

Audrey Grunst, LCSW CCM

Audrey Grunst, LCSW, is a licensed therapist, mental health advocate, national speaker, author, host of the Well, Not Perfect podcast and educator. She is the founder and CEO of Simply Bee Counseling. Audrey combines her skills as a therapist and talent as an entrepreneur to design products and services to help people “simply bee” themselves. Audrey’s businesses, combined, serve thousands of people per year in their personal and professional growth and include two locations in the Chicagoland area. Audrey’s expertise is in growth mindset, resiliency training, and therapy for anxiety, depression and eating disorders. After a decade of work she developed the Growth & Resiliency Model© to systematize the process in which people can change and grow. She uses the Growth & Resiliency Model© as the foundation in the majority of her professional work. She is the author of five guided planners in the Bee You Planner Series and e-book 4 Ways To Cope With Uncertainty. You can find Audrey contributing to national and local television outlets such as ABC, CBS, WGN, and Sports 670. She is also quoted in the Huffpost and USA Olympics articles.