

GRIT

**GREATER RESILIENCE
INFORMATION TOOLKIT**



Lyda Hill
**Institute for
Human Resilience**

THE GRIT COACH PROGRAM



- Established in April 2020
- Developing awareness for stress -related problems and reactions
- Support in your social network
 - “Basic First Aid” for Social Support
- From pandemic focus to current and future stress/disasters
- GRIT-e supportive web app
- Available in Spanish



GRIT TRAINING



- 2.5 hours for GRIT - CORE
- All online, self - paced
- Videos, written word, and roleplays
- Provides information on:
 - General stress, disaster and trauma - related stress
 - Resilience, disaster recovery, and coping skills
 - Fostering supportive and meaningful connections and personal empowerment
 - Resources including Pikes Peak Rising 360



GOALS OF A GRIT CONVERSATION

- Create meaningful connection
- Draw attention to and identify what is working for them (strengths)
- Review key activities that can make coping even more effective
- Share helpful community resources
- Encourage active coping



ADDITIONAL TRACKS

Education



Leadership



Military &

Emergency Responders

Healthcare



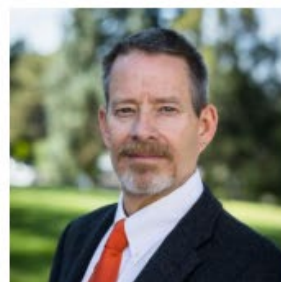
GRIT CONFERENCE 2025

ELEVATING EDUCATION

March 14th

Featuring Keynote Speakers

Hunter Kemper, Elycia Cook, Mike Edmonds, Meg Fredrick, Jeff Kenefsky,
Chip Benight, Mayor Yemi Mobolade, & Chancellor Jennifer Sobanet



ACCESSING THE PROGRAM



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