



# 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  
KATE KELLEY AT  
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*Check out our website to learn more!*

[WWW.SIMPLYBEECOUNSELING.NET/SBCADMIN](http://WWW.SIMPLYBEECOUNSELING.NET/SBCADMIN)

