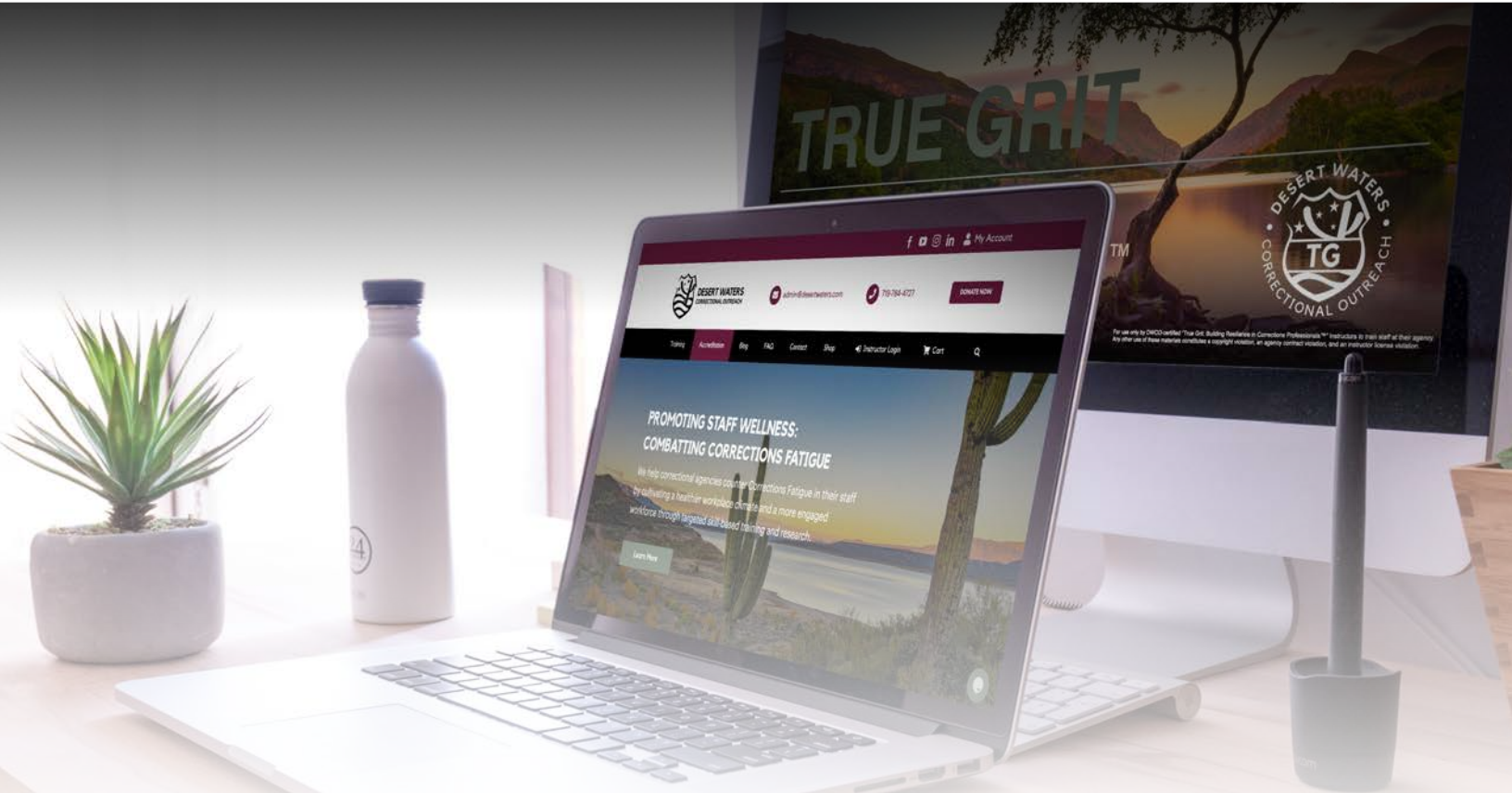




TRUE GRIT: Building Resilience in Corrections Professional™

INSTRUCTOR TRAINING* & DIRECT DELIVERY OPTIONS

*42-HOUR IN-PERSON OR ONLINE TRAINING & INDEPENDENT STUDY



\$1,595 per Instructor Candidate

Includes the Instructor Guide and coaching the agency to integrate True Grit in their staff wellness programming.

- 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
- 40-hour training (online, 28-hour Instructor Training + 10 hours of independent study), followed by two hours of individual phone or virtual coaching.

**For times and dates
(scan or click):**



Upon Successful Completion of Certification Requirements Instructor Candidates Will Receive:

- Certificate of Completion for 42 Contact Hours
- Three-year certification and license* as Instructors** or Co-instructors** to offer the 8-hour TG course to their agency staff***
- Electronic copies of TG course materials
- TG updates during their three-year certification

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!!!"

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 data-driven 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.

COURSE CONTENT

Definitions of Resilience, Properties of Resilience, Negative Resilience, Acquired or hard-wired, Resilience-Boosting Psychosocial Dimensions, Effective Self-Regulation, Self-Awareness, Mindfulness Exercises, Activating the Relaxation Response, Cognitive Reframing, Working through Anger, Correcting Thinking Distortions, S.A.N.E., Follow-Up Questions, Managing Anxiety, Self-Calming Thoughts, Strategic Coping, Active Problem Solving, Distress Tolerance, Acceptance, Optimism, Humor, Attending to Positive Events, Rx: 3 Good Things, Gratitude, Re-storying Your Traumatic Story, Post-Traumatic Growth, Positive Relating at Home and at Work, Positive Leadership, Meaning, L.U.V.E.M., Strengthening and Repairing Personal and Professional Relationships, Tactical Empathy, Mastery, Be Prepared, Self-maintenance, Sleep Hygiene, Resources, Small Group Activities, Self-care Practices

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

To register (scan or click):



admin@desertwaters.com

719-784-4727

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 can be renewed for another three years by passing an online exam, which requires a fee.

**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 at their agency or individuals outside of their agency.