



# GRIT

STRENGTH THROUGH  
RESILIENCE

2023

# 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

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## 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.



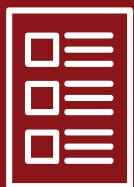
## 3 Enabler

- 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

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 cultivate connectedness by modeling positive behaviors and interactions, professionally and personally.

## FACILITATOR'S NOTES

### HOW TO PREPARE:

- Show and Discuss the following video as a group: *Heritage Today - Culture of Connectedness*
- Consider a personal story that exemplifies the importance of connectedness and relationship to set the stage for a discussion on creating meaningful connections
- Be well-versed in the resources available virtually and locally
- Have ACE (Ask-Care-Escort) cards immediately available in your work center; consider the Mission Challenge as an additional activity.

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

## THE EXTRA MILE ADDITIONAL RESOURCES

- Reach out to the Prevention Workforce for additional perspectives on connectedness
- In addition to watching and discussing the *Heritage Today - Culture of Connectedness* video, review the AF Connect App. Discuss options and resources locally under the Keesler AFB tile.

## Resilience Center Resources



## MISSION PLAN HOW TO EXECUTE

### FRAMING THE CONVERSATION

Those with strong ties to family, friends and community are known to be happier and healthier individuals. Connections are vital. Daily interactions with people to whom you are close provide chances to laugh, empathize, love, have healthy arguments, etc. Some professionals have compared the importance of daily connections to the importance of a physically healthy lifestyle, which is to say that our relationship habits are just as vital as our dietary habits, and water consumption.

Connected communities instill a sense of belonging, value and hopefulness to residents. We are able to initiate this connectedness in our own lives on a daily basis. Keep in mind, quality over quantity is also true of social connections. Reminding people that we care about them, appreciate having them in our life, and value them as a member of our "squad" is an effective way to help us remember that we are stronger together!

