



GRIT

STRENGTH THROUGH
RESILIENCE

2024

DRAGON GRIT CHECK 66

WHY?



ABOUT GRIT

It is the 81st TRW's 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 rigorous personal development discussions like Check 6, the rewards are amazing for them and for you!



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.



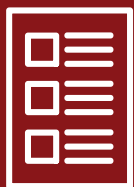
3 Enabler

- 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**

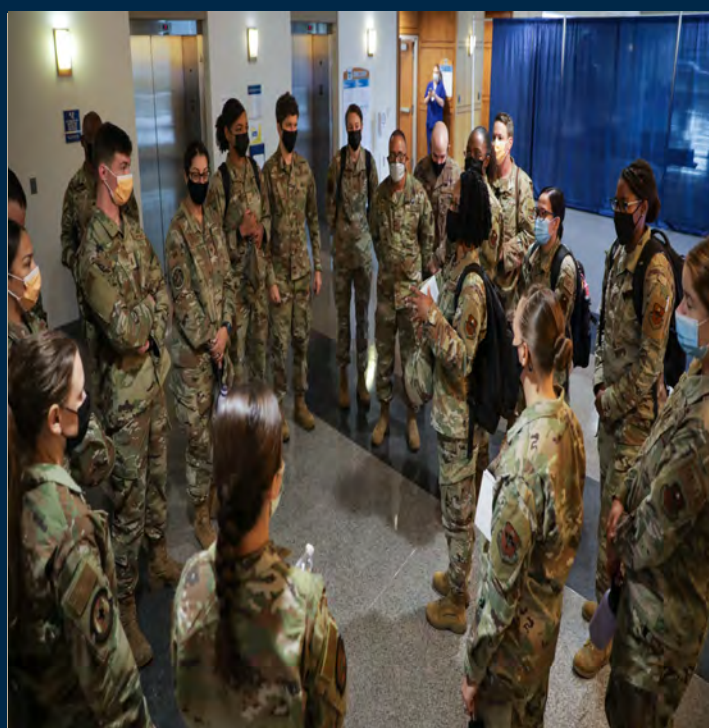
Ask questions that cause reflection.
What was it like to...?
How did you know...?
In what way is that similar/different from...?
What was the best part of...?

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 - Consider why mentorship is important and how it can benefit you professionally & personally. Actively seek a mentor related to Comprehensive Airman Fitness.

FACILITATOR'S NOTES

HOW TO PREPARE:

- - Begin the conversation by watching the following Air Force Academy video on mentorship: <https://www.youtube.com/watch?v=WX6NltlB6ck>
- - Being a mentor or seeking mentorship starts with a shared level of trust and centers on Connection, Communication, and Collaboration (3C's of mentoring). These elements combine to nurture and positively influence a person to accomplish tasks and goals previously unrealized. Seeking the right mentor can change a person's life. Watch the following video on mentor-mentee relationships: <https://www.youtube.com/watch?v=vS2OimPTgFw>

THE EXTRA MILE ADDITIONAL RESOURCES

- - Pull up MyVector and review the varying available options. Discuss and walk through the DAF Pathfinder Competency tool.
- - Challenge yourself and others to become and seek a mentor. Use MyVector to find a new mentor in the varying parts of your life that need filled in - professionally and personally.

Scan to
Connect with
Keesler
Helping
Agencies



MISSION PLAN HOW TO EXECUTE

FRAMING THE CONVERSATION

January is National Mentorship Month. Do you have a mentor? What is holding you back from seeking out someone to offer advice both professionally and personally. There are several reasons members identify when asked why they do not have a mentor, to include: time, trust, and access. Did you know 91% of polled employees cite a happier work environment as a result of having a mentor?

Mentors can help with the following items: Clarified career goals, more work satisfaction, psychological safety in the workplace, expanded professional network, promotions, raises, etc. Maybe it's your time. Maybe it's your moment. What's holding you back? Find a mentor today to unlock your potential!

