

So after much anticipation and playing with the idea for nearly three years, we finally decided that now was the perfect time to start sharing.

Introducing the She Beasts sisterhood blog! Here, I'll be sharing everything about why we created She Beasts, how we brought it to life, how you can join the movement, and ways to support She Beasts. It's going to be a complete package!

I am not a blogger or a writer, but just SJ or Sadie. I intended to create a community and a safe space for women who, like me, have faced traumatic experiences. These women deserve a second chance to be accountable to themselves and to have a sisterhood where accountability comes naturally. I firmly believe that every woman has the inner strength and potential to become the beautiful beings they are destined to be. It's important to acknowledge that every woman has experienced some form of trauma, some more than others. But did you know that trauma can contribute to your success?

Please consider this perspective. What if I were to tell you that life doesn't happen to you, but rather for you? What if every experience you've had up until now presented an opportunity for you to shape a life that aligns with your desires? I'm not suggesting that it should have unfolded this way, but rather that there's always a possibility to transform adversity into positivity. It all comes down to mindset. Those who have faced trauma and ventured into those dark places have managed to overcome them by moving forward. By sharing their stories and cultivating resilience, they have discovered a strength within themselves that is often underestimated. It's important to recognise and appreciate this resilience.

Many times, all we need is a little support, and that's exactly what She Beasts provides. It serves as your support system, your platform to freely express yourself, and your safe space to grow and pursue your dreams at your own pace and in your way.

Perhaps at this moment, you may not feel like you're at your best like you embody the strength of a She Beast, or like you have fully overcome your past traumas, and that's completely okay. Our purpose is to assist you in discovering your inner power and guiding you through the next phase of your journey.

I've had my fair share of starting over, more times than I can count. But with each new beginning, I gain valuable knowledge and experience. I become a little wiser, a little stronger. That's precisely why I created She Beasts. I've been fortunate enough to overcome

challenges and come out stronger on the other side. Am I exactly where I want to be? Not yet. There's always room for growth and learning, and I consider myself incredibly fortunate. My goal is to send back the ladder to as many women as possible, so they too can have the same opportunities I've had in becoming the person they aspire to be.

I won't start with my backstory but I will tell it eventually.

To kick off this blog, I wanted to share one of the main drivers of She Beasts **accountability**.

What do I mean by accountability? Well, it all starts with us. We need to hold ourselves accountable for our growth and the choices we make. But you know what? It's so much easier when we have someone to share it with. Having someone who stands behind us, supports us, and is there for us through the good and the bad can truly be a game changer. And here's an interesting fact: scientific studies have shown that when we have a buddy, like a friend, sister, partner, or even someone we met at a She Beasts class, we are more likely to stick to something.

Let's take exercise as an example. By having someone who shares the same goal and vision, a person who will push you and give you that extra edge, you increase your chances of success.

Let me share some fascinating statistics with you.

By sharing your goals with someone, you increase your chances of sticking to them by 65%. And if you engage in activities with a buddy, like attending a group class together, you have a 95% higher likelihood of achieving your goals.

We've all heard the saying "Birds of a feather flock together" and guess what? It's true! This isn't just some old wives' tale, it's a fact. Accountability has some amazing benefits, including changes in behaviour. That's why who you surround yourself with really matters. When you have the right circle of people, there's a ripple effect that can help you achieve your goals faster. By sharing tips and tricks, you'll discover what works and what doesn't. Plus, there's an immediate effect on your planning skills - you'll become a pro at it! And here's the best part: once you start developing good habits, they'll trigger even more good habits. It's a total game-changer!

Believe it or not, you'll find yourself craving those positive vibes and natural endorphins. Absolutely! You'll have an instant partner to celebrate your achievements. Just like we can fall into bad habits, we have the power to reframe our minds and cultivate good habits. Our NLP coaching can show you exactly how to achieve this. Isolation is the opposite of accountability and can greatly contribute to feelings of depression. We've seen during COVID-19 that around 18% of people suffer from depression due to isolation, which has a significant impact on mental health. Now, we're not saying that all those feelings of sadness and the blues stem solely from isolation, but here's a simple and quick way to start feeling better: get outside and find a buddy. We can even help you get started with that buddy. It could be as simple as taking a walk in the park and having a chat, or maybe a gym session together, or even joining a group class. Don't wait any longer! Now is the time to take action.

Look at me. I've been putting off starting this blog for three years, and it feels amazing to finally get it going.

This is just the beginning, and I'm looking forward to chatting with all of you soon.