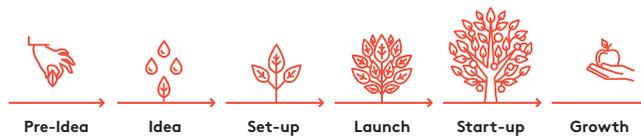


## Lila Bates, bVitra

Manufacturer of natural pain management products for arthritis, muscle aches and pains.



**“Join and become part of a community that helps women become the best version of themselves to achieve financial independence, self-confidence and self-love.”**



### Sister since 2018

Lila found Global Sisters through a neighbourhood initiative and joined the My Big Idea workshop in 2018. Having cared for her children, Lila hadn't worked for 12 years and came to realise that the way business was done had changed a lot in this time.

Lila created bVitra after experiencing the negative effects of conventional personal care products. bVitra's mission is to inspire people to be the best version of themselves by caring for their body using natural products and to encourage them to give themselves permission to pamper and nourish their body naturally, so it can help them to enjoy an active lifestyle.

### How Global Sisters is making a difference

Lila particularly enjoyed completing Sister School. “They love you for who you are and their whole intention is to help you grow legs, stand tall and become a success. They opened doors for me that I wouldn't be able to open alone. They're not just talk, they're action – they haven't just taken me to a level and then forgotten about me, they are there with me the whole way.”

Whilst Lila recognises that starting a business has had its ups and downs she is grateful for Global Sisters and the way the organisation has helped her believe in herself. Both the Sister School program and the Global Sisters coaches gave Lila the confidence to pursue further education. She completed a Certificate 3 in micro business and was accepted into Western Sydney University's innovation and tech launch program.



“To me, ‘Making Business Possible’ means there are no limitations – don't lose your self-belief, just back yourself and keep backing yourself”. Lila benefited from being part of the broader Global Sisters Community, forging some wonderful friendships and collaborations with other Sisters along the way.

Although there were some business disruptions to bVitra during the pandemic, Lila was able to bounce back and participated in the Global Sisters DigiPivot program. Lila recognises that being part of Global Sisters is what kept her motivated throughout COVID.

In November 2020, Lila was one of the first 100 Sisters to set up a shop on the [Global Sisters Marketplace](#), Australia's first marketplace for women in business.

Lila is now on her way to achieving the goal that she set out to achieve, and that is to have a successful business, a business that gives her financial independence and a business that will give her financial capacity to give back.

**Follow Lila's business journey at:**

