

# Building a More Resilient Tomorrow

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The free GRIT Core Program is a set of short, self-paced modules that will show you how to build resilience in your social circle. Become a GRIT Coach in just a few hours and learn how to help family, friends, and neighbors build resilience, see beyond their trauma, and move into a better tomorrow.

**During this short course, you will:**

- Gain a basic understanding of resilience, common stress responses in disasters, and stress-related problems
- Develop tools to help build strength and resilience within your friends, family groups, and throughout your entire community
- Learn how to support and listen to someone who is struggling with a disaster or hardship
- Strengthen your coping skills, self-efficacy, and resilience while helping others around you do the same
- Recognize the signs of when someone may need a formal mental health counselor and how and where to refer your friends and loved ones
- Gain access to valuable community resources and learn how to guide individuals to additional resources when needed

GRIT also has specialized training tracks for educators, healthcare providers, first responders, and community leaders

**Sign-Up today at [GRIT.UCCS.EDU](https://grit.uccs.edu)**

Becoming Your Personal Best (BYPB) is a resiliency program built to help today's youth as they face incredible challenges, connecting them to Olympians and Paralympians who share their own powerful stories of resiliency. Through the program's partnership with the GRIT Program, we will help build hope and resiliency in this generation and many to come – not only for our students, but also for the teachers, families, and communities that love and care for them.

### Students who have gone through the BYPB program have learned more about:

- SELF-IDENTITY
- PROBLEM-SOLVING
- RELATIONSHIPS
- MINDSET
- PERSEVERANCE
- AND CONFIDENCE

These six tenets of resiliency are important aspects of wellness that aren't covered in traditional studies.

A first-of-its-kind social-emotional educational program championed by a team of educators and through the generous support of our donors, BYPB provides comprehensive program materials and lesson plans to teachers, counselors, coaches, parents, caretakers, and any adults who work with kids in any capacity.

BYPB also includes a nine-part, on-demand video series produced to help young people, families, and communities develop positive resiliency skills to meet life's challenges.

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Register today at: **BecomingYourPersonalBest.org**

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BYPB is a program of the U.S. Olympic & Paralympic Museum, and was generously funded by the Colorado Health Foundation.