GRIT Resilience Support Coach Training Outline

Module 1:
- GRIT Coach Training Model and Concept
- Role and Expectations of a Coach
- Core Principles of Psychological First Aid
- Introduction to GRIT Steps

Module 2:
- Self-Efficacy
  - Trauma Related Self-Efficacy
  - Collective Self-Efficacy
- Resilience
- Stressors and Stress Reactions
- **GRIT Step 1**: Making Contact

Module 3:
- **GRIT Step 2**: Asking Questions
- **GRIT Step 3**: Identifying Coping Strengths and Resilience

Module 4:
- **GRIT Step 4**: Adding to Strengths

Module 5:
- GRIT Resources
- Referring to Mental Health
- **GRIT Step 5**: Reviewing, Summarizing, Discussing Action Steps, Giving Resources
- Self-Care