



***“PROVIDING HOPE & EMPOWERMENT
FOR BETTER TOMORROWS.”***



ABOUT GRIT 101 FOR TEENS

GRIT 101 FOR TEENS is inspired by Edie Hand's successful Women of True Grit program, which encourages women to share their stories of overcoming challenges and the tools they've used to triumph. The program helps women realize they are not alone by hearing others' stories of resilience. Edie uses the metaphor of a pearl: just as a pearl forms inside an oyster from a speck of grit, women who have faced adversity can navigate through life to find beautiful outcomes. Building on this foundation, GRIT 101 expands the message of Women of True Grit to high school and college students, in partnership with the ASF Foundation, Home of the Alabama State Games, and Townsquare Media. In today's fast-paced world, many teens lack the tools to cope with life's challenges, often leading them to feel hopeless and defeated. Skills that were once taught at home are now frequently needed outside the home, as many families rely on two working parents or single parents juggling multiple jobs. GRIT 101 aims to provide hope and empower teens, showing them that they too can live fulfilling lives, regardless of the obstacles they face. Contact ediemahand@gmail.com or laura.burt@asffoundation.org to become a sponsor and/or bring GRIT 101 FOR TEENS to your middle school, high school, college, or for your community leadership.

SPONSORED BY

Edie Hand's
WOMEN
OF TRUE GRIT™

IN PARTNERSHIP WITH



townsquare
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ABOUT THE PEARLS



WHITE PEARL

PURITY OF FAITH &
SECOND CHANCES



SILVER PEARL

WISDOM



RED PEARL

PASSION & RESPECT



TEAL PEARL

WELLNESS OF
BODY & MIND



BLUE PEARL

COURAGE & TRUST



GOLD PEARL

SELF-ESTEEM &
ENDURANCE



CREAM PEARL

FAITH, FAMILY,
FRIENDS



GREEN PEARL

FINANCES



PURPLE PEARL

CREATIVITY TO FIND
BETTER CHOICES



BLACK PEARL

MANAGING GRIEF



YELLOW PEARL

FOREGIVENESS,
GRACE, & MERCY

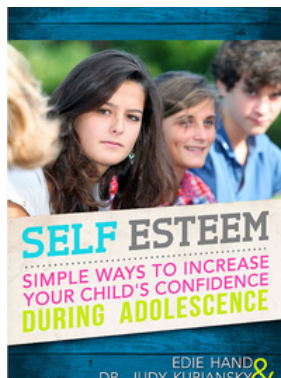


PINK PEARL

HAPPINESS

Edie Hand

EdieHand is the founder of the **Women Of True Grit** series, a scholarship contributor for the past 25 years to her alma mater The University of North Alabama, speaker, international author, film producer, and Mom. Edie has faced some trying circumstances in her life; the unexpected death of two of her brothers at a young age, caring for and watching her third brother's health decline to death, and multiple cancer battles of her own. Edie relied on the strength and words of her beloved Grandmother Alice to get through the dark days and Edie realized that **Great Resilience Is Transformative** and the transformation can create a beautiful and successful life. Edie created the Edie Hand Foundation in an effort to pay it forward and leave a legacy for community involvement. The Edie Hand Foundation has raised millions of dollars for other organizations including the St. Jude Children's Research Hospital in Memphis, Tennessee. Expanding the Women of True Grit series to include high school young women and men along with Edie's continued efforts of Women Of True Grit life skill workshops on college campuses for women of all ages, Edie's desire is to offer hope to future generations and women of all ages in the community to know they are not alone as they walk through difficult circumstances and learn new tools through others' stories that all can have a renewed strength to create something beautiful in their lives. Visit ediehand.com and ediehandfoundation.org



ASF Foundation, Home of the Alabama State Games

ASF Foundation was established in 1982 at the request of the United States Olympic Committee. In 1983 the first Alabama State Games took place at Auburn University with 600 athletes competing in 4 sports. Since 1983 the Alabama State Games has grown into Alabama's largest annual multi-sport event. In 2024, Birmingham and Jefferson County were hosts to 3,000 athletes competing in 25 sports. The Alabama State Games offers Alabama athletes of all ages and abilities the opportunity to compete in a unique Olympic-style event from the Opening Ceremony to the awarding of gold, silver, and bronze medals on the podiums. In addition to the Alabama State Games, the ASF Foundation also has a Student Ambassador Program, a scholarship program geared towards Alabama career-minded high school students grades 9th - 12th, Honoring Our Heroes, a program designed to highlight those in our communities who make sacrifices to keep communities safe and healthy, Scholarship Initiative that awards different scholarships during the year and around the Alabama State Games to date awarding more than **\$400,000** to more than 600 athletes. GRIT 101 FOR TEENS fits the ASF Foundation's mission of emphasizing and encouraging academics, healthy lifestyles and good citizenship. Visit alagames.com

Other WOTG Contributors

