



AMC: We Care...We Connect

Topic: Committed

GOAL: AMC members dedicated to team and mission success

FACILITATOR NOTES:

Tools to Prepare Yourself

1. Watch and Share: "When did you Commit" (2:41min) by SrA Dillon Audit <https://www.dvidshub.net/video/805232/did-you-commit>
2. Read and Discuss: "What is Commitment?" by Ron McIntyre: <https://www.linkedin.com/pulse/what-commitment-ron-mcintyre>
3. Consider: Share a personal or professional story about how making a commitment to something affected your life and/or the lives of family and friends around you.

FRAMING THE CONVERSATION

In the words of John Asaraf, "When you are interested in something, you do what's convenient. When you are committed, you do whatever it takes." Commitment is dedication to self, organization, cause, or belief and a willingness to get involved.¹ We demonstrate commitment in multiple domains of our lives from the teams we're on, to our professions, and toward ourselves, family and friends.

Commitment grows when people work and make decisions together. When we dedicate our time, energy and effort to a person, cause, or organization, we connect with it; we give value to it; we find purpose in it. Each of us is an integral part of the mission. No job, AFSC, or career field is more or less important than the other one.

When we commit to leverage our strengths and backgrounds we become more effective team member or enlisted and officers, Key Spouses, Family members, non-traditional leaders.

References:

1. Wadud, E. (n.d.) Building and Sustaining Commitment. <https://ctb.ku.edu/en/table-of-contents/leadership/leadership-functions/build-sustaincommitment/main>

THE EXTRA MILE: Additional Resources

1. Review and Discuss -- The Airman's Creed with your personnel. https://www.doctrine.af.mil/Portals/61/documents/Volume_2/V2-D07-Airmans-Creed.pdf
2. Create a Personal Mission Statement and commit to your goals <https://www.airman.af.mil/Tools-and-Resources/Personal-Mission-Statement/>
3. Reach out to your MRT/RTA to facilitate a conversation on Value Based Goals. Discuss how this can increase commitment.

SUGGESTED DISCUSSION POINTS:

1. Describe what it means to be a part of AMC and your current organization.
2. What do you gain from being committed to your job/unit/USAF?
3. How can we build and sustain our commitment towards each other?
4. What are some ways to commit to ourselves and why? (i.e. PT, leave, education, hobbies, etc)

MISSION CHALLENGE: HOW TO APPLY THE LESSON

Additional Challenges

Commitment takes internal reflection and can be further enhanced by goal development.

Challenge 1: Take some time to develop short and long term goals using AFPC's Value Based Goal development questions. (<https://www.afpc.af.mil/Airman-and-Family/Spouse-Resilience/Spouse-Resilience-Goals/>)

Challenge 2: Conduct the "What is your Sentence" activity on Page 2

AMC: We Care...We Connect is a resource to encourage open and genuine small group discussions at all levels within your unit based on the values and culture represented by the United State Air Force. This resource is meant to supplement concepts learned in traditional formalized training and allows for increased engagement between Airmen.

WHAT IS YOUR SENTENCE?

For this exercise, team members will identify what is their motivation as individuals, and as a team, to stay committed to a given cause.

Establishing your sentence provides purpose and helps keep you focused when competing interests are encountered.

Have team members complete the questions below and discuss as a team. Are there differences in responses? How do we best leverage these perspectives for the good of the mission?

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's our sentence?

As a team, what do we want our legacy be? What do we want others to think of our team?
