SIMPLY BEE

HIGH SCHOOL ATHLETES MENTAL PERFORMANCE CLINIC

TEACHING ATHLETES TO FIND COURAGE AND TAP INTO JOY WHEN LIFE GETS TOUGH

2ND & 4TH TUESDAYS FEB - MAY

2/8 | 2/22
3/8 | 3/22
4/12 | 4/26
5/10 | 5/24

8:00-9:30 PM

GRADE: 9TH-12TH*

**ATHLETE MUST BE OPEN AND WILLING TO ATTEND*

COST: $400*

**$200 DEPOSIT CHARGED AT CHECKOUT*

Register Here

Join me and learn how to find optimal control, let go of controlling others, accept change, loosen up tension, rebound from failure, become confident, and keep healthy relationships with teammates and coaches—both on and off the court/field!



Facilitator Audrey Grunst, LCSW is a licensed therapist and expert mental health provider for athletes. She uses evidence-based skills to enhance the lives of athletes with highly controlled behaviors and perfectionistic qualities. Audrey is a former D1 athlete, college performance coach and author of 4 Ways To Cope With Uncertainty for Athletes. Audrey is quoted in USA Wrestling, Sports 670, and national media outlets.