

## GRIT Resilience Course Outline: Education

### Module 1:

- GRIT Coach Training Model and Concept
- Signs of Stress in Children
- 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:

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

### Module 4:

- What are Strengths
- **GRIT Step 4:** Adding to Strengths

### Module 5:

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

### Appendices