

GRIT-4Health

GRIT Resilience Training

To support
Healthcare
Workers and
Community



FREE VIRTUAL TRAINING!

GRIT Resilience Training is a free workshop developed at the **National Institute for Human Resilience at the University of Colorado at Colorado Springs**.

GRIT-4Health is a free five-hour training designed specifically to support and build resilience in the healthcare community, an industry that has been disproportionately impacted by the stress and impact of COVID-19.

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.



GRIT

PROMOTING
GREATER RESILIENCE
IN EL PASO COUNTY
AND BEYOND
GRIT.UCCS.EDU

SIGN UP and LEARN MORE at
www.letstalkgrit.com

For more training and research opportunities, visit www.nihr.uccs.edu

NIHR NATIONAL INSTITUTE
FOR HUMAN RESILIENCE