

GRIT GROUP

Every Heart Yearns for Productivity...

What: A series of small group workshops facilitating mental toughness (grit) and autonomy in a purposeful setting. Participants will leave the Grit Group with a unique understanding of themselves and how to utilize their personality, abilities, and character in a way that will encourage work and social fitness during the transition from high school to the world of work and higher education.

1. Participants will take the following assessments:

Self-Directed-Search:

This assessment measures personality strengths and computes corresponding career paths

Virtues in Action Inventory:

This assessment measures character strengths and is interpreted in relation to career paths

2. Participants will gain the following skills from the Grit Group:

Autonomy & self-reliance

Frustration tolerance

Goal setting & action planning

Self-control & will power

Organizational & study skills

Coping with the demands of career & college

Formation of healthy social & work habits

Motivation

Where: In your home or at McNicholas H.S.

When: Determined by the group and individual schedules

Who: High School Juniors & Seniors (8 participants maximum)

Cost: \$195, includes small group experience (2 hour sessions over 3 weeks), assessment materials & report and 2-hour private consultation with Dr. McCabe. The 2-hour appointment is scheduled by the family and the service provider.

Co-Leaders: Dr. Bree McCabe, Licensed Professional Clinical Counselor
Emily A. Mulvey, Psychometrician & Educational Consultant

Questions? Contact **Crescendo Cincinnati** @ 513-515-1497; crescendo@cinci.rr.com
Online registration - www.crescendocincinnati.org

GRIT GROUP

Every Heart Yearns for Productivity...

THE 10 COMMANDMENTS OF WORK & SOCIAL FITNESS:

1. *COMPASSION*: be mindful of how you, your wishes, desires, and behavior impact others.
2. *LOVE*: cultivate a sense of responsibility to value, protect, and encourage all aspects of growth in oneself and in others.
3. *HUMILITY*: keep a balanced sense of self-worth. Believe in your worth but don't brag about it.
4. *HONESTY*: have the utmost reverence for the truth.
5. *TEMPERANCE*: be the master of your appetites and impulses. Avoid greed, excess, and indulgence. Think before you act. Tolerate frustration and endure necessary discomfort.
6. *GRATITUDE*: appreciate the basic goods of life with awe and wonder. Choosing to be happy for what you have moves us from fear to faith.
7. *FORTITUDE*: develop personal solidarity, accept moral and social obligation, and master your own will.
8. *INTEGRITY*: when you must fight, fight fairly. Build rather than destroy others.
9. *RESPECT*: treat others as you would like to be treated.
10. *COURAGE*: be sincere of heart and mindful of your life's purpose.