



Developing cohesive teams and strengthening relationships

The intent of the four-hour **Gaining Resilience in Training (GRIT)** Workshop is to share perspectives and experiences while increasing resource knowledge and enhancing communication skills to build trust.



GRIT targets platoon leadership teams in addressing the goal of building trust among all unit members. GRIT provides leaders an opportunity to discuss their experiences in leveraging resources with Soldiers, having difficult conversations, and building trust within their units. The training culminates with developing a specific plan to deliberately enhance trust within their platoon. Components of the workshop include:

Leadership Experiences

- A leader's awareness of options to assist a Soldier is imperative. During the GRIT workshop, leaders share experiences with soliciting various avenues of support.

Seeking Help

- Discussions include barriers to seeking help, what prompts people to seek help, and leveraging specific resources the Soldier may need.

Communication

- Part of being a leader in any capacity is the need to have difficult conversations, a skill that requires the ability to communicate clearly in a way that maintains trust. Participants will practice having a tough conversation with an individual who is struggling.

Trust

- Trust must be built and maintained to develop a culture where Soldiers will seek out assistance and support from their leadership. The final section of the workshop focuses on a plan to intentionally build trust within a leader's unit.



Soldier Testimonials

"Training was interactive and thought provoking. As a new PL, this was a good establishment for communication between my PSG and me."

"I think this is a great class to open eyes and have conversations on what it means to build trust in organizations. I would like to see this class directed toward command teams as well, given their role in fostering trust."

Contact your local DPRR R2 Performance Center for more information:

Location:

Email:

Phone: