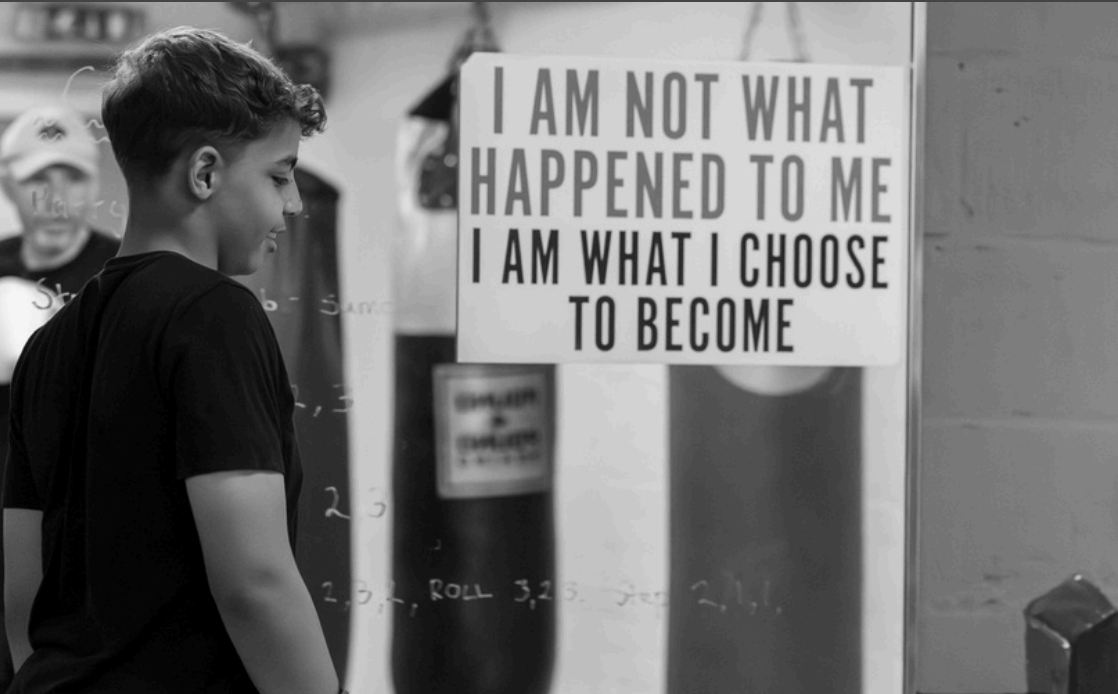


# GRIT;

GROWING  
RESILIENCE  
IN TEENS



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## SCHOOLS & PROFESSIONALS PACK

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2026

[www.gritcharity.org](http://www.gritcharity.org)

Registered charity no: 1176272

GENERAL PRACTICE  
AWARDS 2024

**WINNER**

Clinical Improvement Award:  
Mental Health

**GRIT.**

GROWING  
RESILIENCE  
IN TEENS

RECORDED

# WHO ARE GRIT?

**Growing Resilience in Teens (GRIT) is a community based, early intervention service which supports young people aged 11-24 in Hitchin, Letchworth and surrounding areas to improve their mental health, wellbeing and resilience through a unique combination of non-contact boxing, Health and wellbeing coaching and Psychoeducation.**

GRIT's current funding enables us to provide 1:1 coaching, free at the point of access, to young people aged 11-24 who are registered with a GP (Doctor's) surgery in Hitchin, Whitwell, Letchworth, Baldock, or Ashwell.

For young people registered with a GP surgery outside these areas, although we do not currently have dedicated funding available, we remain committed to making our support accessible and therefore are delighted to offer a self-funded option for families who would like to fund sessions themselves.

**"I have become more confident in myself and I have pride in the things I achieve and I don't care what others' think of me anymore. I've also seen a big improvement in my mood and these sessions have really helped me"**



# 1:1 COACHING

## What is 1:1 coaching?

1:1 coaching provides a safe, supportive and goal-focused space for young people aged 11-24 years old. Across a structured block of 8 sessions, the young person will work towards a clear goal while developing practical life skills that support their long-term wellbeing.

Coaching focuses on building confidence, developing emotional regulation skills, managing stress and anxiety, and improving motivation and self-awareness.

We use our unique **Four Corners Method** which includes the use of boxing metaphors. 1:1 coaching does not generally include the non-contact boxing element; however, some light pad work and stances may be incorporated.

Coaching is not therapy, counselling, medical treatment, or crisis intervention. It does not diagnose or treat mental health conditions. If specialist or therapeutic support appears more appropriate, this will be discussed with the young person, parent/carer, or referrer as appropriate.

**A Deputy Head's perspective: "With increasing challenges to student health and wellbeing and reduced external services, we welcome GRIT's support in building resilience and personal skills. Their 1:1 and group offerings have a positive impact, and their professionalism, confidentiality, and partnership are invaluable to our school."**



# 1:1 COACHING

## **Start with a no commitment Chemistry session**

Every coaching journey begins with a no commitment 30-minute Chemistry Session. This gives the young person the opportunity to meet their coach, explore what they would like support with, and decide whether coaching feels like the right fit.

## **The Coaching Sessions**

Sessions are interactive, practical, and tailored to the young person. They include a supportive check-in to understand how the young person is feeling in that moment, exploration of their current challenges, introduction of practical tools and strategies and agreement of small, manageable actions between sessions.

Sessions are up to 1 hour long and are typically held fortnightly to allow time for young people to practice new skills between appointments.

## **Where and When Sessions Take Place**

Sessions are available face-to-face in Hitchin (in our coaching room at Hitchin Youth Trust or our gym at U8 Fitness) or virtually via Microsoft Teams.

If your school setting already has a contract with GRIT and you would like to refer a young person who is not eligible for our NHS funded 1:1 coaching, it may be possible for the young person to be seen in school.

Session times are scheduled during the coach's available working hours and should be treated in the same way as a medical or other health appointment.

Please note, if the young person's availability is very restricted, there may be a longer waiting time.

# GROUPS

## The Rumble

These small group non-contact boxing sessions provide a dynamic and interactive space for students to work together, building teamwork and emotional resilience. Sessions focus on peer support, communication, and developing coping strategies for handling challenges both in and out of school.

Sessions can take place in your organisation's setting if an appropriate space is available, or at our gym in Hitchin.

Sessions typically run weekly for a half-term, and depending on your needs, we can support between 6 and 10 young people in a group.



## The GRIT Programme

Acting as a form of alternative provision, these sessions offer a tailored approach for those who would thrive outside of a traditional school environment. The programme combines non-contact boxing with Health and wellbeing coaching enabling young people to build confidence, resilience and practical life skills to help them navigate challenges and make positive life changes. The GRIT Programme takes place at our gym in Hitchin and supports up to 14 young people for 2 hours per week over 12 weeks.



# PEER MENTORING

## Peer Mentoring Programme

GRIT's Peer Mentoring Programme trains and supports students to mentor their peers creating self-sustaining wellbeing support in your setting.

The Peer Mentoring Programme is a strategic investment in creating a school culture that champions mental and emotional wellbeing, peer leadership and emotional intelligence. By training both students and school staff in GRIT's unique mentoring framework, rooted in our [Four Corners Method](#), we build the foundations for a sustainable, in-house support network that continues long after the programme ends. It offers targeted, one-to-one peer support, helping students build confidence, develop life skills, and work towards personal goals in a safe and supportive environment.



### *A Pastoral Lead's perspective:*

*"The Coaching GRIT supplies to our students is invaluable. Most students have limited support (if any) from Pastoral after they finish their GRIT support."*

## WHAT OUR YOUNG PEOPLE HAVE TO SAY

"It's been very helpful for me mentally and physically and I've noticed an improvement in my mental and physical health since starting GRIT."

"GRIT has given me hope over the last couple of years and been the only thing to look forward to."

"I really enjoyed GRIT it was the only thing I looked forward to in the week, and it's quite amazing how different I look at certain situations and try not to be a part of a bad situation."



## WHAT PARENTS AND SCHOOLS HAVE TO SAY

"I bring students down from Knights Templar school to attend the project and the change in some of the students is incredible, one has taken up boxing and has a fight coming up, and others have more control over their anger as well as taking responsibility for their actions. I've also seen an increase in confidence in some, it's a fantastic project and a great opportunity for young people."

"When my son first started coming to GRIT he was in a lot of trouble at school. He thought he was coming to GRIT to learn to fight, but that is not the case. He has done so much more than that. He has learnt skills, discipline and about the way his mind and body work. He is much calmer and doesn't get into so much trouble anymore.  
Thank you!"

"GRIT gave my daughter the confidence to share her experience with us whilst also helping her recognise the validity in her feelings, to talk through her challenges and to empower her to develop skills and strategies to deal with these.

We don't know what the future holds, but early intervention has meant this is being dealt with in the first 6 months of becoming an issue, rather than waiting until unhealthy behaviours become entrenched and normalised, which would have serious health implications and potentially necessitate more resource-intensive and longer term interventions. Thank you again for this helpful and potentially trajectory-changing support"

# ACCESS OUR SERVICES

To discuss any of these opportunities and for information on pricing, please email [hello@gritcharity.org](mailto:hello@gritcharity.org) and a member of the team will be in touch. We can discuss your needs in more detail and create a proposal for supporting your students.

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If you would like to proceed and refer a young person to receive support from GRIT, please complete a referral form by clicking [here](#)