



GRIT & Resilience

May 7 · Noon MST

 Zoom Webinar

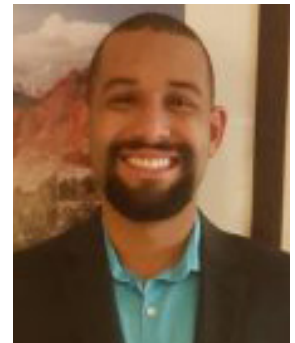
1.5 HRS

Certificate of
Completion
Provided

Presented by *Bradley Mallett, MA, LPC, EMDR*
& *Nicole Weis, LPC, LAC, RYT-200*

Summary.

The National Institute for Human Resilience launched the GRIT Resilience Course in March 2020. The GRIT Course is grounded in the science of empowerment and is intended to strengthen individual resilience and equip trainees to support others in their social groups and communities. Participants learn foundational information on core principles of psychological first aid, stress, disaster stress, resilience, and self-efficacy, as well as self-care and referring to professional mental health support when needed. Learn more about the GRIT Resilience Course, as well as why resilience is an important topic and needed area of support for healthcare workers!



Bradley Mallett
MA, LPC, EMDR

Objectives.

- Learn how to provide meaningful engagement with community members
- Define what GRIT is and learn how to promote and maintain resilience in our communities.
- Define how GRIT can be a support to communities, facilities, and peer members.
- Learn about and how to engage in self efficacy and community efficacy?



Nicole Weis
LPC, LAC, RYT-200

WANT MORE INFORMATION? CONTACT:

Eric Gibbs · 719-216-3414 · eric.gibbs@peakviewbh.com

Register at:

peakviewbh.com/upcoming-events

