

GRIT-4Health

GRIT Resilience Training

To support
Healthcare
Workers and
Community



FREE VIRTUAL TRAINING!

GRIT Resilience Training is a free workshop developed at the **Lyda Hill 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

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**Lyda Hill
Institute for
Human Resilience**