



COLORADO STATE UNIVERSITY PUEBLO
**Student Engagement
and Leadership**

**G.R.I.T.
Growth
Resilience
Integrity
Tenacity**

LOOKING FOR DEDICATED FACULTY AND STAFF TO FACILITATE G.R.I.T. WORKSHOPS!

Join us in empowering students to unlock their full potential and achieve individual success.

Our GRIT Workshops provide students with valuable skills that can be applied to any aspiration, whether it's excelling in their careers or improving their academic performance.

Our comprehensive workshops cover essential topics such as time management, cultivating healthy relationships, stress management, conflict resolution, and even a fun cooking class focused on preparing cost-effective and nutritious meals.

Facilitators are needed for the upcoming GRIT workshop topics

- self-care, stress management, basic car maintenance such as changing oil and tires, and food insecurity.

If you are interested and want more information,
please contact

Dr. Lucie Menjivar, Interim Dean of Students
at lucie.menjivar@csupueblo.edu or call (719) 549-2687

**Join us in shaping
the future of our students!**

