

Are your teams experiencing increased stress because of current pandemic-related working requirements? Are what used to be routine conversations about productivity, balance, working conditions, and teamwork suddenly much harder?

We are all facing challenges that go beyond the immediate health and economic effects all over the news. They won't go away soon, but some simple tools can help.



## EFFECTIVE COMMUNICATION UNDER PANDEMIC CONDITIONS



In this session, brought to you by the AF General Counsel's Office, we review a simple way to understand and separate the various things that are happening at once during a difficult conversation about e.g., constraints and conflicts while teleworking, stress about not teleworking during pandemic, changed work schedules, staying engaged with colleagues while dealing with childcare issues, etc. These conversations tend to trigger strong emotions, in us and in our colleagues.

During a 60 minute presentation, expert facilitators will share:

- five things that tend to trigger those reactions,
- advice about how to recognize them to avoid triggering unhelpful emotional reactions, and
- advice for how to use them to build bridges to problem resolution.

The session will be offered live three times, on the dates and times listed to the right. If you cannot attend, recordings will also be available for two weeks following the live sessions. Sessions will be conducted over Zoom, a DOD approved platform. Please follow the appropriate link below to register for a live session and to review instructions for joining. Although all the sessions will share the same basic content, one session will be focused on challenges faced by First Sergeants, one session will focus on challenges faced by Supervisors/Leaders, and the the third is open to Supervisors/Leaders and First Sergeants.

Each session is limited to 500 participants, first come first served. Once maximum session size is reached, registration for that session will be closed.

In addition, the facilitators, as well as SAF-GC personnel will be available for an additional 60 mins for live Q&A. Those who are not interested in the Q&A may drop off after the initial 60 minutes; those who wish to remain on the line will be given further instructions for how to move into one of two smaller break-out groups for Q&A.

### Focus on First Sergeants

Tuesday April 28<sup>th</sup>, 03:00 PM ET

[https://vantagepartners.zoom.us/webinar/register/WN\\_cWwCuwcSB-NXPsKnzcFvA](https://vantagepartners.zoom.us/webinar/register/WN_cWwCuwcSB-NXPsKnzcFvA)

### Focus on Supervisors

Wednesday April 29<sup>th</sup>, 09:00 AM ET

[https://vantagepartners.zoom.us/webinar/register/WN\\_9BT0FwvpRfa0UBYt35NxaA](https://vantagepartners.zoom.us/webinar/register/WN_9BT0FwvpRfa0UBYt35NxaA)

### Combined Session

Thursday, April 30<sup>th</sup>, 03:00 PM ET

[https://vantagepartners.zoom.us/webinar/register/WN\\_Tq-4CyCeT\\_Kskbrq7gNWIA](https://vantagepartners.zoom.us/webinar/register/WN_Tq-4CyCeT_Kskbrq7gNWIA)

Recordings will be available at

<https://info.vantagepartners.com/effectivedialogue>

For Questions, contact: The SAF/GCR Negotiation & Dispute Resolution Program at [usaf.pentagon.saf-gc.mbx.ndr-web-support@mail.mil](mailto:usaf.pentagon.saf-gc.mbx.ndr-web-support@mail.mil)