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FUNKE
FELIX-ADEJUMO

HER STORY, HER FAITH, THE IMPACT AND LAW

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Welcome!

Dear Readers,

IWA is here again, and as usual, it will be worth your time. By the way, how did you spend your October 1st holiday? I spent mine reflecting on different things and was busy, however, I am hopeful things will get better in Nigeria. With Nigerian investors like Adebayo Ogunlesi who we celebrated in our men's section this week saying he is coming home to invest, it surely builds hope. Others have been doing the same, hopefully, there will be more. Nigeria is our country, we shall remain positive. Though tribes and tongues may differ, we shall always be united in peace and love.

Gracing our cover this week is FUNKE FELIX-ADEJUMO, a high performance coach at FFA Matrix Centre, a total-life management coaching firm helping individuals and corporations unlock their innate potentials. Enthusiastic about the female gender, she is also a Philanthropist. Her unique unction and utterance has endeared her to the hearts of millions of people that have listened to her at conferences and seminars around the world.

She has a great passion for womanhood with a divine purpose on earth "Honouring God and Blessing Humanity." A graduate of English, I am inspired by her decision to go back to school at 60 to study law. Indeed, age is not a limit, you can achieve what you desire to, if you believe. We had a great time as she shared on her journey, her faith, her impact and law.

Our sections are on fire with articles you will find enriching.

Until I come your way again next week, take care and stay safe!



COVER INTERVIEW

FUNKE FELIX-ADEJUMO

HER **STORY**, HER **FAITH**,
THE **IMPACT** AND **LAW**

Kemi Ajumobi



*"I have always been a student and
I prioritise improving my life"*



Funke Felix-Adejumo, an English Graduate and the President of the Funke Felix-Adejumo Foundation. She is

also a high performance coach at FFA Matrix Centre, a total-life management coaching firm helping individuals and corporations unlock their innate potentials. Enthusiastic about the female gender, she is also a Philanthropist. Her unique unction and utterance has endeared her to the hearts of millions of people that have listened to her at conferences and seminars around the world. She has a great passion for womanhood with a divine purpose on earth Honouring God and Blessing Humanity. This vision has transformed into many works such as the Grace Orphanage, Karis Life Hospitals, FFA Resort Centre, Widows Empowerment Scheme, Lepers Care Programme, and many others. Her foundation is dedicated to making a worldwide impact with a special call to restoring dignity to womanhood and equipping women from all over the world. She is a recipient of many honors by reputable global institutions, such as the distinguished Award of Outstanding Contribution to Women in the Commonwealth. Funke Felix-Adejumo is currently a law student. FFA as she is fondly called has authored over 100 book titles such as "Fifty Lessons Life Taught Me", "My Seed is Designed for the Palace", and many others. She is married to Bishop Felix Remi Adejumo and their most blissful home is blessed with two men, two women, nine grandchildren and many adopted children. She is the mother of the Agape Family Worldwide; and hers is a story of a woman helped by



God.

Formative years and impact till date

I didn't come from a wealthy family as such. My family was okay until my kid brother took ill for 6 years. However, I had a loving father who ensured that I had education even as a girl at that time. The love, the fatherly guidance really shaped where I am today. Most importantly, I made Jesus Christ my Lord and Saviour very early. I got born again and that changed the trajectory of my life. This experience precipitated my awesome privilege of coming out on top in many things I do, I have seen the Hand of God changing and arranging things on my behalf.

From being an English graduate to a high-performance coach, what were some pivotal moments in your career?

I have always been a student and I prioritise improving my life. So, in my journey of personal development, I read a lot, got coaches and mentors that God used to shape my life. As I experienced growth, I saw many people who remained stunted and compassion gripped me. This is what led me to being a transformational coach, helping others gain the growth and freedom I have experienced. On a general level, I offer value that can shift people from zero to hero, my coaching clients however do have personal access to me and that way I can look at their lives as an individual and as a consultant, diagnose what is wrong and prescribe the treatment needed for them.

What motivated you to start the Funke Felix-Adejumo Foundation, and what are its primary goals?

I have lived my life helping people, I am a woman helped by God. My entire life's work can be categorised into two phrases; Honouring God, Blessing humanity. The foundation was structured to do what I have always done by allowing me to reach

more people as the Lord helps me. We focus on so many things in the foundation that ultimately help women and children. We pay school fees, hospital bills and empower start-up businesses. Furthermore, we have a temporary shelter for the abused, a place for them to gain clarity and safety. My husband and I built and run two hospitals. Also, we cater to lepers even built a house for them in their government-run camp.

As an author of over 100 titles, how do you find inspiration for your writing, and how has your writing evolved over the years?

I happen to draw inspiration from a lot of things. A lot of my books are inspired by God, other channels are my husband, something someone said that sparked light or the drive to research in me, my journey, my life. Yes, a lot of things inspire me.

Your mission includes restoring dignity to womanhood. Can you elaborate on why this is so important to you personally?

As a woman myself, I have faced my own share in life. But as I read



"Helping others gain the growth and freedom I have experienced led me to being a transformational coach"



through scriptures and I knew God better, I knew it shouldn't be so. I was handed a gift by my husband that many people don't have access to. My husband said to me 'Darling, don't die under my shadow' He gave me a platform to preach. I remember the first time I preached in church, a man stood up, hissed and walked out saying he could not stand a female preacher. But this didn't stop my husband, I just wanted to hand down the same gift that was handed down to me. To give voice to women that are 'blessed but muted', to encourage the woman that is scared, to tell other women it is okay to want more. So, yes it means a lot to me because it is not the ordinance of God for a woman to be a second class citizen, and because I was given a gift that many didn't have, I want to hand that gift to many that I can find.

What do you believe are the biggest challenges women face today, and how can these be addressed?

First, I would like to celebrate the victories we've won as women. Women were often seen as one to be relegated majorly to kitchen duties no matter what she acquired, this perception has long been a wrong one. Kitchen was where many felt she should end up. "Weak" they called her, but now it ends in politics, the banking hall, in government, in business, in Ministries. From where we started, we've come a long way. However, there is so much more for us to attain. First, women should learn to come together to build together. It used to be that men didn't give us a chance, now, we women don't give ourselves chances, we need to do better for ourselves and with each other, and also accept that we deserve more. I have dealt with many cases where women just don't want to separate themselves from abusive relationships. So, I will

say we are our own challenge and the way is for us to know ourselves, what we are capable of and we must know the power we possess. Then and only then can nothing stop us.

Your foundation has initiated several impactful programmes like the 'Grace Orphanage' and the 'Widows' Empowerment Scheme'. What inspired you to focus on these specific areas?

Compassion, yes compassion. I hate to see these women and children

suffer and this is what fuels me every time. We all deserve to live happy and healthy lives. If you have it, some don't, and it is okay to give the grace of that opportunity to someone else, hence my reason to do so. The children were brought to the world by their parents, if their parents are no more, we have chosen to be parents to them. The widows might have lost their husbands, but they also deserve to know that God is their husband and also the father to the fatherless, we his children should extend a hand of love to support



"My entire life's work can be categorised into two phrases; Honouring God, Blessing humanity"



"At the foundation, we pay school fees, hospital bills and empower start-up businesses. Furthermore, we have a temporary shelter for the abused, a place for them to gain clarity and safety"

them, orphans and widows.

How do you assess the effectiveness of your foundation's initiatives, and what metrics do you use to measure success?

Very successful. The testimonies are humbling. The lives that are changed. The intangibles and tangible effects. Only God could have made this possible and I give Him my massive thanks.

As a high-performance coach, what key principles do you emphasise to individuals seeking personal and professional growth?

I will leave the juicy ones for my clients (laughs). First, I will say that you need to come to the realisation that life is governed by principles, irrespective of your colour, culture, race, background. The law of gravity is applicable everywhere and to everyone. If you jump up in the White House and you jump up in a slum somewhere, the result is guaranteed there will be a gravitational pull. There are life's principles, and this allows you to honour and have respect for principles you will learn from any mentor, coach or a book. The result of your life right now is a report card of the principles you've obeyed and lived by or the ones you ignored. So, find the principles that

govern the results you are looking for and stay with it. I will give you one more because there are a lot. How you show up for one thing is how you show up for everything. You can say this is just my house, I don't need to put my all or it's not my business I can't die on another man's work. No, it's a trap because the way you show up for one thing goes a long way to show how you will show up for many things in your life.

How do you approach coaching different individuals or organisations when their goals and challenges might vary widely?

First, I am a vast learner, so that helps me to meet countless people at different points. And honestly, the principles are the same. I just need to communicate in the language they can relate to. If I am with a scientist, I speak what they understand. If I am with Christians, I speak what the language demands. I understand whatever cycle it is and I speak their language. Just be a vast learner and understand how to speak different "languages."

What advice would you give to someone feeling stuck or unsure about their purpose in life?

It's okay to be unsure and stuck, just take a step back and reflect. This is mostly caused by noise of peer pressure and social media, so take a pause, breathe, practice mindfulness and meditation, allow your mind to find its centre point, and by then you should gain clarity. Another proven strategy is to serve faithfully in another man's business that is in line with what you want, this guides you to gain clarity and position your mind in some purposeful productivity. You must learn to be comfortable around successful people, not trying to pull them down with your mouth or fingers on social media. You can never attract what you attack.

Why the decision to study law, how is it going and how will it help what you do?

"A lot of my books are inspired by God, other channels are my husband, something someone said that sparked light, or the drive to research in me"

Why law? Hmmmm, when I was about to turn 60 years old, I reminisced over my life and realised that I had two regrets: one, I didn't know earlier that I could donate my eggs for IVF to help couples. Second, that I did not fulfill my childhood dream of becoming a lawyer. Shortly after, a precious lady in church who I mentioned it to said: "Mummy, do you know you can still study law?" And that is how my law journey started. So far, God has helped me marvelously. I have said it in one of my messages that if you refuse to hear me as a preacher or an advocate, you will hear me as a lawyer. This is just another avenue to help as many people as possible. As I draw close to finishing, I am glad I am fulfilling my dream of being a lawyer. Law is an honourable profession of service and justice. I will use it as a service to humanity.

There is an ongoing advocacy for more women in governance and bills proposed to be passed, what is your take on it, what would you like to say to the leaders and what are the benefits for Nigeria?

I agree that there is a lot that women can do to add to the greatness and progress of this nation. I ask that the government take stock of what has been achieved by the outstanding women that have led several offices in the nation, and the results they've produced, and take a cue from that. One amongst many of that model would be Dr. Ngozi Okonjo Iweala.

Many people are inspired by your story. What are some of the most significant lessons you have learnt throughout your life and career?

Develop a dynamic spiritual life. God must be the most important person in your life. Love yourself. The greatest

sale you can make is to sell yourself to yourself. Be focused. Elevated people will always be criticised by frustrated people. Don't honour every invitation to fight. Do not dignify critics. Be destiny-conscious. Give yourself grace. Do not be so trusting to be careless.

What do you believe is the most important quality a leader should possess? When leaders err, what should be the appropriate thing to do?

The most important quality of a leader would be courage. The courage to stand out, to stand alone, to be attacked sometimes by the people you are trying to help. Many people will fight what they don't understand and celebrate it when it produces results. I would say courage. When leaders err, they should admit, apologise and make corrections.

What role do you think social media plays in empowering women and raising awareness about important matters that concerns them?

Social media is a powerful tool. Many people use it as a tool to tear people down, but its power allows you to follow the people that inspire you, to share your story, to publicise your products and platforms. To create awareness, to connect and foster a



"It used to be that men don't give us a chance, now, we women don't give ourselves chances, we need to do better for ourselves and with each other, and also accept we deserve more"



movement that brings about the betterment of all of us. The power of the media is countless.

What day will you never forget and why?

The day I gave my life to Christ because it changed the rest of my life.

How do you handle criticism?

I don't handle it. I have created a system that allows me to grow, take corrections and grow. I have people I value so much who are loving and brutally honest with me. Every other thing is just the noise of the market.

You are an ordained Bishop. Take us through the journey, what does the office mean to you and how are you fulfilling the purpose of impact?

When my husband announced it, I didn't want it. It took me time, fathers and mothers in the faith counselled me to accept the calling. I remember when Mummy Foluke Adeboye called me and said, go and kneel down, thank your husband because what many men could not feel secure enough to do is what he has done. Daddy Adeboye also told me how happy he was at the news. His private prayers for me a day before the consecration sealed many things for which I'm grateful for. My husband is a rare man. He's my most significant gift from God. Having sought the face of God and gaining clarity, I accepted that call and the consecration that came with it. It has amplified my calling and enlarged the scope of my assignment to the body of Christ.

You travel a lot for speaking engagements around the world. How are you combining that with study, managing your foundation, pastoring your church, being a wife, mother and grandma?

I would say it's been grace. Life is lived in seasons not years. When our children were young, I didn't travel. When they grew older, I travelled with them. Also, I have learnt to put power under

"On criticism, I have created a system that allows me to take corrections and grow. I have people I value so much who are loving and brutally honest with me. Every other thing is just the noise of the market"

control. God has graced me to have been able to have access to a lot of power in many areas but I put it under control by the mercies of God. I can't be so drunk with power that I dishonour my husband, or not pay attention to my family. I have a loving husband who is the one that encourages me to go even when I don't feel like going. He has been my support system. As a student, I honour my lecturers, one of them said to me; 'thank you for not putting us in an uncomfortable situation. You are doing well and we celebrate you'. Yes, I'm privileged to be someone's icon, mentor, coach, hero but I am just an undergraduate in class, a student of my lecturers. I am also a Jesus' girl after the display of His glory, I always find my way back to draw strength and comfort from Him. There are many things I delegate, like I have my executive assistant who manages my schedule and plans events for me while I am praying or spending time with my husband and family. I hope someone pays attention to this and takes cues because keys to success are in the stories of champions.

How can women contribute to nation building?

First, by building themselves. Only people who have capacity can build a nation. Let's not repeat mistakes because we have people who may have great intentions but have not built themselves enough to handle the responsibility of building the nation. So, I would say woman, build yourself first.

Can a woman have it all? Where does balance come in?

Just take a look at me and other accomplished women in the world. There, you have your answer.

Concluding words

There is room for you up there, you can be successful, and greatness is available for you. Please remember that on your way to the top, whatever happens TO you, happens FOR you. Thank you for this opportunity to share my heart with the world Kemi, God bless you.

WOMAN EXECUTIVE

When Your Name is in the Room Before You Arrive

By Wola Joseph-Condotti

Long before introductions are made, decisions are taken, or deals are signed, someone, somewhere, is speaking your name. And the question is: what are they saying?



e often talk about personal branding as a curated concept. Logos, aesthetics, social media presence, polished bios etc. But there is a quieter, deeper kind of brand that lives not on LinkedIn or websites, but in reputation. In what people say when you are not in the room. In the invisible credibility that

opens doors long before your feet cross the threshold.

That is where true influence lies.

Invisible Influence

There is a power that does not need noise. It is built over time, on the back of consistent delivery, silent integrity, and work that speaks for itself.

This is not about perfection. It is about predictability in character.

When your name evokes trust, when your presence settles the room, when your word is known to be your bond, that is when your name begins to travel ahead of you. This is the power of quiet excellence.

We live in an age that celebrates performance and platforms. But I have found that the most effective leaders are those who do not just show up well, they are remembered well. Not because

they talked the loudest, but because their results, their integrity, and their character made an imprint.

The Legacy of Credibility

Years ago, someone described reputation to me as what people say about you when you are not there to defend or explain yourself. That stayed with me.

Because every meeting you walk into is one of three things: Your introduction, your validation, or your vindication.

And if you are wise, you will learn that the real work is not in being everywhere, but in doing your work in such a way that it goes everywhere for you.

When your name is in the room before you arrive, it means your legacy is already speaking. It means someone is saying:

- **"She is dependable."**
- **"She gets things done."**
- **"She can be trusted with this."**

It means your past decisions are advocating for your next opportunity.

Biblical Excellence: Daniel's Quiet Power

In Daniel 6:3, we read: Then this Daniel distinguished himself above the governors and satraps, because an excellent spirit was in him.

Daniel did not build a brand. He built a reputation. Through diligence, wisdom, and integrity, he became so trusted that kings promoted him, and adversaries could not fault him. His name preceded him in palaces and policy.

He did not make noise. He made impact.

And that is what we are called to do.

Building a Name that Travels

So how do you cultivate the kind of name that enters the room before you do?

Deliver consistently. Do not overpromise. Do your work, and do it well. Every time.

Protect your integrity. What you compromise to get, you must compromise to keep. Let your name be clean.

Add value before you are asked. Be the kind of person people are relieved to have on board.

Build people as you rise. Influence is multiplied when you invest in others.

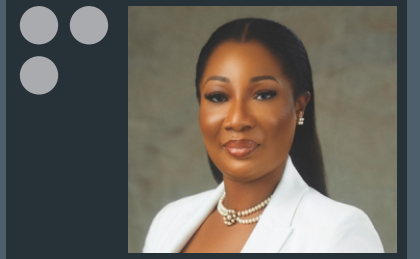
Stay rooted. Let your faith and values be your compass. Trends fade, but truth endures.

Final Thoughts

Many rooms you will enter in your lifetime will be decided not by your qualifications or pitch, but by how your name is perceived.

So live and lead in such a way that your name becomes a recommendation. Let your reputation become the room-opener. Let your consistency and quiet strength do the talking before you even say a word.

Because when your name is in the room before you arrive, you have already begun to lead.



Wola Joseph Condotti

Group MD/CEO of West Power & Gas Limited

Wola is the Group MD/CEO of West Power & Gas Limited, the parent company of Eko Electricity Distribution PLC (EKEDP) and six other affiliate companies with interests in both conventional and renewable energy sectors. In addition to this role, she serves as the Director of the Power and Renewable Division at the Women in Energy Network (WIEN) in a non-executive capacity.

Prior to her current role, Wola was the pioneer Chief, Legal & Company Secretariat at EKEDP. During her tenure, she also held multiple key positions simultaneously including Head of Regulatory Compliance, Chief Human Resources and Administration Officer, Supervising Chief of the Customer Service Department, and Data Protection Officer. Her previous experience includes roles as General Counsel/Company Secretariat Lagoon Home Savings and Loans, and Legal Associate at Banwo & Ighodalo.

Wola holds a law degree from the University of Ibadan, an LLM in International Finance Law from Harvard Law School, and an MBA from INSEAD Business School. She is also an International Finance Corporation (World Bank) Board Evaluation Certified Professional and Corporate Governance Trainer.

Wola's achievements have earned widespread recognition. Most recently, she received the inaugural Leadership Excellence Award of the Year at the Legal Era Africa Awards 2024, becoming the first-ever recipient of this category. The award celebrated her historic transition from General Counsel to Group MD/CEO, a milestone applauded for redefining leadership pathways in the legal profession.

She is a member of the Institute of Directors and the Society for Corporate Governance Nigeria. Additionally, she is an associate member of the Institute of Chartered Secretaries and Administrators of Nigeria, and Women in Management, Business, and Public Service.

FINANCIAL AdviseHER

Investing Today for Tomorrow's Freedom

By Sola Adesakin



There is a simple but powerful truth about wealth building: investing is renting discomfort today so you can own comfort tomorrow. Every act of investment requires you to give up something now—time, money, convenience, or even short-term pleasure for the promise of something greater in the future. Yet this is where many people struggle. We want the rewards of financial freedom, but we are often unwilling to make the trade-offs that lead us there.

Think about it: waking up earlier to learn a new skill, denying yourself an unnecessary purchase so you can buy an asset, or forgoing a flashy lifestyle so you can build equity. These choices don't always feel good at the moment, but they are the seeds of prosperity. The sacrifice of today is the freedom of tomorrow.

Why discomfort is necessary

Human nature is wired for immediate gratification. We want to see results quickly, and when we don't, we often abandon the process. But building wealth is not about speed; it's about consistency and patience. Discomfort is what stretches you, disciplines you, and

reminds you that growth is rarely painless.

Investing is uncomfortable because it goes against the grain of enjoy it now. But the people who embrace this discomfort whether by saving diligently, taking calculated investment risks, or reinvesting business profits instead of spending them are the ones who create lasting comfort for themselves and generations after them.

The sacrifice spectrum

Not all sacrifices are the same. For some, it may mean cutting down daily spending habits. For others, it might be redirecting money meant for luxury into real estate, stocks, or a retirement fund. It could also mean sacrificing your ego by starting small when others around you are flaunting big wins.

The truth is, sacrifice is not loss; it is redirection. What you deny yourself today is not disappearing it is being repositioned to yield returns tomorrow. For instance, the N5,000 you would spend weekly on impulsive purchases can, if invested consistently, grow into hundreds of thousands over time.

Comfort is not just money

When we talk about tomorrow's comfort, it goes beyond financial ease. Comfort means peace of mind, the freedom to make choices without financial anxiety, the ability to send your children to good schools, to retire without fear, to support causes you believe in, and to live life on your terms. That freedom doesn't happen by accident. It is purchased day by day through the discomfort of wise investing.



Practical ways to rent discomfort today

Automate your savings and investments – remove the temptation to spend by putting money aside before you see it.

Cut back on non-essentials – small sacrifices like eating out less or downgrading luxury subscriptions can free up capital for investing.

Delay gratification – before you buy, ask yourself: Is this expense moving me closer to wealth or further away?

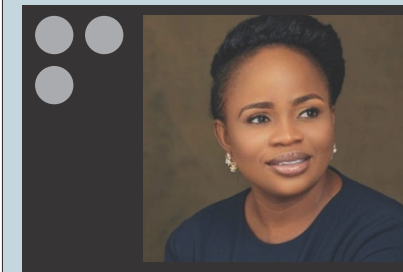
Educate yourself – sometimes discomfort comes in the form of learning new, complex things like financial instruments, markets, or digital assets. Push through it.

Reinvest instead of spending profits – if you run a business, let your money work for you instead of draining it on short-term pleasures.

The ultimate reward

At the heart of this principle is a mindset shift. Wealthy people don't necessarily have more opportunities; they simply make harder choices today. They choose discipline over indulgence, and tomorrow, they enjoy freedom while others are still trapped in financial cycles.

So, as you think about your financial journey, ask yourself: What discomfort am I willing to rent today to own true comfort tomorrow? Because comfort is not bought in the future, it is rented in the present. And every small, intentional sacrifice you make now is building the freedom you will one day enjoy.



By Sola Adesakin

Founder and Lead Coach,
Smart Stewards

Sola Adesakin is a highly respected wealth coach and chartered accountant with over two decades of transformative impact in the finance industry. As the visionary founder of Smart Stewards Financial Advisory Limited and Smart Stewards Advisory LLC, she has revolutionized the financial wellbeing of countless individuals and businesses across 40 countries. Her methodical approach to 'make-manage-multiply' money principles has elevated many from financial stress to prosperity, and mediocrity to exceptional achievement.

Sola is a strong supporter of SDG5 and SDG10, as she seeks to close the gender gap and reduce inequality through financial education, financial technology, and access to funding. Sola's dedication to achieving gender equality and reducing inequality is evident in her work as an alumna of the Academy for Women Entrepreneurs, an initiative of the US Embassy in Nigeria, and the Cherie Blair Foundation's Road to Growth Program. She is also an alumna of Goldman Sachs 10,000 Women program and a member of the Select Global Women in Tech (SGWIT) Mentorship Network of the United States of America. Through the FRUIT Foundation, which she serves as Founder and CEO, she has partnered with the US consulate in Nigeria to champion the economic empowerment of women, assisting them to start and scale their business ventures.

Her impressive academic credentials include a BSc and an MBA degree from Oxford Brookes University and Edinburgh Business School, respectively. She is a fellow of the Institute of Chartered Accountants of Nigeria (ICAN), the Association of Chartered Certified Accountants of the United Kingdom (ACCA), and a member of the Chartered Professional Accountants of Canada (CPA). In addition to her impressive credentials, Sola Adesakin is also a Certified Financial Education InstructorSM and a member of the Personal Finance Speakers Association.

GENDER INSIGHTS

UN@80 and the Gender Equality Agenda: Impact on Nigeria and women's movement

Dr. Asmau Benzies Leo



As the United Nations marks its 80th anniversary in 2025, the world reflects on eight decades of advancing peace, human rights, and inclusive development. Central to this journey is the UN's Gender Equality Agenda, a bold vision that recognises women's rights as human rights and equality as a prerequisite for peace and prosperity. From the Charter of 1945 to the Sustainable Development Goals (SDGs), the UN has consistently championed gender justice as a cornerstone of global progress. For Nigeria, this agenda has profoundly influenced public policy, civil society mobilisation, and the women's movement, shaping a transformative but ongoing journey toward equality.

The UN's Gender Equality Legacy

From the early recognition of women's roles in peace and governance, to the adoption of the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) in 1979, and the Beijing Declaration and Platform for Action in 1995, the UN has built the normative framework for gender inclusion worldwide. These frameworks strengthened by UN Security Council Resolution 1325 on Women, Peace and Security (WPS) have redefined women's participation from the margins to the mainstream of global development and security discourse.

The establishment of UN Women in 2010 further consolidated this vision, driving collaboration with member states to achieve SDG 5 (Gender Equality) and promoting women's leadership in governance, economy, and peace-building.

Nigeria's Response: From Policy to Practice

Nigeria's engagement with the UN's equality agenda has been dynamic. As a signatory to CEDAW, the Beijing Platform for Action, and UNSCR 1325, the country has translated global commitments into national frameworks that shape its governance and development priorities. The National Gender Policy (2006, revised 2021), the Violence Against Persons (Prohibition) Act 2015, and successive National Action Plans on UNSCR 1325 reflect this alignment.

Moreover, Nigeria's long-term development blueprints, the National Development Plan (NDP) 2021-2025 and the Nigeria Agenda 2050 integrate gender equality as a central

pillar of inclusive growth.

The NDP 2021-2025 emphasises women's economic empowerment, social inclusion, and participation in decision-making as essential for achieving sustained prosperity.

The Agenda 2050, Nigeria's vision for a diversified, equitable, and knowledge-driven economy, explicitly acknowledges the empowerment of women and youth as key to reducing poverty and achieving human capital transformation.

Both plans, developed in consultation with UN agencies and development partners, underscore that gender equality is not just a social goal, it is an economic and governance imperative.


Building
Our Future
Together

The UN's Impact on Nigeria's Women's Movement

Over the decades, the UN's frameworks have energised Nigeria's women's movement from the pioneering struggles of Funmilayo Ransome-Kuti, Gambo Sawaba and Margaret Ekpo to modern civil society coalitions such as the National Women's Platform on Security Sector Reform and Governance, WOMANIFESTO, 100 Women Lobby Groups and advocacy organizations like the Centre for Nonviolence and Gender Advocacy in Nigeria (CENGAIN). These movements, often working in partnership with UN Women, UNDP, and UNFPA, have amplified women's participation in political processes, peace dialogues, and institutional reforms.

Through UN-supported programmes, Nigerian women have mobilised for 35% affirmative action, advocated for gender-responsive budgeting and built community resilience in conflict-affected regions. The UN's presence has thus provided legitimacy, technical expertise, and a global solidarity framework for national activism.

Gains and Gaps

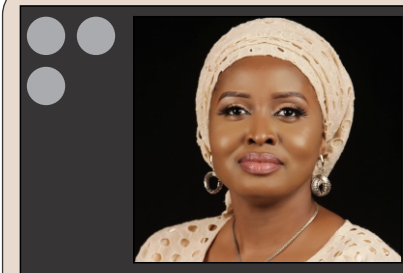
Nigeria has made notable progress: the passage of gender-protective laws, increased participation of women in public institutions, and the mainstreaming of gender considerations into national planning. However, the journey is far from complete. Women still represent less than 6% of elected officials and gender-based violence, socio-cultural barriers, and digital exclusion persist. The full implementation of the Gender Policy, UNSCR 1325 National Action Plans, and the gender-responsive provisions of the NDP and Agenda 2050 remains critical.

As the UN turns 80, it faces a rapidly changing world, one where conflict, technology, and climate change create new forms of inequality. The UN's support to Nigeria must therefore continue to evolve, fostering innovation, digital inclusion, and institutional accountability to close the gender gap in every sector.

The Way Forward

The UN@80 is more than a commemoration, it is a call to action. For Nigeria, it is an opportunity to deepen the localisation of global gender commitments through the NDP 2021-2025 and Agenda 2050, ensuring that every woman and girl can realise her potential in a secure, just, and prosperous society.

The next phase of Nigeria's development must place women at the centre as leaders, innovators, peace-builders, and change agents. When gender equality moves from policy to everyday reality, the vision of the UN@80, a world of peace, dignity, and equality for all will finally be within reach.



Dr. Asmau Benzies Leo

Executive Director,
Centre for Nonviolence and
Gender Advocacy in Nigeria
(CENGAIN)

Dr. Asmau Benzies Leo is a development practitioner with extensive national and international expertise in gender equality, peace-building, governance, and humanitarian action.

She holds a PhD in Public Governance and Leadership, a Master's degree in Conflict Management and Peace Studies, and executive certifications from leading institutions including Howard University, Harvard University and Glasgow Caledonian University.

As Executive Director of the Centre for Non-violence and Gender Advocacy in Nigeria (CENGAIN), she has led ground-breaking advocacy initiatives on women's political participation, gender-based violence prevention, and security sector reform across multiple World Bank, UN and EU-supported projects.

Internationally, Dr. Leo has represented civil society at the United Nations, contributed to regional dialogues on Women, Peace and Security, and partnered with global networks advancing gender justice and inclusive governance.

She is a UN Recognised Global Ambassador on Women, Peace and Security. Her expertise bridges grassroots action with policy advocacy, making her a respected voice in advancing gender equality and sustainable peace in fragile and conflict-affected contexts.

MADE FOR MORE

The Crown Goes to the Steady Heart

By Ifeoma Chuks-Adizue

Life does not crown the cleverest invention nor the proudest show of strength, but the heart that refuses distraction and the spirit that bends neither to scorn nor despair.

We live in a world that glorifies clever ideas, celebrates rapid promotions and measures worth by visibility. As Career Women, it's easy to chase recognition while quietly losing our center. However, heaven doesn't

crown brilliance but faithfulness. This is because the real test of greatness is not how high you rise, but how steadfast you remain in what God has called you to build, even when no one's clapping and when the timelines stretch longer than planned. So, what does it take to be that woman - the one

whose heart stays steady, whose hands keep building and whose spirit stays unshaken?

Here are four truths I've learned walking with God through seasons of career and calling:

1. The Power of Refusing Distraction
Distraction is the modern

thief of destiny. You can have a strong résumé, a clear vision and even divine instruction, but if you're distracted, you'll drift.

For most career women, the distractions aren't always sinful, they're often subtle: busyness disguised as productivity and performance pressure

that chokes purpose, or comparison that breeds exhaustion.

But purpose doesn't thrive in clutter.

If you're going to birth your MORE in a way that makes God proud whilst excelling in your career and home, you must create room for it - mentally, emotionally and spiritually. This may mean scheduling time for what God has told you to build or saying no to "good" opportunities that don't align with your divine assignment.

Refusing distraction isn't a personality trait.... It's a discipline of destiny.

2. Scorn and Delay Will Test You
Let's be honest...the road to birthing purpose will test you.

Scorn will come. Sometimes from those you admire. "You're doing too much." "Just focus on your job." "This thing won't last."

Despair will visit too, especially when you've obeyed every nudge, sown every seed and the results still seem slow.

But through it all, always remember that 'Purpose isn't a sprint....it's a sacred stewardship that requires resilience'.

When God gives you an assignment beyond your 9-5, He already factored in the seasons of waiting and misunderstanding. Your job is to keep showing up even when the metrics don't yet match the mandate or your expectations.

3. Brilliance vs. Obedience
In the corporate world, brilliance gets rewarded. But when it comes to purpose, obedience gets crowned.

You can be the smartest in the room and still miss heaven's applause if you're chasing visibility over assignment.

So yes, indeed keep building your career. Deliver excellence, but don't let your ladder lean against the wrong wall.

Let every step up in your career strengthen your purpose not silence it. When your career becomes a platform for your calling, you multiply your

impact instead of splitting your identity.

4. Anchored in the Secret Place
There will always be noise - targets, deadlines, expectations etc. However, your inner stillness must be louder.

In a world chasing applause, learn to chase alignment as well.

In a culture obsessed with outcomes, stay obsessed with obedience as well.

Because the woman who wins isn't necessarily the loudest but the one anchored in clarity, grace and God's voice.

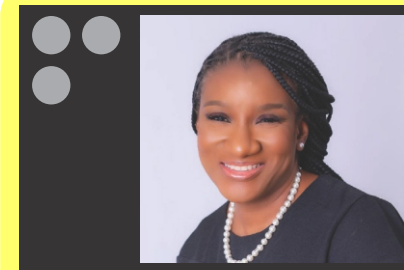
So while others run ahead, stay rooted first before accelerating. The fruit will show.

In summary, the crown doesn't go to the clever, the famous or even the fastest. It goes to the steady - the one who keeps her eyes on her assignment and her heart aligned with heaven.

So dear Career Woman desiring to impact her world beyond her 9-5 job, as you lead, manage, nurture and build, don't forget to birth. That is the first BIG step of faith!

Don't let distraction, scorn or delay steal your fire. Stay focused. Stay faithful. Stay fruitful...because in the end, life doesn't crown the loud — it crowns the woman whose heart stayed true to what God called her to do.

Until next week, keep saying YES to your MORE!



By Ifeoma Chuks-Adizue

Managing Director Africa
at Global Citizen

Ifeoma Chuks-Adizue, fondly known as Iphie, is a seasoned professional with a rare mix of experience in brand management, sales, media and over 20 years' experience building global brands across Africa.

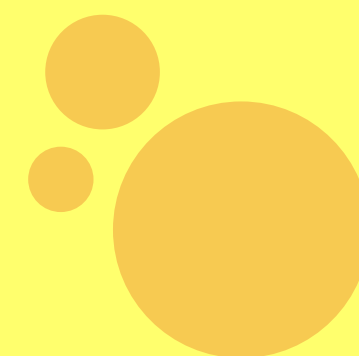
Iphie is the Managing Director Africa at Global Citizen - an international advocacy organisation focused on ending extreme poverty now.

Prior to this role, Iphie was the Executive Director Commercial at CAP PLC, makers of Dulux Paint where she led the Sales and Marketing teams to quadruple the business in 4 years.

A graduate of Economics from the University of Jos, Iphie started her career with Procter & Gamble Nigeria where she held several leadership positions, before moving to Cadbury Nigeria, then CAP PLC, and now Global Citizen.

Iphie Chuks-Adizue is the author of two books - The Uncommon Woman and Made for More, and is Founding President of the Uncommon Woman Movement,

She is a wife, mother of three children and recipient of several awards, the most recent being the Exceptional Leader of Excellence Award from the Global Women Economic Forum.



WOMAN AT THE HELM

Professor Olayinka David-West

Dean, Lagos Business School

Kemi Ajumobi



Lagos Business School (LBS) is the graduate business school of Pan-Atlantic University. LBS was founded on inspiration from the teachings of St. Josemaria Escrivá, the founder of Opus Dei. They offer academic programmes, executive programmes, function-specific seminars, and custom executive programmes in management education that transform individuals, organisations, and business practices in Africa and beyond. They are the first business school in West Africa to be accredited by the Association to Advance Collegiate Schools of Business (AACSB). Sitting as the Dean is Professor Olayinka David-West.

I remember clearly when she was announced as the new Dean, there was a consensus evident in comments seen while being celebrated for the well-deserved feat. Also, while in America in 2024, I was going through a friend's high level event brochure, and immediately I saw her in it, I said "You made the right choice with this selection" and he affirmed her brilliance and competence. Who wouldn't say such positive words about her? When she

embodies the essence of a dynamic leader. Even at LBS, her visionary attitude is enriching the institution's path. With an insightful proficiency at the convergence of management and cutting-edge technology, Prof. Yinka is an archetype of academic brilliance and novelty.

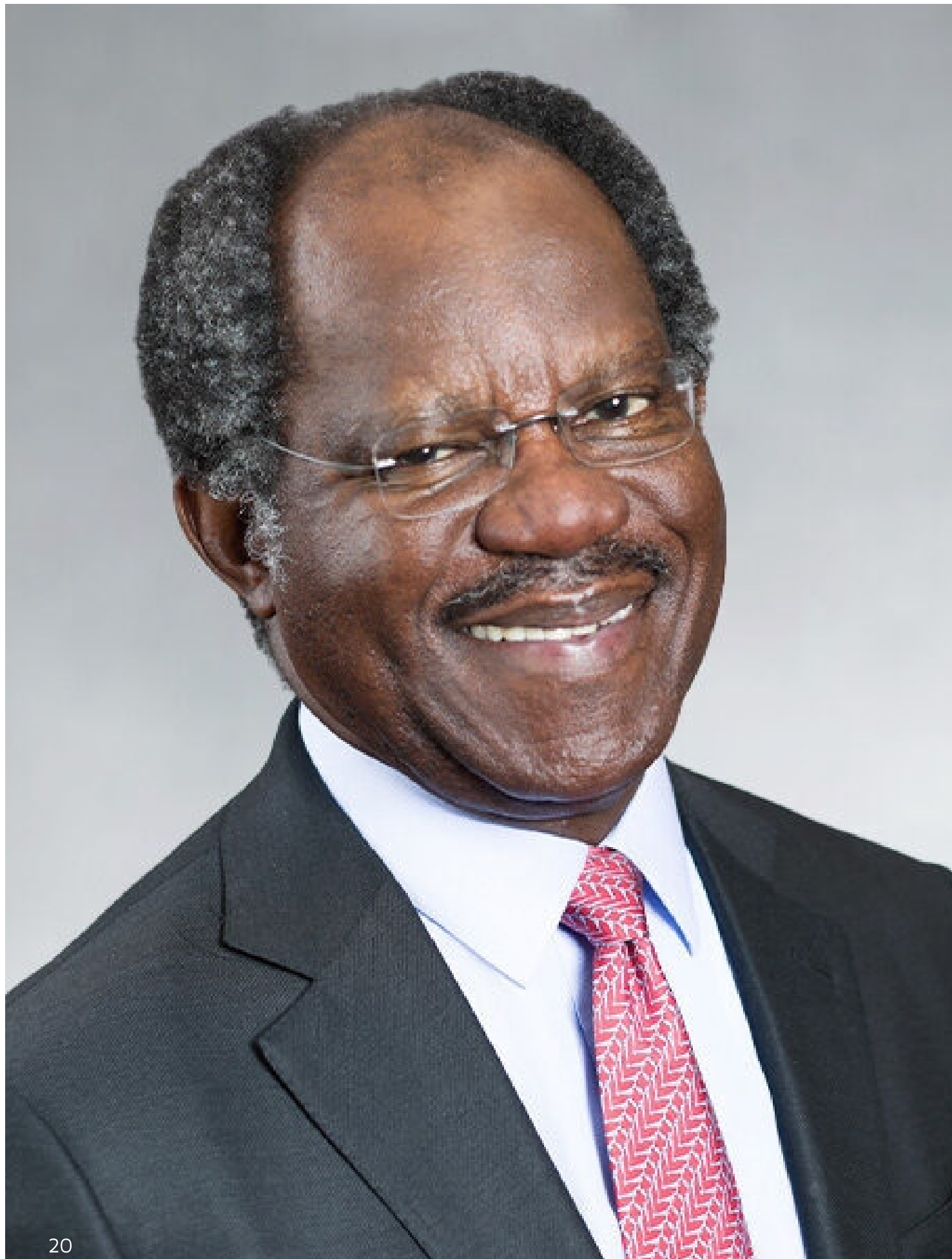
A consummate scholar, her research repertoires have greatly helped in knowledge sharing for those in need of it for their academic endeavours. Her incisive studies and tactical depth have inspired not only educational conversations, but also hands-on uses across different areas. The result of this has aided modeling commercial practices and policies appropriately, thereby providing agendas that companies can implement to flourish in a progressively digital setting.

Prof. Yinka is deep. She is very observant too. I will share why I said so. A few years ago, I was at a senior executives' meeting where she spoke to us all. Someone raised a matter regarding a gender issue. The crux of her response was "This is Kemi's field and she is knowledgeable and experienced in this, she will guide you on how to do it." However, what struck me was how she spoke about me.

I was shocked because, prior to that, I had not met her or remembered ever having a one-on-one with her, but she spoke about me like someone who knew me beyond my professional work. I had to go to her after the meeting. She surely knew I was shocked and her response was "I know you Kemi, you were shocked right?" So when I say she is observant, trust me, she is.

Being the Dean at LBS is no mean feat. She has served as a faculty member, faculty director, academic director, associate dean and accreditation lead, propelling the school to attain international accreditations and global rankings. She certainly has paid her dues, so when honour came knocking, it met her at home.

She is Certified in Cyber Risk Governance, Certified in the Governance of Enterprise IT (CGEIT), and a Certified Information Systems Auditor (CISA). She is a member of the Fintech Association of Nigeria and is widely regarded as an expert in financial inclusion and digital innovation. Professor David-West also mentors young women in STEM and has been recognised among the leading women in Nigeria's financial technology industry.



WE'VE GOT MEN

Adebayo Ogunlesi

Founding Partner, Chairman & CEO, Global Infrastructure Partners (GIP)

Kemi Ajumobi

If you are a Nigerian, I am sure, just like me, when you hear his name and all he has achieved, just like several other great Nigerian men around the world that you are proud are excelling impressively, you are proud of him too. On 'We've Got Men' this week, we are honoured Adebayo Ogunlesi, Founding Partner, Chairman and Chief Executive Officer of Global Infrastructure Partners (GIP), is gracing our page.

Watching his recent interview and hearing him say "Nigeria is now a place that is exciting to invest in" is a beautiful thing to hear. I mean, from someone who has invested in energy by building LNG plants in Texas and Australia, "why not Nigeria?" anyone would naturally ask. To make it even more mind-boggling, his company has ports in Cotonou and Lome, so close by, and none in Nigeria? I guess you understand why it was encouraging to hear

him say he is now coming to do the same in Nigeria. Whatever the reasons were for not doing so earlier, it is good to know he has changed his mind. Adebayo is looking into investing in gas. According to him, "There is gas in Nigeria, Nigeria is a huge gas province. Mr President was very encouraging of international investments in Nigeria." He stated.

Beyond gas, Adebayo is also looking into investing in the aviation sector, where he quickly corrected the opinion of people saying he personally bought Gatwick Airport. "People describe me as the guy who bought Gatwick Airport, I didn't personally buy Gatwick airport, but the aviation sector in Nigeria is also an area of interest to us."

Well, he asked for forgiveness from Mr. President for not investing back home and he said "The president forgave me, but he said you have to bring port investment to Nigeria." If the President forgave

him, who are we not to? We forgive you too Mr. Adebayo, let the investments begin!

Aside from all mentioned, his company is also looking at investing in renewables in Nigeria. He concludes that the land is green and opportunities abound. "There are lots of investment opportunities in Nigeria; you just have to be serious about making the right moves."

Adebayo Ogunlesi is a man whose ways ooze a veneer of affluence and class. As the enigmatic Founding Partner, Chairman and Chief Executive Officer of Global Infrastructure Partners (GIP), a leading infrastructure investor that specialises in investing in, owning and operating some of the largest and most complex assets across the energy, transport, digital infrastructure, water and waste management, Adebayo pilots his business with the grace of excellence he is known for, backed by a commendable drapery of successes.

He is also a Senior Managing Director of BlackRock and a member of the firm's Global Executive Committee (GEC) and its Board of Directors. He holds a B.A. (First Class Honors) in Politics, Philosophy and Economics from Oxford University, a J.D. (magna cum laude) from Harvard Law School and an M.B.A. from Harvard Business School.

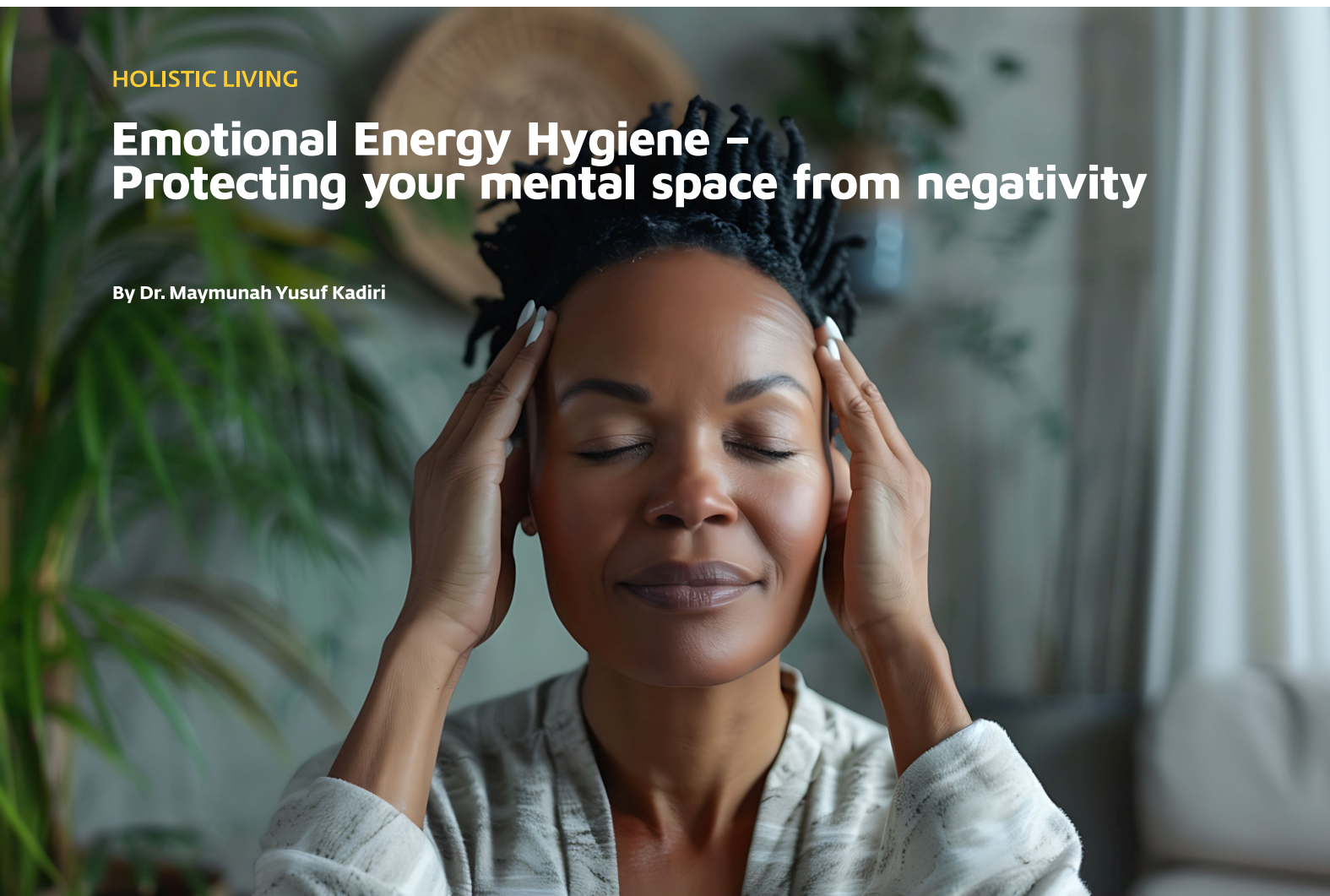
Ogunlesi was an attorney with the New York law firm of Cravath, Swaine & Moore. He also served as a Law Clerk to the Honourable Thurgood Marshall, Associate Justice of the U.S. Supreme Court. He has been a Lecturer at the Harvard and Yale Law Schools and the Yale School of Management where he taught courses on transnational investment projects.

He was previously the Lead Director of Goldman Sachs Group. He is a Member of the Dean's Advisory Boards of the Harvard Law and Business Schools and the Harvard University Global Advisory Council.

HOLISTIC LIVING

Emotional Energy Hygiene – Protecting your mental space from negativity

By Dr. Maymunah Yusuf Kadiri



and adrenaline. While useful in emergencies, chronic exposure leaves you mentally exhausted, physically drained, and emotionally reactive.

Studies show that persistent negative thinking can weaken immunity, disturb sleep, and even reduce lifespan. On the other hand, protecting your mental energy increases focus, resilience, and overall happiness.

The Nigerian Context – Guarding Against Cultural Energy Drains

In our society, where community and extended family ties run deep, emotional hygiene doesn't mean cutting people off, it means learning to interact without absorbing every frustration, complaint, or criticism thrown your way.

For example:

- When visiting relatives, listen with empathy but don't carry their worries as your own.
- In the workplace, learn to address issues without taking every harsh word personally.
- In friendships, notice when support becomes one-sided and draining.

The Spiritual Side of Emotional Hygiene

Faith traditions across Nigeria speak about guarding the heart and mind. The Bible says, Above all else, guard your heart, for everything you do flows from it. (Proverbs 4:23). In Islam, believers are encouraged to avoid backbiting and fill their hearts with remembrance of Allah.

These principles align with emotional hygiene, keeping the inner self free from pollution so that your thoughts, words, and actions remain pure.

We clean our homes because we know dirt builds up. The same is true for our emotional lives negativity accumulates silently, but its effects are loud.

Practicing emotional energy hygiene is not selfish, it's self-preservation. It allows you to show up to your work, family, and community from a place of clarity and strength, not from the exhaustion of carrying unfiltered negativity.

Think of it this way: you can't pour clean water from a dirty jug. Keep your mental space clean, and everything you give to the world will be fresher, kinder, and more powerful.

Five Daily Practices for Emotional Energy Hygiene

1 Curate Your Inputs

Guard what you consume mentally the way you guard what you eat physically. Limit exposure to toxic news, unhelpful social media feeds, and conversations that leave you heavy. Replace them with uplifting books, educational podcasts, and inspiring stories.

2 Set Healthy Boundaries

Not every phone call needs to be answered, and not every argument deserves your participation. Learn to say "no" without apology when protecting your peace.

3 Mindful Emotional Check-Ins

At least twice a day, pause and ask yourself: What am I feeling right now? Is this feeling helping or hurting me? Awareness is the first step in cleaning your mental space.

4 Release and Reset

Journaling, prayer, deep breathing, or a quick walk outside can help you release built-up emotional tension. Let it out before it festers.

5 Surround Yourself with Uplifters

Spend time with people whose words and presence leave you lighter, inspired, and empowered. Emotional hygiene thrives in healthy company.

Dr. Maymunah Yusuf Kadiri

Psychiatrist-In-Chief at Pinnacle Medical Services

Dr. MAYMUNAH YUSUF KADIRI (aka DR. MAY) popularly referred to as "The Celebrity Shrink," is a multiple award winning Mental Health Physician, Advocate & Coach. She is the convener of "The Mental Health Conference" and the Medical Director and Psychiatrist-In-Chief at Pinnacle Medical Services, Nigeria's leading and foremost Psychology and Mental health clinic prominent in the application of innovative clinical approaches in the management/treatment of a wide range of psychological, emotional, and behavioral related disorders.

Dr. Kadiri is a dynamic Consultant Neuro-Psychiatrist and a Fellow of the National Post Graduate Medical College of Nigeria (FMCPSych) with almost 20 years' experience as a practicing Physician. She is a trained and certified Rational Emotive and Cognitive Behavioural Therapist from Albert Ellis Institute, New York, USA. She is also a certified Trauma Counsellor and Neurofeedback Practitioner.

Dr. Kadiri has wide experience in psycho-therapeutic techniques and has perfected her skills whilst in private practice and whilst working for a variety of organizations. She is a recognized radio and television guest Psychiatrist and Psychotherapist. She also contributes to articles published in magazines and newspapers.

She is the only Nigerian with the 14Ps.....Physician, Psychiatrist, Psychologist, Psychotherapist, Practitioner (NLP, BFB, NFB), Public Speaker, Published Author, Producer (movies), Proficient Coach, Parent, Philanthropist, People oriented, Public Health Advocate and Passionate about God and life.

The founder of Pinnacle Health Radio, African's #1 online health radio and a non for profit organization, "Pinnacle Medicals SPEAKOUT Initiative" which is geared towards creating Mental Health literacy in Nigeria and beyond.

The Executive producer of award winning movies, Pepper soup (focused on drug abuse) and Little Drops of Happy (focused on depression, postpartum depression and suicide) and creator of the most innovative mental health app in Africa, HOW BODI.

TRIBE WITH THE VIBES

Stop counting, start cultivating

By Zainab Aderounmu

Have you ever heard the maxim, 'your network is your net worth?' Well, your network isn't only your net worth, it's also your life line.

A recent study showed that we experience social exclusion in the same region of our brain where we experience physical pain and an MIT research found that we crave social belonging when isolated, in the same way we feel hungry while fasting. Loneliness can lead to health issues, the same study concluded.

In other words, the need to have a supportive network or community is a biological requirement. You can't debate it. Beyond biology,

the six degrees of separation rule shows that you can connect to anyone through a chain of six acquaintances in your network.

The question now is, what is the quality of people in your community and how are you cultivating them?

As an event host and compere, I've had the privilege of moderating many amazing events over the years, but two stand out the most: a 70th birthday celebration and a Mother's Night gathering.

Why would such mundane events stand out? You would ask. It's because these events showed me the power of community and networks. On both occasions, I saw friends who have known themselves for over 6 decades. Their religious and ideological differences didn't stand in their way.

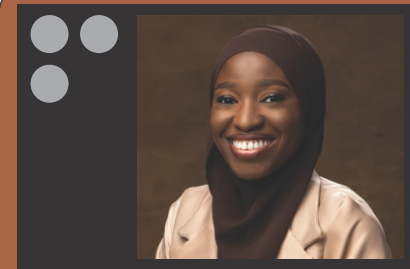
How is it possible to stay friends with a group of people for that long, I wondered.

I got my answer. In one of the events, the celebrant's best friend got a last-minute gift. She had planned the party and everything was ready but she thought something was missing. On impulse, she searched for vendors on Instagram for a last-minute presentation, that was in addition to everything she already bought for her event.

'I just thought it'll be nice for her, you know,' she said to me. No gesture was too much for her friend.

How many times have you cut a friend off because they didn't wish you a happy birthday, or because they didn't text back? It's almost like we hold up an invisible pair of scissors, ready to cut friends off for the slightest slip up.

But true community is built on



Zainab Aderounmu

Zainab Aderounmu A. W. is a First Class graduate of English Language and the Overall Best Graduating Student from the Lagos State University, Lagos Nigeria. She's a professional Master of Ceremonies, known as 'The Hijabi Compere', a public speaking coach and Communications Professional. She is currently a Youth advisor to the European Union where she doubles as the Spokesperson and Head of Communications & PR for the Youth Sounding Board.

grace, forgiveness, and a willingness to give more than we expect to receive. Here are a few things to know if you want to build lasting relationships:

Have those hard conversations

Most misunderstandings stem from sweeping things under the carpet. I once had a fight with a friend and we had the silent treatment for weeks. When we finally resolved the issue and spoke about it, we realized it wasn't just a misunderstanding but a mishearing. I had said something and she thought I said something else entirely. Weeks of silent treatment for nothing!

Give generously without the mind to receive

This doesn't really need to be explained but how many times have you compared the prices of the gifts your friends got you to the ones you got them? Do you catch yourself measuring how many times you call them to how many times they call you? I'm not talking about a non-reciprocal relationship but a real one. Stop counting, stop measuring. It only builds resentment in your heart.

Finally, treat your community like a garden, one you need to tend consistently and lovingly. That way, your networks move from just being social circles to pillars of strength when you need them the most.

GARB & GLAM

Fashion is Art

By Yolanda Okereke



The Living Canvas

Step into any gallery and you'll find canvases brushed with genius, sculptures carved from devotion, installations whispering secrets of the soul. But step into the world of fashion, and you'll discover an art form that refuses to stay still.

Fashion is art alive, kinetic, intimate. It is the only art that walks, breathes, and tells stories in real time.

Fashion is not fabric it is vision translated.

Beyond Fabric

A gown is not a garment it's a brushstroke.

A tailored suit is not cloth it's a manifesto.

Couture is sculpture in silk, while costume is cinema draped across the human form.

Each piece is created to move, to seduce, to provoke.

When I design, I do not simply dress a body. I frame it like a masterpiece. Every seam is intention. Every embellishment is punctuation. Every silhouette is architecture, designed to sculpt emotion.

Costume as Cinema

In Nollywood, where I live and breathe costume design, fashion becomes the unspoken dialogue of every character.



Before the first line is delivered, a dress has already spoken volumes. Power, fragility, rebellion, desire fashion captures it all with a precision no script could rival.

That is the transformative genius of fashion as art.

Fashion is the unspoken dialogue the first line of every story.

The Gallery of Everyday Life

Fashion's power extends far beyond the screen or runway. In everyday life, fashion is the gallery we curate for ourselves.

A woman stepping out in a little black dress becomes both muse and masterpiece.

A man slipping into a vintage tie inherits not just fabric but memory.

A child wrapped in ancestral prints is draped in history, embodying culture's most vivid palette.

Unlike a painting that hangs on a wall or a sculpture confined to a pedestal, fashion refuses to be static.

It lives on skin. It dances with movement. It shifts with light. It is art you carry, art you become.

The Intimate Art Form

This is why fashion will always reign as the most intimate art form. It is more than beauty it is resistance. It is more than glamour it is identity.

It is history stitched into modernity, rebellion woven into tradition, self-expression sculpted into silhouette.

Fashion is not decoration. It is a declaration.

Fashion is art in its most powerful, personal form. And when the world watches, it doesn't just see the clothes it sees you.

You, the masterpiece.



Yolanda Okereke

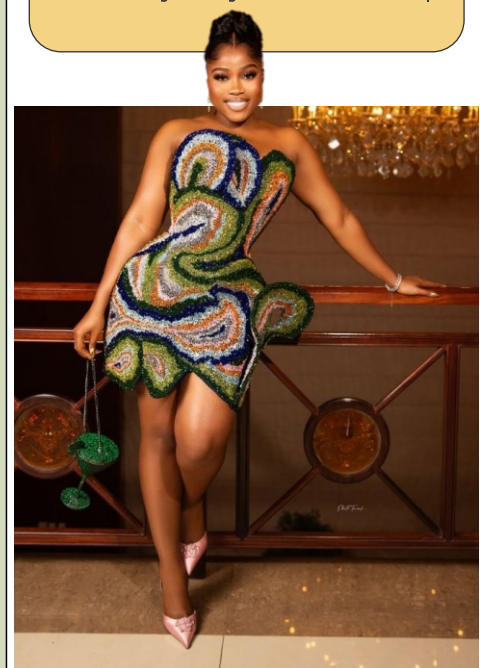
Founder & Head of The Rani Company

Yolanda Okereke is a visionary fashion entrepreneur and respected industry leader, known for her exceptional work as a Costume Designer and Creative Producer in Film and Television. With over a decade of experience, she has consistently shaped the visual identity of some of Nollywood's most iconic productions, earning a reputation for her artistic depth, organisational precision, and bold storytelling through costume.

She is the Founder and Head of The Rani Company, a leading costume design and styling firm, and The Wardrobe Shack, a costume rental house serving high-profile film and television projects across Nigeria. Rani Gisele was launched while studying Chemical Engineering at university.

Her extensive credits include critically acclaimed projects such as Netflix's Blood Sisters and Olôturé, as well as The Wedding Party, King of Boys, La Femme Anjola, The Set Up, and Day of Destiny.

Her contributions have earned her nominations at the Africa Movie Academy Awards and the Africa Magic Viewers' Choice Awards, and she was recently awarded Best Fashion Collaboration Film at FAME Week Africa, where she celebrated Nigerian costume design through a dedicated showcase.





A Journey Through Traditional Beauty & Flavor

Inside Clay Food Shop & The Henna Place

“Together, Clay Food Shop and The Henna Place offer more than services. They offer belonging. A place where tradition is not just preserved, but honored, elevated, and shared”

Clayfoodshop

Clay Food Shop is more than just a restaurant, it's a cultural experience. Known for its traditional elegance and modern interpretations of Northern Nigerian cuisine, Clay is a destination for food lovers who seek authenticity in every bite.

From their signature ram suya to rich native sauces, tigernut juice, and wholesome masa, every meal evokes the comfort of tradition.

 [@clayfoodshoplagos](https://www.instagram.com/clayfoodshoplagos)

: +234909 554 4990

The Henna Place

Established in 2014, The Henna Place is Nigeria's leading traditional spa, bringing centuries old Moroccan, Northern Nigeria and Arab beauty rituals into the general wellness market. Specializing in Moroccan hammam treatments, sugar waxing, herbal hair care, and intricate henna designs, the spa provides a deeply relaxing and culturally rich self care experience.

With multiple branches across Nigeria, including three branches in Lagos, The Henna Place has become a go-to destination for brides, beauty lovers, and women seeking intentional, soul-restoring care from head to toe, it's a place to cleanse, unwind, and reconnect with yourself the traditional way.

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