

GRIT-4ED

Greater Resilience Intervention Teams FOR EDUCATION



**National Institute for Human Resilience
University of Colorado Colorado Springs**

GRIT stands for Greater Resilience Intervention Teams - a free workshop developed at the **National Institute for Human Resilience at the University of Colorado at Colorado Springs**.

GRIT-4ED is a free five-hour training designed specifically for educators and those working the school and education environment. The purpose of the training is to teach supportive, coping skills for colleagues, families, and students in our school communities. Participants will learn vital information and skills about how to build resilience, a person's ability to cope with traumatic events. Participants will also receive a workbook and a variety of resources for self and others.

[Join our virtual live training September 14-18, 4pm-5pm each day!](#)

**Free
Virtual
Live
Training!**

**September
14-18**

**4pm-5pm
MST**

**Professional
Development
Certificate**

10 Hours



GRIT

**PROMOTING
GREATER RESILIENCE
IN EL PASO COUNTY
AND BEYOND**

GRIT.UCCS.EDU

SIGN UP at grit.uccs.edu

Click on GRIT Resiliency Support Coach Training Sign Up Today and select "GRIT to support School and Education members" under dropdown for Which Training. Then look for training information in your email!

Find more training and research opportunities at www.nihr.uccs.edu