



GRIT

STRENGTH THROUGH
RESILIENCE

2022

WHY?



ABOUT GRIT

81st TRW way to connect our Airmen to each other, to our heritage, and to the broader Air Force mission.

We are investing in our collective success by providing the time, tools, and resources to enhance personal and professional performance and promote a shared responsibility of Airmen taking care of Airmen.

DELIBERATE FOCUS

DRAGON GRIT has a deliberate focus on two significant protective factors for interpersonal and self-directed violence.

CONNECTEDNESS and SHARED SENSE OF PURPOSE

- CONNECTION - to the unit, our mission, and heritage
- PERSONAL PERFORMANCE - recognize and strengthen positive personal and professional behaviors
- SHARED SENSE OF PURPOSE - building on our shared identity as warrior Airmen and finding common purpose in our mission and values

RESPECT

GRIT

STRENGTH THROUGH RESILIENCE

WHY IS DRAGON GRIT IMPORTANT?

Personal development is about investing in yourself to achieve maximum efficiency and effectiveness. This is our vision for every Airman. Installation influencers are charged with serving as the delivery vehicle for these messages and inspiring Airmen to strive for personal and professional improvement. Making a commitment to personal development is the critical step on the path to personal fulfillment.

Personal development is beneficial in many ways:

- Promotes Self-Awareness to Recognize Strengths and Areas for Improvement
- Encourages Shared Goals and a Sense of Belonging
- Improves Focus and Effectiveness
- Strengthens Personal Motivation to Achieve
- Enhances Resilience to Overcome Hurdles
- Deepens Relationships with fellow Airmen

As an installation influencer, when you encourage and assist your team in a rigorous personal development course like Check 6, the rewards are amazing for them and for you!

The Check 6 topics represent a significant investment in 81st TRW greatest resource – Our Airmen.



SIMPLE ROLES OF A CONVERSATIONALIST



Make your
discussion
a priority



1 Partner

- Create an effective relationship with your team members
- Customize the Check 6 materials as needed to meet your team's needs



2 Planner

- Select the method and process in which you will initiate the Check 6 discussion
- Prepare time and space to ensure it will encourage dialogue and interaction with the group.



3 Enabler

- Create and sustain an interactive and participatory environment
- Honor and recognize diversity ensuring inclusiveness



4 Motivator

- Trust in your group's potential
- Model neutrality
- Acknowledge input, thoughts and ideas



5 Director

- Manage the time
- Keep the group focused
- Manage group conflict



6 Guide

- Guide the group with clear models and examples
- Facilitate group awareness of the topic
- Guide the group to consensus and desired goal

STRENGTH THROUGH
RESILIENCE

Ultimate TALK GUIDE

1

BE GENUINE

What does the Check 6 topic mean to you and your team?
Where do you find your motivation/inspiration?
Be true to yourself.

2

CONVERSE, NOT DEBATE

Adopt a forward thinking mentality.
No need to have a conclusion or agreement point in every discussion.
Allow things to be left open if a common point can't be achieved.

3

EMBRACE DIFFERENCES

Don't impose, criticize, or judge.
Respect each other's choices/inputs.
Seek commonalities.
Build on the common links.

4

BE AUTHENTIC

Share real thoughts and opinions.
Be proud of what you stand for.
Act on your personal beliefs and values.
Be present in the moment.

5

OPEN-ENDED QUESTIONS

Ask questions that cause reflection.
What was it like to...?
How did you know...?
In what way is that similar/different from...?
What was the best part of...?

6

GIVE AND TAKE

As people reveal more about themselves, they give you information about which to pose more questions.
Balance the talking vs listening.

С Н Е Б С К



GOAL

Airmen recognize the importance of courage in creating resilient, safe communities.



FACILITATOR'S NOTES

HOW TO PREPARE:

- Read the story of MSgt. Roddie Edmonds: *No Surrender*. It depicts the journey of a son after his father's death, and the discovery of bravery, compassion and righteousness along the way.
<https://eu.knoxnews.com/story/life/2019/10/04/chris-edmonds-no-surrender-book-shares-fathers-heroic-world-war-ii-actions/2442041001/>
- Every Wingman has a role in addressing workforce relationships and ensuring they are as healthy as possible. Negative stress, hazing, bullying, harassment, and other such interactions are not acceptable, tolerated, and every Airman and Guardian are expected to calmly speak-up when they see these issues within their workcenter.

Refer to Page 2 as a guide when discussing courage in your groups this month.

All links should be copied and pasted into your secure browser's URL bar.

THE EXTRA MILE

ADDITIONAL RESOURCES

- Consider reading *No Surrender* by Chris Edmonds and Douglas Century as a group. Using a small group format encourages connection and conversations.
- Contact your Helping Agencies for more information and to address your team regarding intervention methods, harassment concerns, resiliency building and more!

Resilience Center Resources



MISSION PLAN

HOW TO EXECUTE

FRAMING THE CONVERSATION

"Fear is a reaction. Courage is a decision." - *Winston Churchill*

It takes courage to show-up and be vulnerable, to step-in and help someone in need, or to call-out injustice. One courageous choice has the power to shift the norms for an entire community. When we choose to act courageously, we empower ourselves and encourage others to walk bravely alongside us.

There are many things that rise against us. That's why it is imperative that we all do our part in ensuring the safety and well-being of those around us however possible, no matter how tough it may be.

NOTES _____

SUGGESTED DISCUSSION POINTS

- What does it mean to be courageous to you?
- What aspects of a situation make it difficult to be courageous?
- How can we overcome those barriers when the moment calls for it?
- Describe a time in your own life when you had to be courageous.

MISSION C H A L L E N G E

HOW TO APPLY THE LESSON

Gen. Charles Brown, Air Force Chief of Staff, said *"I want to be smarter at the end of the day than I was when I walked in the door. I want all our Airmen to feel that way; that they learn something every day when they come to work. Bottom line, we want to develop and empower our Airmen to be leaders. That's what it's all about."*

Our decision to be courageous leaders has the power to inspire others to do the same. This is what makes recognizing Wingmen who intervene so vital to your team. From this month on, we encourage you to find ways to highlight the positive actions of your Airmen. Courage drives the Air Force, and courage can drive your team.



Please use the QR code/link on the left to submit your feedback on this discussion. This would greatly enhance the experience for you, as well as improve the program for the future Airmen of tomorrow's Air Force.

