

The G.R.I.T. Program



G.R.I.T. growth resilience integrity tenacity

Resilience

Resilience is not something that is inherent. It develops over time as we acquire knowledge, a viewpoint, and responsibility for our own behaviour and well-being. You can become more resilient through training to be more mindful, focused and aware.

Resilience is defined as being resourceful, flexible, emotionally agile, and having an available repertoire of problem-solving strategies. Individuals with limited resilience are not able to respond to the dynamic requirements of the situation.

Training Session 1: Welcome to camp

- GRIT screen
- Introduction to the concept of resilience
- Values
- Setting a vision for yourself

Training Session 2: Having GRIT

- What does it mean to be resilient?
- Why is it important?
- Journaling
- Building gratitude

Training Session 3: Mindset training

- Mental agility
- Being a thermostat, not a thermometer
- Catastrophic thinking
- Mindfulness

Training Session 4: Building the toolbox

- Fire escapes
- Mind mapping
- Problem solving
- Heart, gut, mind connection

Training Session 5: Power day

- Building optimism
- Power postures
- Power of language and choice of words
- Power thoughts

Training Session 6: Getting out of the fire

- Your physical fire escapes
- Your mental fire escapes
- Sleep: The Base of support
- Planning to fail

Training Session 7: Social agility

- Compassionate caring
- Managing expectations
- Disarming stressful situations
- Enhancing connections

Training Session 8: Building a structure

- Having a routine
- Building structure in your life
- "No" is a sentence

I felt the course was excellent at putting numerous resources together for accessing. Although many times we feel we are resilient in our lives, these reminders, presentations, tips, hints and exercises pulled it all together. The readings, personal examples and exercises in class were valuable.

This course is very interesting and helpful. I didn't realize that this kind of help existed. I felt helpless and lost before this course, as I thought something was wrong with me. I am thankful for this course as it has helped me to renew my confidence and give me tools to keep me in control of my feelings and understand where others are coming from.



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