

The Training Post-Spring 2020

Question Corner: *What does grit mean to you?*

The first word that pops into my head is courage but I also think it represents integrity, strength and perseverance no matter the odds against you.

Patricia Jackman

DOH

Getting knocked down 20 times and getting up 21!

Jacquelyn Guthrie

DOH

To me, grit is a word used to describe someone who, despite COVID-19, still gets up every day, keeps a schedule, works and/or gives back to the community, all while acknowledging that while this is difficult, there are still opportunities to see beauty and enjoy connecting with others albeit in new ways.

Janet Dunigan

DOL

G - growth, try something new by getting out of your comfort. R - respect; is the glue that holds the teams and organizations together. I - integrity; personal satisfaction over personal gain with honesty and willingness to learn and serve. T - tenacity; do not give up. Hang on to things that are in your control/authority while letting go of things that are beyond your control/authority.

Aparna Shah

OIT

Hustle, Stamina, and Perseverance

Arlene Vasquez

DCF

Perseverance and hard work. My grandpa always told me to remember the "P&HW" factor in all aspects of life.

Kathleen Burkhard

DEP

Grit includes determination, authenticity, empathy, and self-compassion.

Thaddeus Ojibe

DCF

Some may say that grit is dirt, sand or small loose particles of stone. I believe we as human beings are the essence of grit for we are made of the earth (dirt that GOD breathed HIS glory into). Therefore, not regular dirt, but Glorified, Living dirt. And some may say grit is courage, resolve, and strength. In order to operate in our GOD given dominion, power, and authority we must possess true grit that is anchored by passion, perseverance and faith/believe (the substance of things hoped for). And finally, some people may say grit is being gritty. We, who are dirt, can be afraid to get our hands dirty. This means we have to work diligently on whatever the task may be. Because it is a passion, we able to press on toward the goal in spite of being confronted by significant obstacles and distraction. Grit is important because it is a driver of success independent of talent, intelligence or wealth. Grit comes from the inside and is not effected by zip code, ethnicity, health, or genealogy.

Carolyn Bellamy

DOH/Trenton Psych

A combination of perseverance and passion over a long period of time.

Mohamed Abouakil

DOT

Grit means to me getting something done with results even with receiving negative feedback from a subordinate or supervisor about the goal or task.

Dale Chiacchio

DOT

Grit means staying on your path and never let obstacles deter your goal.

Valory Bardinas

DCF

Grit means to me to be resilient, courageous, and dependable. You set goals and you achieve them.

Jessica Vilgale

DCF

My first reaction to "grit" is the group exercise class, 'Grit,' offered by LesMills! I am proud to be a certified LesMills fitness instructor and enjoy getting my hands dirty when it comes to physical activity. As a government employee, I channel that same energy with the same tenacity but obviously with a different outfit! For me, grit in the workplace is becoming comfortable with the uncomfortable. This translates to asking for help when I don't want to, digging deep into an issue to learn and understand more when I don't want to, and showing up when I don't want to. Why? Because at the end of the day, it's not about me. It's about doing what's necessary in the best interest of New Jerseyans. I am also a proud public servant and that's what we do.

Laura Scatena

DEP