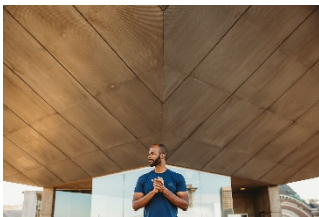




Grit City Mondays

ENTREPRENEURIAL MENTAL TOUGHNESS TRAINING

MONDAY 12:30 – 1:30



Travis Daigle is a former US Army Special Forces Medic and Combat Veteran. Along with his military experience, Travis brings a diverse personal

background that includes overcoming obesity and debt, working as an Engineer and an Entrepreneur.

“ There are so many distractions in the modern world that if you don't intentionally create a vision for yourself, the modern environment will create one for you.”

We all desire Freedom: The Freedom of a Healthy Body, Financial Freedom, The Emotional Freedom to Authentically Engage Relationships, and The Freedom to do Work we find meaningful. To gain freedom, we must be willing to continuously look at ourselves with brutal honesty in order to weigh our actions against our desires and assess the need for change... challenging change, that develops Character. I believe Character is best developed in the pursuit of freedom.

- January 14
 - 3 Principles of Freedom
- January 28
 - Health and Resilience
- February 4
 - Relationships 1: The Fundamentals
- February 11
 - Relationships 2: Mastering 3 Selves
- February 25
 - Quarter Review

TravisDaigleCDC@gmail.com

Location ▶ ▶ ▶



1907 Jefferson Avenue
Tioga Library Building
Room 307A

www.tacoma.uw.edu/veterans-incubator-better-entrepreneurship/welcome-vibe