



Welcome to



SIMPLY BEE CLASSROOM

OVERCOME OVERWHELM: STEPS TO BUILDING YOUR TOOLBOX

Whether your district has decided to return to in-person learning, e-learning or a hybrid model, we know that anxiety amongst educators is high as we move into the new school year. Our mission with this workshop is to provide the necessary tools to overcome overwhelm during these challenging times.

<i>Steps</i>	<i>Outcomes</i>
STEP 1	INCREASE AWARENESS
STEP 2	LEARN TO OBSERVE
STEP 3	RESPOND NOT REACT TO INTERNAL WORRIES
STEP 4	BREATHE TO REGULATE YOUR SYSTEM
STEP 5	HALT FOR CRISIS MANAGEMENT (HUNGRY, ANGRY LONELY TIRED)
STEP 6	STOP NARROW THINKING AND BROADEN YOUR PERSPECTIVE



**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.

PRICING

\$300 PER HOUR



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

Check out our website to learn more! 

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