



GRIT PROGRAMME

GROWTH, RESILIENCE, INTEGRITY AND TENACITY

- DURATION: 3 MONTHS
- SESSIONS: 12 SESSIONS
- FREQUENCY: 2 HOURS PER WEEK

What is GRIT?

The GRIT Programme stands for GROWTH, RESILIENCE, INTEGRITY, and TENACITY. It is meticulously crafted to empower teenagers with the tools and mindset needed to navigate life's obstacles and thrive in any situation.

What makes it Unique?



Tailored Coaching Approach

Our experienced coaches foster a strong, respectful, and trusting relationship with each participant, guiding them towards their goals.



Structured Learning Environment

Participants engage in reflective exercises, brainstorming sessions, and strategic planning activities, developing important skills such as goal setting, time management, and decision making.



Supportive Community

Teens receive equal opportunities for learning and development in a safe, supportive environment, encouraging them to embrace challenges and overcome setbacks.

Who Should Attend?

The GRIT programme is ideal for teens who are 'at risk' at school and in need of support to develop resilience, perseverance, and a growth mindset.

Highlights

Personal and Professional Development

Equip your teen with a clear plan for improvement, setting them on the path to success.

Enhanced Performance and Productivity

Watch as your teen excels in various situations, demonstrating increased adaptability and resilience.

Increased Sense of Self and Fulfillment

Experience the joy of seeing your teen grow into a confident, resilient individual, ready to tackle any obstacle.

Coach-Guided Sessions

Coaches offer unbiased support, personalized guidance, and active listening. They provide constructive questions and feedback to meet individual goals.

Invest in Your Teen's Future Today!



PROGRAMME STRUCTURE

Session #	Skills	Leadership
1	Introduction of the Programme <ul style="list-style-type: none"> • Build Connection • Set Boundaries and Expectations • Sense the Group Dynamic, so as to design the future sessions that connects with them 	
2	Reflection - Sense of Self	-
3	Practice	Characters, Charisma, and Commitment
4	Time Management	<i>Be Encouraged</i>
5	Practice	Discernment, Focus and Generosity
6	Decision Making	<i>Be Encouraged</i>
7	Practice	Initiative, Listening, and Passion
8	Goal Setting	<i>Be Encouraged</i>
9	Practice	Positive Attitude, Problem Solving and Relationship
10	Planning and Organisation	<i>Be Encouraged</i>
11	Practice	Responsibility, Security, and Self-Discipline
12	Celebration to Conclude the Programme: <ul style="list-style-type: none"> • Acknowledge and give credit to students' efforts/growth/and transformation. • Encourage and spur students to continue to pursue GRIT in their life. 	

Outcome

With the GRIT Programme, your child will emerge with newfound resilience and perseverance. The child will develop stronger work ethics, set and achieve long-term goals, and possess the determination to overcome setbacks with unwavering resolve.

'At Risk' Teens:

- Feel empowered and confident
- Improve emotional resilience
- Enhance coping techniques
- Develop stress management skills

Our Trainers



Darren Low

Senior Educational Therapist



Augustine Lee

Coach | Trainer | Speaker

WAIT NO FURTHER! SIGN UP TODAY

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