



## **GREW for Students**

### **Tiers of GREW for Students**

<p><b>Tier 1</b></p> <p><b>Student funded individual and group GREW consultations</b></p>	<p><i>List GREW within your University Entrepreneurship Center’s student business services. GREW services gives students the opportunity to reach their potential through personalized guidance that unites mental health support, performance, and skills for success. GREW combines entrepreneurial mindset, key performance indicators, and cognitive behavior therapy to support growth, wellness, and productivity. With tailored consultation and a deep dive into each individual’s entrepreneurial mindset profile, students will receive individual consultation, baseline/outcome indicators, and the entrepreneurial mindset profile for an integrated model that targets positive mental health and wellness indicators to support growth and performance.</i></p>
<p><b>Tier 2</b></p> <p><b>University funded workshops and presentations</b></p>	<p><i>GREW workshops support your student engagement and retention efforts with interactive sessions focused on promoting wellbeing and positive mental health. Think big and give your student the resources to support their mental health, performance, and entrepreneurial skills!</i></p>
<p><b>Tier 3</b></p> <p><b>University funded individual and/or group consultation for students</b></p>	<p><i>Equip your students with the right tools to support healthy and productive management of their startup or company. Through a custom university-funded program, you'll get tailored programs targeting outcomes related to wellness and performance. In addition, GREW’s tailored programs target your engagement and retention goals and support the positive mental health of your student entrepreneurs.</i></p>



## Tier 2 GREW Workshops

Here is a list of our workshops and presentations topic areas. If you are interested in a specific topic or tailoring something for the specific needs of your students, let's connect.

<b>Workshops</b>	<b>Outcomes</b>
<b>Beyond Your Superpowers: The Next Level of Growth for Your Startup</b>	<ul style="list-style-type: none"> <li>● Identify barriers that limit growth and can lead to imposter syndrome for founders</li> <li>● Mindfulness and self-care practices to manage stress and increase resilience</li> <li>● Tips for creating a health work-life balance and avoid burnout</li> </ul>
<b>Minding the Gap: Developing a Wellness Plan for Your Company to Nurture Growth</b>	<ul style="list-style-type: none"> <li>● Identify short and long term goals for self and company</li> <li>● Strategize to maintain personal positive mental health during growth</li> <li>● Create concrete wellness plan for startup and growth</li> </ul>
<b>“Get Unstuck: Supporting Women’s Wellness During Startup”</b>	<ul style="list-style-type: none"> <li>● Identify barriers that limit growth and can lead to imposter syndrome for women</li> <li>● Recognize how confidence, persistence, and resilience works to support women in startup and growth</li> <li>● Strategize to develop work life balance to maintain personal positive mental health during startup and growth</li> </ul>

## Tier 2 GREW Presentation ideas

The Intersection of Mental Health and Performance	Understanding and Supporting Mental Health	Anxiety Management and Performance
Navigating Team Dynamics	Supporting the Flow state	Entrepreneurial Mindset Profile
Developing a Wellness Plan During Start-Up	The Impact of Growth and Fixed Mindsets	Goal Setting: Supporting Short and Long-Term Goals