



## Bridge Chat Overview and Importance

Leading is about believing in people. When we believe in our people, we get them to believe in themselves. People believe in themselves when they have a reason to commit to something significant and meaningful, and when they believe in themselves great things happen. Inspiring, coaching, guiding, correcting, and applauding individuals to achieve their full potential is the responsibility of all leaders. Give people a reason to believe in themselves and watch them create something meaningful and significant.

## Chat Reminders

- ▶ **Based on feedback from the field:** August 2019 resilience tactical pause feedback told us that our teammates overwhelmingly want continued, sustained and consistent opportunities to talk with their leaders.
- ▶ **Leaders have flexibility.** HQ ACC provides the topic, but the timing, delivery, and discussion questions are at the commander's discretion.
- ▶ **Cohesive teams built on trust and synergy are more effective**

**Above all else...**

**Demonstrate respect for human dignity**

## Believe

**Bridge Chat Purpose:** Create cohesive, high-performing teams that foster trust and connection through flexible and consistent small group discussions; in direct response to overwhelming feedback from the CSAF 21's Resilience Tactical Pause.

## Getting the Conversation Started

**VIDEO:** This brief video explains the necessity and power of believing:

<https://www.youtube.com/watch?v=3uzo6uq4YUg> (5:00)

**"Duty, honor, country: Those three hallowed words reverently dictate what you ought to be, what you can be, what you will be. They are your rallying point to build courage when courage seems to fail, to regain faith when there seems to be little cause for faith, to create hope when hope becomes forlorn."**

– General Douglas MacArthur

## Related Resources

Believing in both yourself and others requires a willingness to dig deeper. Jim Cathcart, speaker, author, and founder of the Cathcart Institute, breaks down how to achieve this in a few practical steps in this eight-minute talk:

<https://www.youtube.com/watch?v=-ki9-oaPwHs>

**"When you get into a tight place and everything goes against you, til it seems as though you could not hold on a minute longer, never give up then, for that is just the place and time that the tide will turn."**

– Harriet Beecher Stowe

## Suggested Discussion Questions ▶

1. Can you recall a time self-doubt affected your ability to achieve something?
2. In what ways can you reinforce the fact that you believe the best about your fellow Airmen?
3. How would believing in your abilities change the way you approach challenges, small and large?
4. Consider someone who always believed in you. How did this impact you?
5. Why do you think this is a necessary aspect of effective leadership?

