

GRIT Resiliency Course Outline: Leadership and Small Businesses

Module 1:

- Introduction to GRIT-Lead
 - Coaching concept
- Leadership challenges amidst COVID-19
- Core Principles of Psychological First Aid
- Introduction to GRIT Steps

Module 2:

- Stressors and Stress Reactions
- Self-Efficacy
 - Trauma Related Self-Efficacy
 - Collective Self-Efficacy
- Resilience
- **GRIT Step 1:** Making Connection

Module 3:

- Virtual leadership
- Supporting essential workers
- Questions, reflections, active listening
- **GRIT Step 2:** Asking Questions
- **GRIT Step 3:** Identifying Coping Strengths and Resilience

Module 4:

- Small business challenges
- How to support transitioning back to work
- **GRIT Step 4:** Adding to Strengths

Module 5:

- GRIT Resources
- Resources for Leadership and Small Businesses
- **GRIT Step 5:** Reviewing, Summarizing, Giving Resources
- Self-Care

Appendices