



Welcome to



SIMPLY BEE CLASSROOM

OVERCOME OVERWHELM: 5 STEPS TO BUILDING YOUR TOOLBOX

Educators are constantly managing emotions throughout the day. Not only their own, but also those of whom they interact with on a daily basis - students, parents, and co-workers. This can be overwhelming, especially when given all of the other responsibilities in life. In this presentation, Simply Bee Owner & Therapist Audrey Grunst will teach five foundational tools for building emotional wellness through The Growth and Resiliency Model™. Our mission is to provide educators the necessary skills that support emotional growth during challenging times.

Steps	Outcomes
STEP 1	INCREASE AWARENESS
STEP 2	LEARN TO CALMLY OBSERVE YOURSELF
STEP 3	RESPOND TO WORRIES EFFECTIVELY
STEP 4	INTEGRATE COPING SKILLS WITH WORK, FAMILY AND FRIENDS
STEP 5	PRACTICE A GROWTH MINDSET

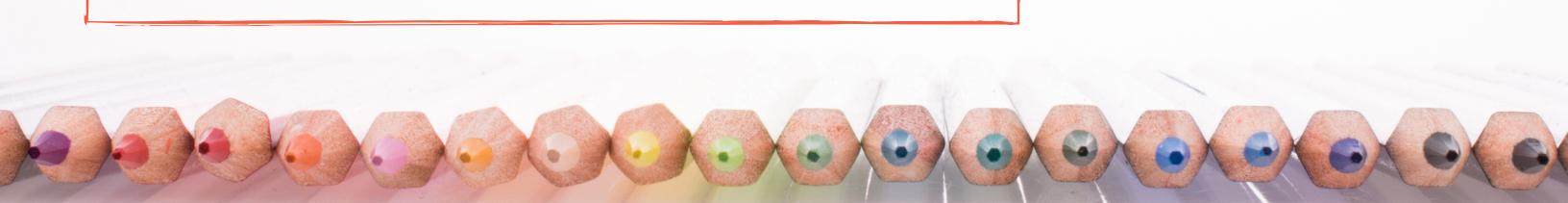


AUDREY GRUNST,
THERAPIST

Audrey Grunst is the founder and owner of Simply Bee Counseling, a licensed therapist, mental performance coach, executive coach and podcast host, to name a few. She coaches people every day to improve their mental health, performance and mindset.

BOOK NOW

Contact Kate Kelley for pricing and available dates
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Check out our website to learn more! 

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