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Verónica Sosa is the Founder of Business Fit Academy and Business Fit Magazine, Founder of SHE (Seminar for Hispanics Entrepreneurs in Europe), co-author, International Speaker, award winner, and Relational Capital Lover. She has more than 18 years of experience working in the editorial and corporate sectors as a Manager in Marketing and Sales for International Publicity Companies in Spain. In 2015 she created her own company based in Belgium.

Verónica is dedicated to empowering women towards better lives and rediscovering themselves. With qualifications in Marketing Online and International Business, Verónica is a self-development facilitator and along with her collaborators around the world, teaches others how to create and elevate themselves in their personal and professional lives to achieve success and create business with purpose together.

S.H.E is an organization which functions at local, national and international levels to elevate women in personal and business development. It focusses on equality for women and girls through advocacy, education, philanthropy and much more. SHE's three pillars of Mindset, Body and Spirituality, are used to create business with amazing purpose aligned with the United Nations Sustainable Development Goals for the world. SHE works with the SHE Ambassadors in eight different countries elevating new leaders through different programs supporting them to become leaders for Latinas in their community.

Business Fit Magazine was established in January 2016. Verónica is passionate about Relational Capital, believing in the positivity in people and encouraging them to be the best version of themselves they can be. She developed Business Fit Magazine to provide a resource for entrepreneurs through Informative, educational, inspirational articles from established business people and to give up and coming female entrepreneurs an opportunity to showcase themselves and their business.

The Business Fit Magazine website blog reaches out to people, to help with tips on how to deal with lockdown, isolation, home schooling, exercise, good mental health and staying positive. "Challenges and hardships can serve to help us find our path. We may not have a choice in the circumstances we find ourselves, but we can choose how we react to any given situation.

Never be afraid to ask for help. Surround yourself with people who love you and want you to succeed. Take care of yourself and the people around you. It's a balance which can be quite difficult, so you need to take control of your time and make it happen. Take action to clear your mind and become a better person.

You are a light in this world, never forget that.

Together is better. Together we are stronger."