create a workplace that encourages help-seeking behavior when it is needed?

(Optional) Challenge Airmen to share one change they would like to see in their workplace to make it more supportive.

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.