



ARMY RESILIENCE DIRECTORATE

Developing cohesive teams and strengthening relationships

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

GRIT targets platoon leadership teams to address 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 the following:



Leadership Experiences

- Discussions involve sharing characteristics of great leaders, both past and present.

Seeking Help

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

Communication

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

Trust

- To develop a culture where Soldiers will seek out assistance and support from their leadership, trust must be built and maintained. The final section of the workshop focuses on developing 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.”

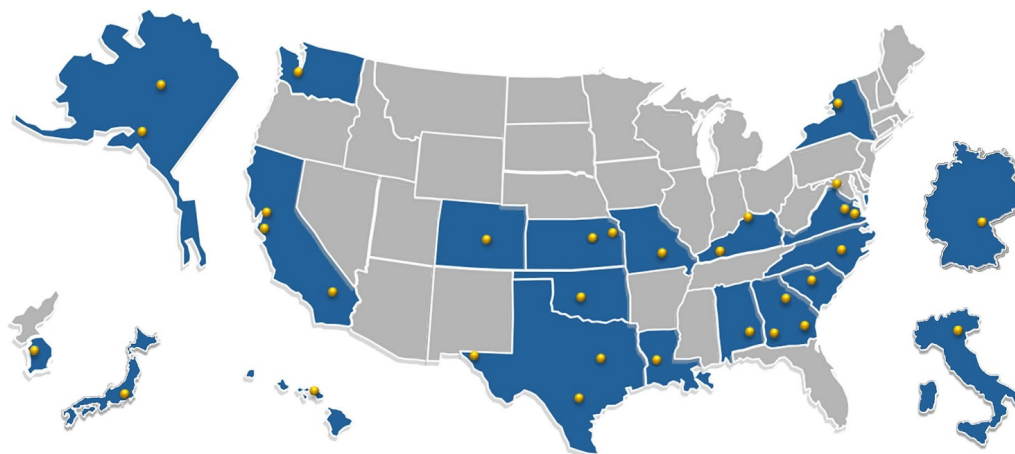
“I think this is a great class to open eyes and have conversations on what it means to build trust in organizations. I would like to see this class directed toward command teams as well given their role in fostering trust.”



R2 PERFORMANCE CENTER

GET STARTED: SCHEDULE AN R2 TRAINING

Contact a nearby Performance Center. Services are available to individual Soldiers who walk in or entire groups who need training. Visit the R2 website for more information:
<https://www.armyresilience.army.mil/ard/R2/index.html>



R2 PERFORMANCE CENTERS

Camp Humphreys	DSN 315-755-0748	Fort Leonard Wood	573-563-4208
Camp Zama and Torii Station Okinawa	DSN:315-652-5497	Fort Leavenworth	785-491-0876
Fort Belvoir (National Capital Region)	703-806-0613	Fort Polk	337-531-2427
Fort Benning	706-626-8563	Fort Riley	785-239-8835
Fort Bliss	915-568-6684	Fort Rucker	334-255-9203
Fort Bragg	910-908-4459	Fort Sill	580-442-6054
Fort Campbell	270-412-5390	Fort Stewart	912-767-4153
Fort Carson	719-526-0828	Fort Wainwright / Joint Base Elmendorf- Richardson	907-353-5804
Fort Drum	315-774-2321	Joint Base Langley-Eustis	703-571-7294
Fort Gordon	706-791-2582	Joint Base Lewis-McChord	253-968-7642
Fort Hood	254-288-4372	Joint Base San Antonio - Fort Sam Houston	210-808-6089
Fort Irwin	760-380-7885	Parks Reserve Forces Training Area / Presidio of Monterey / DLI	925-875-4808
Fort Jackson	803-751-5913	Schofield Barracks	808-655-9804
Fort Knox	502-624-3222	Vicenza, Italy	+39 347 1867501
Fort Lee	703-571-7294	Vilseck, Germany	DSN 314-476-2333

