

Benefits of Buddies - Empowered Living: With your Buddy

Welcome back to the She Beasts Blog! It's 2024, and we're inviting you to immerse yourself in the transformative journey of She Beasts an organisation that transcends the conventional boundaries of a typical Wellbeing business. As an organisation and a collective of formidable females, As an organisation and a collective of females, we have not only conquered personal challenges but also founded a revolutionary female well-being company. As the founder, I'm thrilled to introduce you, to the groundbreaking concept of Buddy Coaching, my beautiful beasts. This unique approach seamlessly blends accountability and unwavering support to achieve remarkable results.

The She Beasts ethos and vision revolves around creating a space where women thrive physically, mentally, and emotionally. It's a commitment to nurturing holistic health and empowerment. This year it's all about #accountability and the power of #sisterhood. Allow me to unveil the transformative power of #buddycoaching to you.

Buddy Coaching is the catalyst for positive change, where accountability and mutual support converge to ensure tangible results.

Join us on this journey that highlights the incredible benefits of pairing up on your well-being journey. Whether you bring your existing buddy or let us pair you with one of the amazing females in our existing community.

Here are the top 7 reasons why you should be part of the buddy coaching movement.

1. Elevated Motivation:

Teaming up with and sharing your fitness goals with a buddy sparks a shared sense of accountability. Boosting the motivation for both of you to stay dedicated to your fitness routines. Knowing that someone is counting on you serves as that extra nudge to show up for workouts, even on those days when motivation may be running low. It perfectly aligns with the She Beasts ethos—supporting one another as females.

The organisation is built on the principle of paying it forward, ensuring that females from all walks of life can thrive and become the best versions of themselves.

If that doesn't inspire you to leap out of bed in the morning, I'm not sure what will!

2. Consistency in Training:

Teaming up with a workout partner is a game-changer for maintaining a consistent exercise routine. The accountability factor plays a pivotal role; knowing someone is counting on you to show up keeps you on track.

Hey, you're turning up to She Beasts sessions give it straight back to a female in refuge and buy her a session for #free!

3. Enjoyable Workouts:

4. Exercising with a buddy transforms the workout grind into an enjoyable affair. Engaging in conversations during your fitness sessions not only makes time fly by but also turns what might sometimes seem tedious into a social and fun experience.

She Beasts will be touring across Birmingham in 2024, once a month at a location near you. Get ready for Beat, Bands & Bounce that Booty guaranteed fun & fitness.

5. Empathy and Cheerleading:

A fitness buddy provides emotional support during challenging times. Whether it's a tough workout or a personal struggle. Sharing the journey with someone turns what could be a daunting process into a more manageable one. Our community of remarkable females is the secret sauce—we're here for you every step of the way, regardless of where you find yourself on your journey.

6. Social Connection

Turning exercise into a social activity creates a unique chance to strengthen your connection with your fitness buddy. This not only nurtures a sense of community but also adds an enjoyable dimension to your fitness journey.

7. Friendly Competition:

A bit of friendly competition can push you to work harder and achieve more. Setting shared goals and challenging each other fosters a healthy sense of competition that can enhance performance.

8. Celebrating Success Together:

Achieving fitness milestones is more rewarding when you can share the joy with a buddy. Celebrating successes together not only amplifies the overall sense of accomplishment but also solidifies the positive aspects of your fitness journey.

In the past 3 years, the collective efforts of our incredible female community have not only supported 100+ females through their journeys but also transformed these remarkable women's mindsets from victim to survivor.

We leave you with an invitation for you to embark on your unique path to well-being. Whether you're a survivor in search of inspiration or a woman prepared to initiate a transformative journey, the synergy of Buddy Coaching and the unwavering support of our community support, we can all strive for and achieve our best selves.