

GRIT-4ED

GRIT Resilience Training

FOR EDUCATION



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

GRIT Resilience Training is 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. This training is available in five self-paced videos. Participants will also receive a workbook and a variety of resources for self and others.

**Free
Virtual
Training!**

Professional
Development
Certificate

10 Hours

Workbook and
Resources
Included!



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