



Welcome to



SIMPLY BEE CLASSROOM

GROWING A RESILIENT MIND

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> |
|---------------|--|
| 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 |

DETAILS:

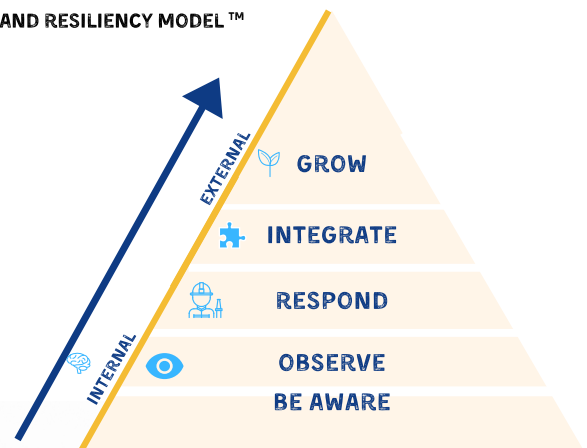
\$600
75 MINUTE WORKSHOP MODEL



AUDREY GRUNST,
THERAPIST

Audrey Grunst is the founder and owner of Simply Bee Counseling, a 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.

GROWTH AND RESILIENCY MODEL™



Check out our website to learn more!

WWW.SIMPLYBEECOUNSELING.NET/SBCADMIN

