



# Welcome to



## SIMPLY BEE CLASSROOM

## INSPIRING & EMPOWERING EDUCATORS

Time, energy, positivity and self-care can be hard to achieve, and for many educators inspiration can feel out of reach. We surveyed teachers recently about how they feel on their "good" and "bad" days, and this is what they had to say:

<i>Good Days</i>	<i>Bad Days</i>
PRODUCTIVE	OVERWHELMED
MOTIVATED	ISOLATED
ENERGIZED	TIRED
PATIENT	ANXIOUS
PROUD	USELESS

These "good day" feelings are what we call *deep desires* as an educator and as a person.

Our program will identify these deep desires and help educators conquer the "bad days" so they are better equipped to experience more "good days" both in and out of the classroom.

## SET UP FOR SUCCESS

Our *4x4 Wellness Model for Educators* focuses on Mindset, Physical Health, Spiritual Practice and Emotional Growth.

Over the course of our program, these four sets help educators **take control of their time, sustain their energy, improve their self-care, and boost their mood.**



Simply Bee has visited our elementary school the last two years. This year we expanded the program to include students, teachers, and parents. The feedback has been nothing but positive from all involved. Audrey and her staff are extremely knowledgeable, approachable, and relatable. They offer a very well-balanced approach to the social-emotional learning process. We can't wait for them to come again next year.

— Christy Hunter, Hawthorn Elementary South



# 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.

## ONLINE PROGRAM

### INCLUDES:

- E-WORKBOOK
- CUSTOMIZABLE 'PLAYBOOK'
- PRIVATE FB GROUP + DISCUSSION QUESTIONS

## PRICING

PLEASE CONTACT  
KATE KELLEY AT  
[KATE@SIMPLYBEE.NET](mailto:kate@simplybee.net)  
FOR YOUR CUSTOM QUOTE



## MAKE TIME FOR WELLNESS

As a school administrator, we know you're charged with making big decisions for hundreds of little and big people, and we want to make purchasing our **4x4 Wellness Program** an easy and time-saving decision for you.

Investing in our **online tools and resources** will have a positive impact on your teachers, staff, students and parents during the school year. And your teachers only need to dedicate ~15 minutes of their time per session!

**NOW MORE THAN EVER, EDUCATORS NEED YOUR SUPPORT.**



*Call us to book for your school*

(224) 208-8687

*Check out our website to learn more!*

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



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