

# Welcome to SIMPLY BEE CLASSROOM For Parents

## GROWING A RESILIENT MIND: THE PARENT EDITION

Parents are responsible for managing a lot of emotions throughout the day - not only their own, but also their entire family! This can be overwhelming, especially when given all of the other responsibilities in life. In this presentation, Simply Bee Owner & Therapist Audrey Grunst, LCSW will teach five foundational tools for building emotional wellness through The Growth and Resiliency Model. Our mission is to provide parents the necessary skills that support emotional growth during challenging times.

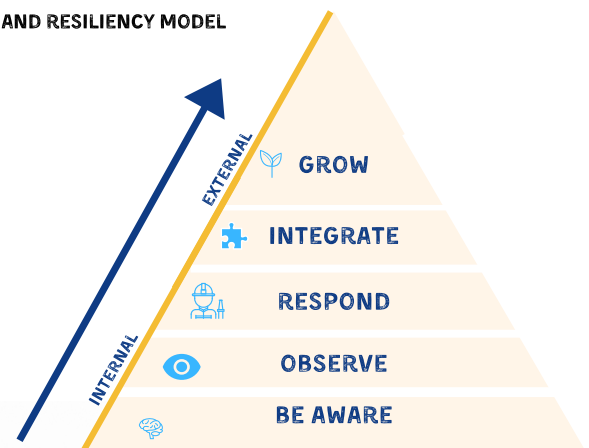
<i>Steps</i>	<i>Outcomes</i>
<b>STEP 1</b>	<b>INCREASE AWARENESS</b>
<b>STEP 2</b>	<b>LEARN TO CALMLY OBSERVE YOURSELF</b>
<b>STEP 3</b>	<b>RESPOND TO WORRIES EFFECTIVELY</b>
<b>STEP 4</b>	<b>INTEGRATE COPING SKILLS WITH WORK, FAMILY AND FRIENDS</b>
<b>STEP 5</b>	<b>PRACTICE A GROWTH MINDSET</b>



AUDREY GRUNST,  
THERAPIST

Audrey Grunst is the founder and owner of Simply Bee Counseling, a 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](http://WWW.SIMPLYBEECOUNSELING.NET/SBCADMIN)