

2023-2024
WORKSHOPS & PROGRAMS



SIMPLY BEE

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Hello!

In the midst of all the logistics administrators have to coordinate, we want to make scheduling your professional development dates and topics easy.

This catalog shares our mission, along with information regarding all of our Training & Development Departments: Social Emotional Learning, Diversity, Equity & Inclusion and Mental Performance for Athletes. Our goal is to be whole-person focused and to support the mental wellness of students, parents and educators.

Specifically, we recognize the positive ripple effect that educators' & parents' personal and professional development can have in the community and on their students. Through the use of our 5-step Growth & Resiliency Model©, we provide the necessary framework and skills to support emotional growth and resilience even during challenging or uncertain times.

We look forward to walking alongside of you in the journey towards supporting the mental health and well-being of those in our community.

Check out our website or call us to learn more! 

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Book A 15-Minute Discovery Call Here



SIMPLY BEE'S MISSION, VISION & VALUES



WHY BOOK WITH US & WHAT TO EXPECT

As a school administrator, we know you're charged with making big decisions for hundreds of little and big people. Providing personal and professional development workshops are a great way to show your educators, students and parents that you're invested in their well-being.

It's ever-so-important to learn practical, efficient and generalizable skills from mental health experts who know first-hand what it means to be in a high stakes position. The partnership between schools, the community and Simply Bee is an opportunity to train, support and coach people to *simply bee*-come the best versions of themselves both inside and outside of the classroom.

Our overall objectives include: improving emotional regulation and self-care, increasing mental resilience and building a growth mindset to empower people to continue to flourish both personally and academically.

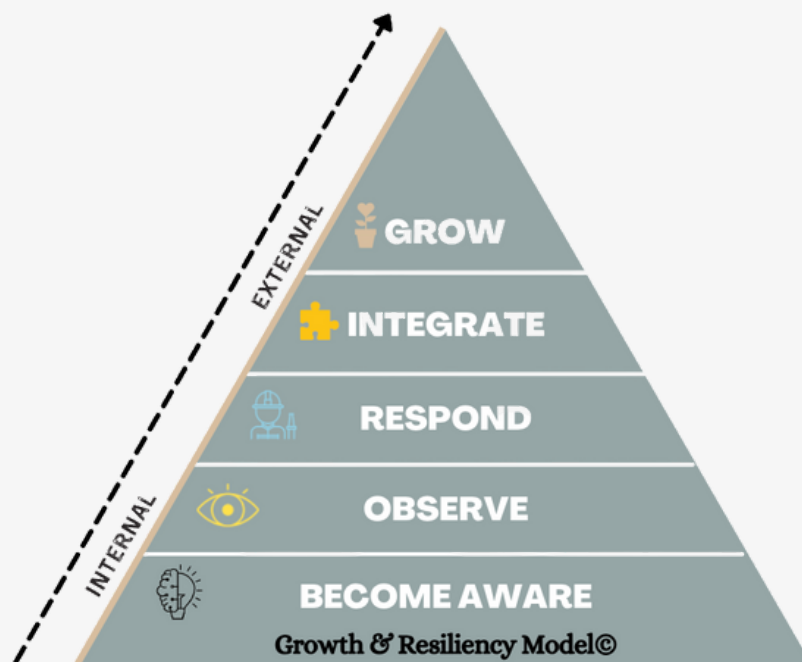


ABOUT THE GROWTH & RESILIENCY© MODEL

The Growth & Resiliency Model© was created and copyrighted in 2021 by Simply Bee CEO Audrey Grunst, LCSW. It is the foundation for the work we do here at Simply Bee and is taught within each of our workshops, presentations, programs and published materials.

This comprehensive five-step model is designed to fuse theory, skill, and knowledge into people's understanding of their personal growth and emotional development.

The theory behind this model is that a growth mindset occurs when you are aware of your internal world, can observe it without judgment, know how to respond instead of react, and can integrate all of that information into the external world effectively. The final step is to reflect on the process, celebrate what went well and learn from what didn't. Through the use of this model, we believe all people can learn to intuitively overcome life's daily challenges and appreciate them as opportunities for positive change.



GROWING A RESILIENT MIND

2023-2024 Version

Target Audience: Educators, Students & Parents*

This workshop gives participants a system and framework for navigating their mental health and achieving emotional growth. Built around our 5-step Growth & Resiliency Model®, this keynote presentation provides people with a toolbox of strategies and skills to create a growth-oriented environment in all areas of their lives.



As we continue to navigate the ever-changing landscape of education and the increasing demands being placed on educators, parents and students, it is crucial to equip them with applicable knowledge and intuitive coping skills. This presentation is designed to empower participants to prioritize their own wellness so they can in turn positively impact the wellness of their students, loved ones and communities.

*Note: Scenarios will be adjusted to fit audience

DETAILS:

- Keynote Workshop (Recommended First)
- Experiential model
- Can be customized to the length/depth of content requested (recommended 60 minutes min.)
- \$800/hour

<i>Steps</i>	<i>Outcomes</i>
STEP 1	UNDERSTAND THE 4 KEY ELEMENTS OF SELF-AWARENESS
STEP 2	OBSERVE AUTOMATIC REACTIONS
STEP 3	LEARN TO RESPOND SKILLFULLY TO STRESSORS
STEP 4	INTEGRATE NEW SKILLS WITHIN YOUR SOCIAL SUPPORT
STEP 5	REFLECT, CHANGE AND GROW AN OPTIMAL MINDSET

I wrote copious notes about how to continue being mindful, take care of self and others and how to monitor my well-being. I enjoyed [Audrey's] style, pacing and examples. She was clear and concise and many people said they were happy we provided this for staff.

— Liz W., Interim Principal

SELF-CARE & STRESS MANAGEMENT

2023-2024 Version

Target Audience: Educators & Parents*

Self-care often gets a bad rap in our society for being a surface-level solution to stress. This workshop takes this cliché “self-care” trend and transforms it into a whole new meaning.

Participants will gain a view into the biology of mental health and the stress response that dismantles the stereotypical understanding of self-care. In turn, participants will more deeply understand both the positive and negative roles that stress plays in their lives and how to create an effective self-care plan. Our goal is to empower parents and educators to intentionally prioritize their wellness in a way that allows them to support the emotional development of their students, too.

**Note: Scenarios will be adjusted to fit audience*



DETAILS:

- Experiential workshop model
- Can be customized to the length/depth of content requested (recommended 60 minutes min.)
- \$800/hour

Goals

Outcomes

GOAL #1

IDENTIFY WHY SELF CARE IS NECESSARY TO LIVE A LONG AND HAPPY LIFE

GOAL #2

LEARN HOW STRESS IMPACTS OUR GENETICS

GOAL #3

UNDERSTAND HOW MINDFULNESS-BASED STRESS REDUCTION CAN IMPROVE OVERALL WELL-BEING

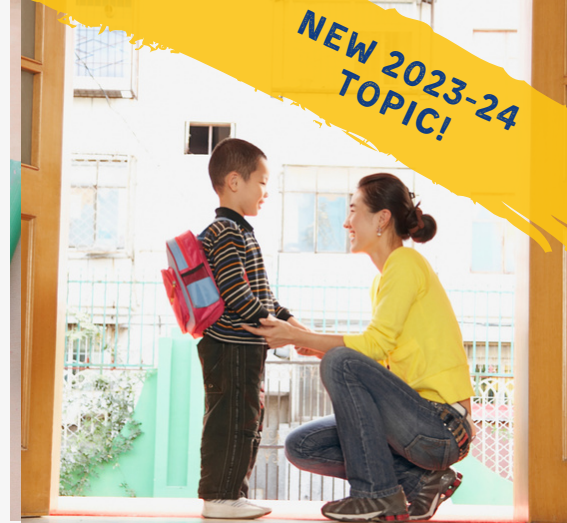
I learned that self-care is not a luxury, but a necessity. I really appreciate the science behind the thought and the perspective of Simply Bee.

— Parent

STOP THE GUILT: A GUIDE FOR PARENTS TO LEAD WITH LOVE & BOUNDARIES

Target Audience: Parents

Knowing how to support the mental and emotional development of kids while maintaining firm expectations is a unique challenge for parents - especially in today's fast-paced and competitive world.



Borrowing from Emotion Focused Family Therapy (EFFT), this presentation will empower parents to lean on proven strategies in order to let go of guilt and foster a caring environment where their child feels emotionally safe and supported. Through a focus on emotional validation, compassion and positive boundaries, parents will learn how to prioritize their own needs while creating a validating space for their kids.

DETAILS:

- Experiential workshop model
- Can be customized to the length/depth of content requested (recommended 60 minutes min.)

Goals

Outcomes

<i>Goals</i>	<i>Outcomes</i>
GOAL #1	LEARN HOW TO IDENTIFY THE "BIG 4": THOUGHTS, EMOTIONS, PHYSICAL SENSATIONS & URGES
GOAL #2	UNDERSTAND HOW TO IDENTIFY AND VALIDATE EMOTIONS WITH LOVED ONES
GOAL #3	EMPOWER PARENTS TO DEFINE AND SET HEALTHY BOUNDARIES WITH THEIR CHILD
GOAL #4	DEMONSTRATE HOW TO APPLY TANGIBLE TECHNIQUES FROM EFFT WITH A CHILD STRUGGLING WITH DIFFICULT EMOTIONS

BECOME AWARE OF THE BIG 4

Target Audience: Students

This workshop series focuses on Step 1 of the Growth & Resiliency Model©: *Become Aware*. It gives students an opportunity to develop knowledge about the relationships between the BIG 4 pieces of self-awareness: thoughts, emotions, physical sensations and urges to act.



We know that physical and emotional awareness is fundamental for children's social and emotional development. Through these workshops, facilitators will utilize mental health education, team-building activities, yoga and mindfulness to help students understand why awareness is the foundation of mental health and how to build it in their daily lives. Our overall goal is to equip students with knowledge and tangible skills to rely on as they navigate their social and academic environment.

DETAILS:

- Students will rotate through 3 stations with 3 different lessons & activities
 - Recommended length of 2 hours
- Facilitated by Simply Bee Therapists & Registered Yoga Instructor
- Customized quote created based on number of students

Goals

Outcomes

GOAL #1	BUILD EMOTIONAL VOCABULARY TO BETTER UNDERSTAND COMPLEX FEELINGS
GOAL #2	LEARN ABOUT THE CONNECTION BETWEEN URGES AND ACTIONS TO ENCOURAGE PROSOCIAL BEHAVIOR
GOAL #3	CONNECT PHYSICAL SENSATIONS TO EMOTIONS TO IMPROVE MINDFULNESS & STRESS MANAGEMENT

It really helped me (and I bet a few other people) understand our urges, thoughts, feeling and other things to keep ourselves calm and respond correctly to situations. So, thank you, Simply Bee, I really needed your advice!

— Middle School Student

OVERCOMING UNCONSCIOUS BIAS

Target Audience: Professionals & Students*



Unconscious bias, left unaddressed, has a significant impact on the mental health and wellness of all people —professionals, students and educators alike. Through this workshop, we aim to provide realistic and turn-key

information that aids our audience in both bringing awareness to unconscious biases in their environment and providing actionable steps to reducing them.

This presentation, built upon DEI training and our 5-step Growth & Resiliency Model®, will give participants the knowledge and strategies they need to be an active part of an aware and inclusive environment. As our world becomes increasingly diverse, it is crucial to devote time and energy to resources that will give organizations tangible tools for fostering inclusivity amongst their peers.

*Note: Scenarios will be adjusted to fit audience

DETAILS:

- Recommended First
- Experiential workshop model
- Can be customized to the length/depth of content requested (recommended 60 minutes min.)
- \$450/hour

Goals

Objectives

GOAL #1	DEEPEN UNDERSTANDING OF HOW UNCONSCIOUS BIAS AFFECTS THE ORGANIZATION
GOAL #2	LEARN HOW TO ACKNOWLEDGE UNCONSCIOUS BIAS AND FACILITATE HONEST CONVERSATIONS WITH PEERS
GOAL #3	EXPLORE HOW TO CREATE A MORE INCLUSIVE EXPERIENCE IN THE ORGANIZATIONAL ENVIRONMENT AND BEYOND

"This training was the perfect DEI intro for our young staff. Angel was a great presenter that made us all feel comfortable speaking up and participating."

—Greg W.

FOSTERING AN INCLUSIVE CLIMATE

Target Audience: Professionals & Students*



An inclusive climate refers to an environment in which diversity is embraced and the unique traits and qualities of all members are respected. This type of environment is directly related to its members'

satisfaction, ability to succeed, and level at which they feel safe and valued. An organization where every member feels like they belong is one that's set up for success.

This workshop is designed to help participants evaluate the current organizational climate and levels of inclusivity while also learning how to make improvements. In conjunction with our 5-step Growth & Resiliency Model©, Simply Bee experts will use their DEI training to lead organizations in creating a culture with inclusivity at its center. Participants will gain knowledge and tangible strategies to create this type of collaborative, welcoming and respectful environment within their larger organization.

*Note: Scenarios will be adjusted to fit audience

DETAILS:

- Experiential workshop model
- Can be completed over the lunch hour periods (appx. 45-60 minutes in length)
- \$450/hour

<i>Goals</i>	<i>Objectives</i>
GOAL #1	EXPLORE THE CLIMATE AND DYNAMIC OF THE ORGANIZATION'S ENVIRONMENT
GOAL #2	ASSESS THE LEVELS OF INCLUSIVITY ACROSS ALL ASPECTS OF THE ORGANIZATION
GOAL #3	DEFINE INCLUSIVITY FOR YOUR ORGANIZATION & PRACTICE MODELING INCLUSIVE BEHAVIORS AMONGST PEERS

INTEGRATING DEI INTO THE WORKPLACE

Target Audience: Leaders & Leadership Teams

Learning about diversity, equity, and inclusion is an essential first step in improving workplace dynamics and culture. The next necessary step is to identify how DEI practices can be engrained in the daily routines and habits of the environment. Through this workshop, we aim to guide organizations in implementing sustainable and effective DEI initiatives so that each member feels valued and respected.

We will guide your organization to identify what an action plan could look like for collaboratively promoting diversity, equity, and inclusion on a daily basis. Participants of this workshop should already have a baseline understanding of what DEI is and what their organization is currently doing to promote it.

*Note: Scenarios will be adjusted to fit audience



DETAILS:

- Experiential workshop model
- Can be completed over the lunch hour periods (appx. 45-60 minutes in length)
- Must have completed either sessions 1 and/or 2 of this series, or another foundational DEI training
- \$450/hour

Goals

Objectives

<i>Goals</i>	<i>Objectives</i>
GOAL #1	LEARN HOW TO EMBED DEI INTO DAILY PRACTICES WITHIN THE ORGANIZATION
GOAL #2	IDENTIFY STRATEGIES AND METHODS FOR PROMOTING THE CONTINUITY OF THESE DAILY PRACTICES
GOAL #3	CREATE AN ACTION PLAN FOR THE COLLABORATION OF ALL ORGANIZATIONAL MEMBERS IN THESE PRACTICES

GROWING A RESILIENT MIND AS AN ATHLETE

Target Audience: Athletes, Coaches/ADs, Parents*

Simply Bee aims to streamline the natural connection between performance and mental health. This allows athletes, coaches and parents to quickly leverage a growth mindset to optimize physical ability AND mental capacity to compete at a high level without sacrificing mental well-being.



Mental health is growing in the sports world as more professional athletes like Simone Biles, Dak Prescott, Naomi Osaka and Brandon Marshall break their silence and share the reality of anxiety, depression, stress management, fear of failure, worry, pressure and isolation. This trend towards open conversations between athletes, coaches and parents—where honesty is key—is the reason we created this workshop. Through this keynote presentation, we aim to provide athletes with tools and coping mechanisms to better deal with life as a whole person—not just as an athlete.

*Note: Scenarios will be adjusted to fit audience

DETAILS:

- Recommended First
- Experiential workshop model
- Can be customized to the length/depth of content requested (recommended 60 minutes min.)
- \$300-800/hour

<i>Steps</i>	<i>Objectives</i>
STEP 1	UNDERSTAND THE 4 KEY ELEMENTS TO BECOME SELF AWARE
STEP 2	OBSERVE AUTOMATIC REACTIONS & REDUCE JUDGMENT
STEP 3	LEARN TO RESPOND SKILLFULLY TO STRESSORS ON & OFF THE FIELD
STEP 4	INTEGRATE NEW SKILLS WITHIN YOUR ATHLETIC ENVIRONMENT
STEP 5	REFLECT, CHANGE AND GROW AN OPTIMAL MINDSET

This was a helpful meeting that taught me many different things (like having a positive attitude) to help me become not only a better player but learn how to act towards my teammates.

— Club Volleyball Player

INTRODUCTION TO SPORTS PSYCHOLOGY

Target Audience: Athletes

The mental side of the game is just as essential as the physical side of the game. In order for athletes to develop a balanced identity, they must learn how to take care of their mental and emotional needs. This workshop will help athletes become aware of the role that their internal experiences have on their performance.



Simply Bee performance experts will guide athletes in understanding their thoughts, emotions, physical sensations and urges (the BIG 4) and how these interact to create common mental issues that they face everyday. Built upon the concepts of Step 1 of the Growth & Resiliency Model©, this workshop combines theory and tangible skills to help athletes build self-awareness and more confidently cope with the demands of their sport.

DETAILS:

- Experiential workshop model
- Can be customized to the length/depth of content requested (recommended 60 minutes min.)
- \$300-800/hour

<i>Goals</i>	<i>Objectives</i>
GOAL #1	BECOME AWARE OF THE ROLE OF MENTAL HEALTH AND PSYCHOLOGY IN SPORTS
GOAL #2	UNDERSTAND 3 COMMON ISSUES THAT ATHLETES FACE AND LEARN HOW TO COPE WITH THEM
GOAL #3	IDENTIFY SKILLS AND STRATEGIES FOR IMPROVING MENTAL HEALTH ON AND OFF THE FIELD

“
 My students all gave me really good feedback and it led to great follow up discussion in class. We would love to have Eric back in the future, we were extremely happy with his presentation.
 ”

— Luke C., High School Coach/Educator

BUILDING A COHESIVE TEAM

Target Audience: Athletes



The success of a team is dependent on each of its individual members and their ability to work together. Teammates who are aware of themselves and their needs are better able to contribute to group goals.

'Building A Cohesive Team' will empower teams to create a shared environment where all individuals feel supported and unified.

Through a combination of *The Five Dysfunctions Of A Team* and Step 4 of Simply Bee's Growth & Resiliency Model©, this workshop is designed to help teams identify barriers to group cohesion and strategies for improvement. The goal of this workshop is to teach individuals how to effectively integrate their internal experiences into the external environment to ensure positive communication and shared purpose.

DETAILS:

- Experiential workshop model
- Can be customized to the length/depth of content requested (recommended 60 minutes min.)
- \$300-800/hour

<i>Goals</i>	<i>Objectives</i>
GOAL #1	LEARN HOW TO EFFECTIVELY INTEGRATE YOUR INTERNAL EXPERIENCES INTO A TEAM ENVIRONMENT
GOAL #2	IDENTIFY BARRIERS TO TEAM SUCCESS
GOAL #3	DEVELOP COMMUNICATION SKILLS & LEARN HOW TO GIVE AND RECEIVE FEEDBACK

LET OUR EXPERTS HELP

You won't find a more-qualified (or fun!) group of *clinical and educational experts* who are ready to walk alongside your organization to support its growth and resilience.

SOCIAL EMOTIONAL LEARNING FACILITATION TEAM



Audrey Grunst, LCSW
Simply Bee CEO & Therapist



Jennifer McAdams, LCPC, CEDS-S
Simply Bee Executive Clinical Director & Therapist



Stephanie Bersh, E-RYT
Simply Bee Yoga Instructor

Learn more [here](#)

DIVERSITY, EQUITY & INCLUSION FACILITATION TEAM



Audrey Grunst, LCSW
Simply Bee CEO & Therapist



Angel Arnold, LPC
Simply Bee Therapist & DEI Certified

Learn more [here](#)

SPORTS PERFORMANCE FACILITATION TEAM



Audrey Grunst, LCSW
Simply Bee CEO & Therapist



Eric Stevenson, LPC
Simply Bee Therapist & Mental Performance Coach

Learn more [here](#)

MEET AUDREY

Audrey Grunst, LCSW is the founder and owner of Simply Bee Counseling, a licensed therapist, mental performance coach, executive coach, author and podcast host. She coaches people every day to improve their mental health, performance and mindset.

Audrey has presented PD at over 45 schools in the last 4 years. She is an expert on mental wellness topics including: anxiety, perfectionism, growth mindset, and resiliency.