



# 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.

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

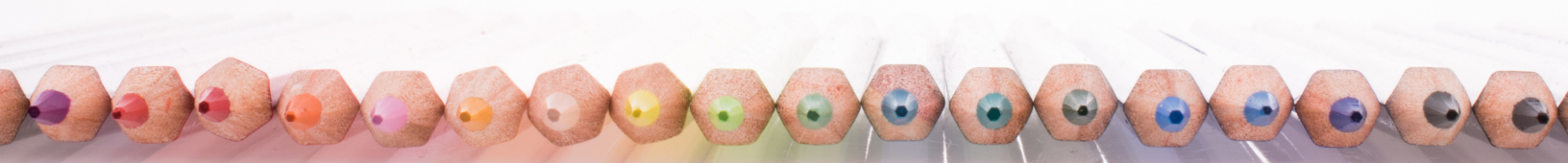


**AUDREY GRUNST,  
THERAPIST**

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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