

# STEPHANIE BEVERIDGE

## STEPHANIE BEVERIDGE

STEPHANIE BEVERIDGE HAS BEEN AN ENTREPRENEUR, LEADER AND A SELF-PROCLAIMED HOT MESS SINCE SHE WAS 17 YEARS OLD. WOMEN OFTEN GET STUCK IN MOM-MODE AND STEPHANIE IS PASSIONATE ABOUT EMPOWERING WOMEN TO BE MORE CONFIDENT WHILE ENJOYING LIFE AND GETTING THEIR SANITY BACK.

AS A MOM, BUSINESS OWNER, WIFE, YO-YO DIETER AND LIFETIME STUDENT, HER REAL MAGIC IS IN HOW SHE HELPS YOU DEEPLY UNDERSTAND HOW YOU CAN APPLY HER TEACHINGS IN HEALTH, WEALTH, BUSINESS, FAMILY AND MINDSET TO YOUR OWN LIFE.

OFTEN DESCRIBED AS "KINDA CLASSY, KINDA HOOD", STEPHANIE WILL MAKE YOUR AUDIENCE LAUGH, THINK AND IMMEDIATELY REALIZE THAT IT'S OKAY TO BE A HOT MESS BECAUSE WE ALL ARE! BY THE TIME SHE'S DONE SHARING HER THOUGHTS, WOMEN FEEL ENERGIZED, RENEWED, AND READY TO ATTEMPT ADULTING AND LIVING AGAIN.

STEPHANIE AND HER WORK HAVE BEEN FEATURED IN CHEER PROFESSIONAL, THE COPPERAS COVE LEADER PRESS, USA GYMNASTICS TECHNIQUE MAGAZINE, TEXAS CHEERLEADER MAGAZINE, AND MORE. SHE IS CURRENTLY ONE OF THE OWNERS OF GYMKIX IN COPPERAS COVE AND THE CREATOR OF THE BOOTY FITNESS WORKOUT.



# STEPHANIE BEVERIDGE



KEEPIN' IT REAL

Stephanie's straight forward and honest approach is often the punch in the gut her audience needs, to stop making excuses and start taking action! She's flawed, and she's real, and she's not here to change you; she's here to reveal you!

SHE SPEAKS KNOWLEDGEABLE ON

Health  
Fitness  
Mindset  
Business  
Family

BOOK STEPHANIE FOR YOUR  
EVENT/SHOW

Email: [Stephanie@stephaniebeveridge.com](mailto:Stephanie@stephaniebeveridge.com)

Call: (254) 535-4021

TEXAS★CHEERLEADER  
magazine

TECHNIQUE  
an official publication of USA Gymnastics

CP Cheer  
Professional™  
CAMERA READY: LEAD  
through the look of your passion  
with a timeless pattern  
MAY 20

COPPERAS COVE  
LEADER PRESS  
1884