

# THE WORKPLACE WELLNESS HOUR

## FACTSHEET

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### WWH Topic

#### BUDDY-UP: 2024 ACCOUNTABILITY PARTNERS



### Information Shared

#### **★ 5 Benefits of an Accountability Partner or Coach:**

*The American Society of Training and Development found that people are 65% percent likely to meet a goal after committing to another person.*

##### **1. They Help You Stay On Track**

An accountability partner that knows your objectives and shares the aims that you are working for can help you recognize the times where you start getting unfocused. They can help you get back on track by reminding you of the benefits of achieving your goals.

##### **2. They Keep You Motivated**

An accountability partner can be a much needed and treasured source of motivation, inspiration, strength, and support. A person you can trust with the thoughts and feelings that hold you back from achieving progress. They can help you resolve any negative thoughts and emotions. They'll do this by giving you a chance to work through them slowly with support and encouragement.

##### **3. They Provide Support And Advice**

As an independent observer of your journey, your accountability partner can give you insights into your progress. They can also help you identify your strengths and weaknesses. They'll pinpoint areas that require more attention and focus.

##### **4. They Share Your Happiness and Success**

An accountability partner is a perfect person with whom to share your happiness and success of your achievements. Your accountability partner can help you see all the progress you have made through your accountability journey in a new light. This way, you develop more trust and confidence in your abilities and get the motivation to go further. They can also help you to set higher goals and objectives to challenge your skills and get more significant results than before.

##### **5. They Help You Push the Limits**

An accountability partner can help you challenge your abilities and recognize areas where more significant progress can be made. This way, you get the chance to set more significant objectives and aim higher. As a result, your capabilities are continuously expanded and improved.