



U.S. AIR FORCE

Domain: Social

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Title: “ What’s in it for me?”

Time: 60 min

Purpose:

- Improve social connectedness and group cohesion
- Improve teamwork among unit members
- Improve communication and self-awareness

Instruction:

Group exercise is facilitated by the supervisor or selected leader. Discuss each attendee’s life inside and outside work that motivates them. The discussion helps team members understand the motivators that keep co-workers coming to work each day. Reminders of each person’s motivators should be kept in the workplace and used as inspiration during times of high stress or challenging service levels.