



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.

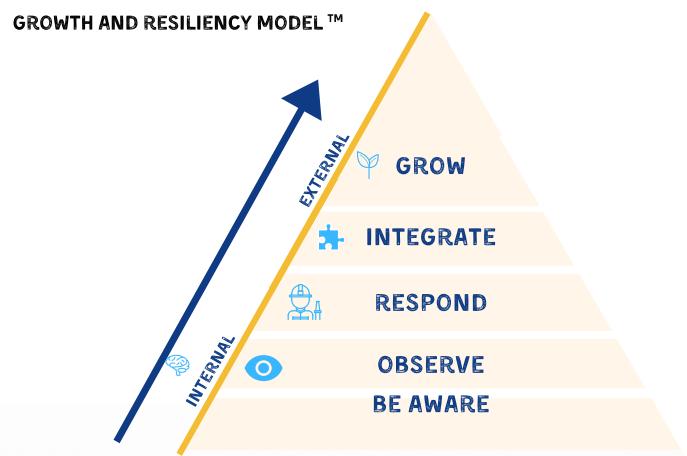
Steps	Outcomes
STEP 1	INCREASE AWARENESS
STEP 2	LEARN TO CALMLY OBSERVE YOURSELF
STEP 3	RESPOND TO WORRIES EFFECTIVELY
STEP 4	INTEGRATE COPING SKILLS WITH WORK, FAMILY AND FRIENDS
STEP 5	PRACTICE A GROWTH MINDSET

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.



Check out our website to learn more!

WWW.SIMPLYBECOUNSELING.NET/SBCADMIN

