

INSTRUCTOR TRAINING

# TRUE GRIT:

"Building Resilience in  
Corrections Professionals™"(TG)

Online Training &  
Independent Study

## 2021 Instructor Training Dates

- > Mon-Thu 19-22 Apr & Mon-Wed 26-28 Apr
- > Mon-Thu 18-21 Oct & Mon-Wed 25-27 Oct

## Times

- > **Times Online:** 10am-2pm Mountain Time (9am Pacific, 11am Central, noon Eastern)
- > **Independent Study:** 12 hours
- > **Phone Coaching:** Two 1.5 hour individual sessions following the online training

## 7-day (43-hour) Online Training & Independent Study

- Science-based factors that promote resilience
- Skill-based tools that apply to corrections employees' work and home life
- Positive, practical, empowering, engaging, motivating—and FUN!
- Sequel to the award winning CF2F course, but also stands alone
- Certification for the 1-day training with the same title

## Upon Successful Completion of Certification Requirements

### Instructor Candidates Will Receive:

- Certificate of Completion for 43 Contact Hours
- Three-year certification and license\* as Instructors\*\* or Co-instructors\*\* to offer the 1-day TG course to their agency staff\*\*\*
- Electronic copies of TG course materials
- TG updates during their three-year certification

**Fee: \$1,395.00 per Instructor Candidate.**

**Register early!  
SPACE IS LIMITED!**

**"This course will have a  
profound impact on all  
correctional staff both  
at home and at work."**

# TRUE GRIT

**Course Author:** Caterina Spinaris, PhD., is DWCO's Executive Director and a Licensed Professional Counselor with over 30 years of clinical experience. Caterina conducts research, and offers research-based trainings and interventions to corrections agencies to counter the effects of occupational stressors, and to increase organizational health and employee well-being.

In addition to TG, she authored the award-winning course "From Corrections Fatigue to Fulfillment™," as well as the courses "Correctional Family Wellness™," "The Supportive Supervisor™," and Peer Support Training. Caterina is the 2014 recipient of the **Colorado Criminal Justice Association's Harry Tinsley award.**

## What staff have said about True Grit

- "This course delivers the answer to the 'Now what?' question after CF2F. It builds and strengthens the toolbox for employees working in such high stress environments in a simple yet profound way. 'True Grit' generates bond-building discussion with real life application."
- "By far the best training I have been through."
- "I would like to see this class in the future in Block Training. The class opened your eyes to the different ways of being a better partner at work as well as at home."
- "This class is a great tool for work and more importantly HOME LIFE!!! This should be given during Block Training. I feel it is an important tool to help people take a step back and look at things they may be doing or not doing. Overall an EXCELLENT class!!!"

## Criteria for Instructor Candidates

- Prior classroom training experience
- At least 5 years of working in corrections
- Experience working through work-related challenges
- Ability to motivate others
- Ability to manage classroom discussions



Desert Waters Correctional Outreach is a 501(c)(3) tax-exempt corporation (EIN 30-0151345) with the mission to advance the well-being of correctional staff and their families, and the health of correctional agencies, through data-driven, skill-based training.

## REGISTRATION FORM

Dates:  Apr 2021  Oct 2021

Instructor Candidate Name(s): \_\_\_\_\_

Corrections Agency Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Method of Payment:** Check enclosed, payable to DWCO, P.O. Box 355, Florence CO 81226

**Credit Card:**  Visa/MC  Discover  American Express

**To pay by Credit Card, call us at 719-784-4727. Purchase Orders accepted.**

**desertwaters@desertwaters.com.**

**Cancellation Policy:** No refunds less than three weeks prior to the training. Registrations are transferable to another instructor candidate of the same agency as long as instructor candidate criteria are met.

*\*TG licenses are renewable for another three years by passing an online exam (fee \$490)*

*\*\*Instructors can teach on their own if necessary; Co-instructors must always team-teach with an Instructor*

*\*\*\*Instructors and Co-instructors are NOT certified to train other instructors or individuals outside of their agency*