



# BRIDGECHAT

## DISCUSSION GUIDE

### 2025 ACC BRIDGE CHAT TOPICS

#### **JANUARY** Walk the Talk

During National Mentorship Month we will emphasize the impact of mentorship on high performance. Mentorship can help to build camaraderie, resilience, and professional growth. Everyone in the military goes through difficult transition periods, and while mentorship doesn't erase those struggles, it can help to pave the way forward, ensuring a higher likelihood of success.

#### **FEBRUARY** Steady in the Storm

Practicing stoicism can help confront the grim reality of trying situations, without giving in to despair and depression. Stoicism is a driving force behind the military mindset—especially in its emphasis on endurance, self-control, and inner strength.

#### **MARCH** AI... Friend or Foe?

Written in partnership with A2, we will share the pros and cons of AI, emphasizing the need for sound ethical policies to benefit from improved efficiency, enhanced decision-making, communication, collaboration and other skills. We'll also discuss potential AI pitfalls.

#### **APRIL** Service Beyond Duty

Community service can provide a greater sense of purpose, and foster a culture of excellence, inspire others, and create a more positive and supportive environment to prevent harm.

#### **MAY** Power in Performance

Physical fitness is a critical element of Warrior Ethos. Being "fit to fight" can significantly impact one's ability to handle challenging situations effectively. The Air Force expects every Airman to adopt a continuous healthy lifestyle that will leave every member prepared to accomplish the mission.

#### **JUNE** Balancing the Scales

Work-life balance describes the (ideally harmonious) relationship between military responsibilities, personal pursuits, and family obligations. Adopting a work-life balance mindset requires intentional action. It will not happen by default. We'll share some practical steps that can help shift the balance.

#### **JULY** The Leader Within

Everyone has inherent leadership potential. Emphasizes the importance of self-awareness, authenticity, and personal growth in becoming an effective leader. We'll discuss how to develop the vision, value, influence, and motivation required of successful leaders.

#### **AUGUST** Stay Sharp

Military operational stress can come in many forms via the singular or combined effects of physical exertion, cognitive overload, sleep restriction, energy insufficiency, variations in the operational environments, and emotional and psychological stress. Both current and future operations demand and place a higher priority on enhancing and sustaining the readiness and resiliency of military service members in order to decisively win in multi-domain battle.

#### **SEPTEMBER** Disconnect to Connect

Encourages taking a break from digital devices and technology to foster deeper, more meaningful connections with the people and environment around you. As our relationship with mobile devices has grown, the research evidence has mounted: Excessive media use is not good for us physically, mentally, or emotionally. The good news is that taking a media break is a powerful way to improve our well-being.

#### **OCTOBER** Plan Today, Prosper Tomorrow

Improving financial literacy can lead to better financial stability. Strong financial habits can ensure you're always prepared to handle those little things that can add up to become larger obstacles that affect overall health and wellness. We'll discuss available resources to bolster financial readiness.

#### **NOVEMBER** Rooted in Tradition; Driven by Honor

Understanding military traditions and customs is vital for appreciating how they contribute to unit cohesion and the overall effectiveness of military organizations. By examining these aspects, one gains insights into the values and principles that define military culture across different contexts.

#### **DECEMBER** Finish Strong

The only person that possesses the power to finish strong is you. By developing a growth mindset that inspires us to never give up on our goals, we can overcome obstacles and face setbacks. We'll discuss ways to stay motivated, maintain effort, focus, and determination until the very end of a task, project, or goal.

Please note that monthly topics may change.

Check the Bridge website for current listing  
<https://www.acc.af.mil/About-Us/The-Bridge/> or  
contact ACCA1.A1.Bridge@us.af.mil with questions.