



Welcome to



SIMPLY BEE CLASSROOM

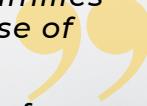
HEALTH & WELLNESS PD FOR EDUCATORS

As a school administrator, we know you're charged with making big decisions for hundreds of little and big people. Providing personal development workshops are a great way to show your educators that you're invested in their well-being, which is more important than ever.

Each workshop has a specific area of focus between mental, physical, spiritual and emotional well-being. Our overall objectives include: improving emotional regulation and self-care, as well as increasing mental resilience and a growth mindset so that educators can return to the classroom feeling recharged and refreshed. Our mission is to provide accessible tools so educators can recognize, achieve and sustain personal wellness.



"Audrey and her team at Simply Bee have been one of our most trusted partners and allies over the past few years. Their blend of strong content, relatability and forward-thinking technology allows them to connect with students and families in a way that many can't. Our community and schools are better because of their work."



— Andy Duran, CEO at LEAD & Member of District 65 Board of Education



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LET OUR EXPERTS HELP

You won't find a more-qualified (or fun!) group of clinical and educational **experts** who are ready to challenge and grow the educators at your school.



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.



STEPHANIE SMITH,
HEALTH COACH

Stephanie Smith is a sixth grade teacher, studied holistic nutrition at the Institute for Integrative Nutrition and is a certified IIN Health Coach. As a teacher, she knows firsthand that when teachers take time to properly nourish, they are more focused and energized.



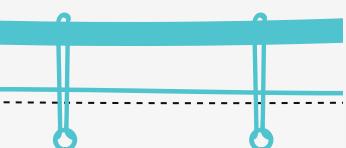
STEPHANIE BERSH,
YOGA INSTRUCTOR

Stephanie Bersh is a registered yoga teacher, certified reiki teacher, and an embody love movement facilitator. She coaches soul care every day with yoga postures, breathing techniques, self love and energy work.



MAKE TIME FOR WELLNESS

Investing in our *programs and resources* will have a positive impact on your educators, staff, students and parents during the school year. Gift them with the best 60 minutes they've spent on themselves all year!



MORE INFO

PLEASE CONTACT
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Check out our website to learn more!

WWW.SIMPLYBEECOUNSELING.NET/SBCADMIN

