

UNIFIED UNDER PRESSURE

<u>De-escalate Under Fire</u>	<u>Restoring Cohesion</u>
<ul style="list-style-type: none">• Recognize the early warning signs• Tactical communication<ul style="list-style-type: none">• Active listening• “I” statements• Find common ground• Take a “tactical time out”	<ul style="list-style-type: none">• Acknowledge the impact• Facilitate dialogue<ul style="list-style-type: none">• “talk straight” – open, professional• Wingmen – support, encourage• Take responsibility• Rally around reality• Embrace adaptability



<https://www.adr.af.mil>

<https://www.youtube.com/@airforcenegotiationdispute8925>



<https://www.airuniversity.af.edu/AFNC>



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Contact your local team for a neutral or conflict coaching referral