

GRIT-LEAD



Greater
Resilience
Intervention
Teams

**FOR LEADERS AND
SMALL BUSINESS
OWNERS**

FREE VIRTUAL TRAINING!

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-LEAD is a free five-hour training designed specifically for leaders and small business owners, giving strategies around supporting employees, managing in a new environment, and how to assist employees in the back-to-work transition.

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.

SIGN UP at grit.uccs.edu

Click on GRIT Resiliency Support Coach Training Sign Up Today and select "GRIT to Support Leaders and Small Businesses" under dropdown for Which Training.

Then look for training information in your email!

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



GRIT

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

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