

GRIT Resilience Course 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