

GRIT-LEAD



GRIT Resilience Training

FOR LEADERS AND
SMALL BUSINESS
OWNERS

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-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.



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

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

**Lyda Hill
Institute for
Human Resilience**