



AMC: We Care...We Connect

Topic: We Are *INSPIRED*

Goal: Motivate Airmen to achieve their personal and professional goals

Facilitators Notes

TOOLS TO PREPARE YOURSELF

1. Now, more than ever, as we transition back to our new normal, “checking in” to maintain connection with your personnel is essential.
2. This tool has been tailored to allow supervisors the flexibility in facilitating this month's discussion topic. Some suggested methods include incorporating into individual conversations, office telecons (phone or video) or consider the development of a group chat using Microsoft Teams.
3. Watch the video “What’s your sentence?”^a and share you’re your team. **Add local link (1:57)**
<https://eim2.amc.af.mil/sites/caf/Shared%20Documents/Forms/AllItems.aspx?RootFolder=%2Fsites%2Fcaf%2FShared%20Documents%2FWe%20Care%5FWe%20Connect%2FWe%20Connect%20Topics&FolderCTID=0x012000F9858C5E5DC2C546BBBB792A0A5D8B8E&View=%7BF88BD2AC%2DB9CA%2D489A%2D83CB%2D33A7B89E86B0%7D>

^a AMC/A1Z does not endorse the book “Drive,” as it is one of many resilience books that may be utilized to supplement topic areas.
4. Share your “why” with your team (for both work and home life if they are different).
5. Adapt the conversations based on your own personal experiences, the audience, and/or what you think will make the most impact.

MISSION PLAN

HOW TO EXECUTE

FRAMING THE CONVERSATION

What is your “why?” What makes you feel most ‘alive’? Understanding the ‘why’ behind your decisions and not just the ‘what’ can have greater impact on achieving your goals. Taking the time to identify your strengths and where you can add the most value at home or at work can help create sense of accomplishment and truly make you feel a part of the team. It is through this awareness of yourself, as well as taking the time to understand those around you that will create the strongest connections. “We don’t get burned out because of what we do. We get burned out because we forget why we do it” stated Jon Gordon (The Power of a Positive You).

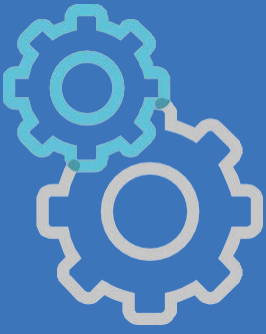
Keep in mind each person is motivated by different ‘whys’. We can discover each other’s motivations by asking questions, listening to people’s feelings, and observing their behaviors. As your team transitions back from COVID-19 pandemic, after having been socially isolated from others, lost their routines and purpose, understand it may take time for them to reconnect as individuals and as a team.

SUGGESTED DISCUSSION POINTS TO USE AS YOUR TEAM TRANSITIONS BACK:

1. What is your “why”? Personal and professional?
2. What would you define as your strengths?
3. When facing a challenging situation, what keeps you motivated to move forward?
4. What kept you motivated during the COVID-19 social distancing?
5. Have your “whys” changed?
6. Did you learn anything new about those closest to you?

MISSION CHALLENGE HOW TO APPLY THE LESSON

1. Have your team come together to complete the “What’s My Sentence” exercise on the back page. First they will answer for themselves and share the responses, then they will complete as a team.
2. Have them post the group sentences in a place the entire team has access to. Revisit these “whys” regularly to keep your team anchored to a common purpose.



WHAT MOTIVATES ME?
WHEN YOU FEEL LIKE GIVING UP REMEMBER WHY YOU STARTED.

What's my sentence?

One way to think about your sentence is to ask yourself, "Within my current position, what do I want my legacy to be?"

What can you do to stay focused on your why?

Identify ways to remind yourself, like post it on your mirror, save it to your phone, etc.

What's our sentence?

Use this sentence to inspire motivation that lasts and ties your organization to their "why".

What are ways you can incorporate your "team" sentence into your everyday efforts?

Post the sentence in a common area, start each meeting with reminding yourselves of your "why", etc.

• People work better when they know what the goal is and why. It is important that people look forward to coming to work in the morning and enjoy working.
• —Elon Musk

