

Keesler Dragon Chat Guidance and Implementation Plan

Library link: <https://keesler.eis.aetc.af.mil/81TRW/CVB/Dragon%20Chat/Forms/AllItems.aspx>

What is a Dragon Chat?

Small core discussion groups that incorporate a way for all Airmen to connect with one another, support the Air Force mission, heritage, and our Core Values. The intent is to improve how well we get to know one another as individuals and team members.

- Get together with your military and civilian coworkers in small groups of 15 people or less, once a month, every month for an hour.

Roles:

Unit Leadership:

Select the facilitators and choose the topic.

Set the facilitator up for success. Make sure they're prepared for the discussion.

Rotate members. Encourage junior members to lead the discussion!

Distribute the "Group Norms and Expectations" guide to group facilitator.

Squadron MRT:

Access the SharePoint to familiarize yourself with the available material, videos, Chalk Talks, and group topics. <https://keesler.eis.aetc.af.mil/81TRW/CVB/default.aspx>

Provide info to unit leadership for dissemination to the Dragon Chat Facilitators.

Receive feedback from the Facilitators.

Review with squadron leadership and submit quarterly via TMT to CSC.

Dragon Chat Facilitators:

Set up the logistics of the discussion. Plan it out and facilitate it.

Get feedback at the end of the Dragon Chat to provide it to the squadron MRT.

Group Norms and Expectations:

Dragon Chat Facilitator Guide

1. Everyone gets a handout of the exercise topic or project on a screen, if available
2. Everyone participates
3. Group facilitator is just that, you don't own the topic—belongs to the group; you facilitate discussion
4. Ensure open dialogue; opinions of all members of the group are welcomed & encouraged
5. Avoid making judgments or having someone provide the final answer—discounting others opinions
6. No one person should dominate the conversation, including the group facilitator
7. Shared ideas and opinions are valued inside and outside of group time
8. Get group consensus before providing inputs up the chain
9. Be familiar with the topic! Never go into the group "cold turkey"
10. Videos—please preview before showing; every effort should be made to allow viewing during the session
11. Note: Some viewers could have strong personal reactions to some of the videos and exercises, either positive or negative based on their experiences. Again, preview each video/exercise and alert participants.
12. Consult with Unit Master Resilience Trainer (MRT) or senior ranking member in your section prior to leading discussion; seek outside resources if desired
13. Other resources besides Community Support Coordinator and MRT are listed below:
 - PACE Lessons/Silverscreen Lessons, etc
 - Videos
 - TED Talks
 - Book Reviews





Keesler Dragon Chats



Train, Develop, and Inspire Premier Warfighters

WHAT IS IT? Small discussion groups

- Replaces 1 Wingman Day per year
- Intent to improve on getting to know one another
 - Connect to one another, support the mission, heritage & Core Values
 - Same section/flight, under 15 ppl, once a mth, every mth for 1 hr
- **Roles:**
 - Leadership: Select facilitators, choose topic, set facilitator up for success
 - Squadron MRTs: Access Sharepoint site, provide info to leadership, receive feedback, submit quarterly to CVB
 - Dragon Chat Facilitators: Set up logistics, plan it out/facilitate...get feedback to Sqd MRT

Begin Dragon Chats - 19 April, 1300-1600 hrs



Dragon Chat SharePoint Site



Train, Develop, and Inspire Premier Warfighters

WATERS, ELIZABETH D GS-12 U

Site Actions ▾ Browse Documents Library

81 TRW/CVB ▸ Drag Chat ▸ All Documents ▾

81 TRW/CVB Home

Documents

- Resiliency
- IDS/KIRT
- CAIB
- Administrative
- Community Action Plan
- SAPR
- Wingman Day
- Budget
- Suicide Prevention Program
- Suicide Prevention Training 2015
- CaringforPeopleForum
- CAIB/IDS Checklist
- 81 TRW Suicide Prevention Program
- CAF Overview
- Wingman Toolkit
- Working
- MIB
- Green Dot
- UEI 2016
- October
- Campaign to Zero
- Resilience Training opportunities
- CAF Course Rosters Fall 2017
- Womens History Month
- EAP (Employee Assistance Program)
- Drag Chat**

| <input type="checkbox"/> | Type | Name | Modified |
|--------------------------|------|-------------------------------|------------------|
| | | Guidance | 4/3/2018 2:02 PM |
| | | Topic Library | 4/3/2018 2:00 PM |

Add document

<https://keesler.eis.aetc.af.mil/81TRW/CVB/default.aspx>

Go to “Topic Library” folder

Dragon Chats SharePoint Topic Library

<https://keesler.eis.aetc.af.mil/81TRW/CVB/default.aspx>

JANUARY – MARCH

Healthy Heart/Wear Red
Financial
Teen Dating Violence
National Nutrition
Gambling Awareness

APRIL – JUNE

Mental & Social Domain
Relationships
Military Child
Military Spouse
National Child Abuse Prevention
Volunteer
Alcohol Awareness
Mental Health Awareness
Men’s Health
LGBT
National Physical Fitness & Sports

JULY - SEPTEMBER

Mental and Physical Domains
Women’s Equality Day
Suicide Awareness Month
Air Force Birthday
Fruits & Veggies-More Matters Month

OCTOBER - DECEMBER

---Remember: Wing-wide Wingman Day is typically this quarter
Domestic Violence Awareness Month
National Substance Abuse Prevention Month
Month of the Military Family
Red Ribbon Week
Wounded Warrior Month
Driving Impaired Awareness Month



Dragon Chat Topic Resources



Train, Develop, and Inspire Premier Warfighters

WATERS, ELIZABETH D GS-12 USAF AETC 81 T...

Library Tools

Documents Library

New: New Document, Upload Document, New Folder

Open & Check Out: Edit Document, Check Out, Check In, Discard Check Out

Manage: View Properties, Edit Properties, Version History, Document Permissions, Delete Document

Share & Track: E-mail a Link, Alert Me

Copies: Download a Copy, Go To Source, Send To, Manage Copies

Workflows: Workflows, Publish, Unpublish, Approve/Reject, Cancel Approval

Tags and Notes: I Like It, Tags & Notes

Documents

- Resiliency
- IDS/KIRT
- CAIB
- Administrative
- Community Action Plan
- SAPR
- Wingman Day
- Budget
- Suicide Prevention Program
- Suicide Prevention Training 2015
- CaringforPeopleForum
- CAIB/IDS Checklist
- 81 TRW Suicide Prevention Program
- CAF Overview
- Wingman Toolkit
- Working
- MIB
- Green Dot
- UEI 2016
- October
- Campaign to Zero
- Resilience Training opportunities
- CAF Course Rosters Fall 2017
- Womens History Month
- EAP (Employee Assistance Program)
- Drag Chat**

| Type | Name | Modified | Modified By |
|--------|------------------|-------------------|--|
| Folder | Book Reviews | 4/3/2018 12:35 PM | WATERS, ELIZABETH D GS-12 USAF AETC 81 TRW/CVB |
| Folder | Chalk Talks | 4/3/2018 12:02 PM | WATERS, ELIZABETH D GS-12 USAF AETC 81 TRW/CVB |
| Folder | PACE Discussions | 4/3/2018 12:30 PM | WATERS, ELIZABETH D GS-12 USAF AETC 81 TRW/CVB |
| Folder | TED Talks | 4/3/2018 12:35 PM | WATERS, ELIZABETH D GS-12 USAF AETC 81 TRW/CVB |
| Folder | Videos | 4/3/2018 12:34 PM | WATERS, ELIZABETH D GS-12 USAF AETC 81 TRW/CVB |

+ Add document

Wingmen, Leaders, Warriors!

Keesler Dragon Chat

Guidance and Implementation Plan

What is a Dragon Chat?

Small core discussion groups that incorporate a way for all Airmen to connect with one another, support the Air Force mission, heritage, and our Core Values. The intent is to improve how well we get to know one another as individuals and team members.

- Get together with your coworkers! Military and civilian!
- Get into small groups from the same section or flight! Keep it under 15 people!
- Chats will happen once a month, every month for an hour!

Roles:

Unit Leadership:

Select the facilitators and choose the topic.

Set the facilitator up for success. Make sure they're prepared for the discussion.

Rotate members. Encourage junior members to lead the discussion!

Distribute the "Group Norms and Expectations" guide to group facilitator.

Squadron MRT:

Access the SharePoint to familiarize yourself with the available material, videos, Chalk Talks, and group topics. <https://keesler.eis.aetc.af.mil/81TRW/CVB/default.aspx>

Provide info to unit leadership for dissemination to the Dragon Chat Facilitators.

Receive feedback from the Facilitators.

Review with squadron leadership and submit quarterly via TMT to CSC.

Dragon Chat Facilitators:

Set up the logistics of the discussion. Plan it out and facilitate it.

Get feedback at the end of the Dragon Chat to provide it to the squadron MRT.

"Train, Develop, and Inspire Premier Warfighters"

Group Norms and Expectations: Dragon Chat Facilitator Guide

1. Everyone gets a handout of the exercise topic or project on a screen, if available
2. Everyone participates
3. Group facilitator is just that, you don't own the topic—belongs to the group; you facilitate discussion
4. Ensure open dialogue; opinions of all members of the group are welcomed & encouraged
5. Avoid making judgments or having someone provide the final answer—discounting others opinions
6. No one person should dominate the conversation, including the group facilitator
7. Shared ideas and opinions are valued inside and outside of group time
8. Get group consensus before providing inputs up the chain
9. Be familiar with the topic! Never go into the group “cold turkey”
10. Videos—please preview before showing; every effort should be made to allow viewing during the session
11. Note: Some viewers could have strong personal reactions to some of the videos and exercises, either positive or negative based on their experiences. Again, preview each video/exercise and alert participants.
12. Consult with Unit Master Resilience Trainer (MRT) or senior ranking member in your section prior to leading discussion; seek outside resources if desired
13. Other resources besides Community Support Coordinator and MRT are listed below:

PACE Lessons/Silverscreen Lessons, etc

Videos

TED Talks

Book Reviews

Library link: <https://keesler.eis.aetc.af.mil/81TRW/CVB/default.aspx>

“Train, Develop, and Inspire Premier Warfighters”

UNITE & IGNITE KEESLER

WE'RE UNSTOPPABLE WITH THE RIGHT CULTURE



Embrace Diversity

Inspire Creativity & Innovation

Show Respect for All

Act with Integrity & Confront Issues Head-on

Promote Resiliency Through Actions

Individual & Organizational Growth



OWN-A-SPOT

Units or councils own a spot on Keesler and own the upkeep. This is our base, let's own its beauty.



ART INSPO

The goal of the Art Inspo is to inspire creativity by showcasing the creations of Keesler artists. All mediums will be displayed. The inspo is also intended to reinforce taking deliberate personal risks. It is not easy for artists to put their work on display. The event will also offer a venue to create connections within the Keesler community.



AIR FORCE BIRTHDAY

The Sky was Never the Limit

Reinforce our heritage while using a theme that celebrates those who have gone above and beyond. This year's theme highlights the strength that can come by getting outside your comfort zone and understanding there are no boundaries when we work together.



DEAR KEESLER LETTERS

Letters will be sent from the commander on key topics such as emotional intelligence, work-life balance, ownership, etc.



QUERY THE COLONEL

Airmen's questions will be answered concerning base issues. The goal is to reinforce to Keeslerites that their voice matters...Every Airman has a voice..use it!



FOCUSING OUR VOLUNTEER ACTIVITIES

Giving back to the community and working together as a team to accomplish goals are important. We have limited resources, so it's critical that we align our volunteer opportunities.



DRAGON MARCH

A 4-mile walk/run around the flightline will reinforce the physical pillar of resiliency.

KCAT



YOU GOT THIS. WE GOT YOU.

KEESLER COMMUNITY ACTION TEAM UNITY OF EFFORT

Performing data analytics across helping agencies to target solutions based on Keesler's main stressors.