

iwa

**INSPIRING
WOMAN
AFRICA**

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**10 BRILLIANT,
BOLD BOSS LADIES**

AFRICAN EXECUTIVE FUNDRAISERS WHO LIVE
FOR IMPACT AND RESULTS

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**2030 Is Closer
Than You Think**





Kemi Ajumobi

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Welcome!

Dear Readers,

Hello delightful readers of IWA. We are here again and trust us to serve you quality information. This week, we are celebrating 10 top women executives across Africa leading fundraising that has reached final close. I love the sound of this to my ears. I say so because the \$42bn gender funding gap is not pleasing to the ears. This estimated yearly gap in funding for women-owned and women-led small and medium-sized enterprises (SMEs) across Africa is indeed worrisome. Indeed, something needs to be done about this. For instance, do you know that in 2024, female tech CEOs in Africa received only 2% of total funding, down from 8.2% in 2023? Meanwhile, globally, all-women teams often receive less than 1% of venture capital, primarily banking on grants. The numbers are startling. So when at IWA, we say we are celebrating 10 women across Africa whose companies received funds that have reached final close, you understand why it is good news to us. It means more businesses can grow and have access to funds. We share about them and their companies and we wish them more successes so that more businesses can thrive.

Here are other articles in this edition:

HER POINT OF VIEW: The Fire That Taught Me I Was Not Alone. By Chinyere Okorocho.

WOMAN EXECUTIVE: Digital Dignity: Leadership In The Age of AI and Algorithmic Noise. By Wola Joseph-Condotti.

FINANCIAL ADVISER: 2030 Is Closer Than You Think. By Sola Adesakin.

GENDER INSIGHT: Nigerian Women, Party Politics and 2027 Electoral Crossroads. By Asmau Benzies-Leo.

HOLISTIC LIVING: Your Mind And Body Are Connected. By Dr. Maymunah Yusuf Kadiri.

TRIBE WITH THE VIBES: How To Achieve The Impossible: Lessons From The First Woman On The Moon. By Zainab Aderounmu.

WE'VE GOT MEN: Kevin Okyere, Founder & CEO, Springfield Group.

Please stay safe and remember to always surround yourself with positivity. See you soon!

Take Care!



10 Brilliant, Bold Boss Ladies

AFRICAN EXECUTIVE
FUNDRAISERS WHO LIVE
FOR IMPACT AND RESULTS

From East to West, to North and South, African women executives, through their organisations are leading in raising funds to help businesses thrive. As female fund managers, the joy of closing is encouraging. It means businesses can now have access to finance that will boost their trade.

In this edition, we celebrate 10 exceptional women from across Africa whose organisations have closed and the numbers as seen in this edition tells the story.

To all female fund managers and those coming up, keep doing what you know how to do best, IWA will always be here to tell the stories to inspire us all.





COVER INTERVIEW

MARTHA OSIER

PARTNER,
ADENIA PARTNERS
(\$950m)

Kemi Ajumobi



Martha Osier is a partner at Adenia Partners. She has more than 15 years' experience as a private equity investment and banking professional in the US and Africa, covering a range of sectors, particularly in the consumer retail and healthcare industries. Martha established Adenia's East Africa office in Nairobi, Kenya, where her responsibilities include sourcing and screening investment opportunities, negotiating and executing deals, and providing ongoing advice to investees.

Martha developed her investment skills at RFE Investment Partners, a lower middle-market buyout firm based in New Canaan, Connecticut. She began her career as an analyst in the Leverage Finance portfolio group at Citigroup in New York. Martha previously worked with both General Electric and Catalyst Principal Partners in East Africa.

Martha is a two-time winner of the East Africa Private Equity & Venture Capital Association (EAVCA) Awards' Woman Investor Award. She also received EAVCA's East Africa Leadership Award

in 2021. She was also featured on Private Equity International's Future40 list, which recognises individuals under 40 who are expected to play a leading role in shaping the future of Private Equity.

Martha sits on the Board of Directors of four Adenia portfolio companies: Quick Mart, Africa Biosystems Limited (ABL), Red Lands Roses and Proximed. She is also a director at hair company Harvest of Sunshine and MICO Bright Star Primary School.

She earned her Bachelor's degree in Economics and International Affairs from Lafayette College and an MBA from Harvard Business School.

Adenia has successfully raised US \$950 million across 5 funds. They have a proven track record of strong and consistent performance with 30+ platform investments executed and 20 realised exits. Based on the ground across Africa, Adenia has one of the most highly qualified African private markets investment teams in terms of educational pedigree, longstanding experience as entrepreneurs and investors, and local in-depth knowledge. By creating stronger

companies with quality jobs, fostering economic improvement, and elevating companies to meet ESG standards, Adenia is increasing the enterprise value for investors, while benefiting workers, communities, and companies in Africa.

Adenia Partners recently reached the US\$180 million hard cap oversubscribed at the first close of its Adenia Entrepreneurial Fund I (AEF), surpassing the original target in under a year and bringing the total capital raised by the firm to over \$1bn. The first in a new line of funds, AEF will focus on control investments in small and lower mid-cap African businesses - a dynamic but undercapitalised part of the market. The fund has already completed its first investment in Maymana, a female-founded Moroccan culinary brand, highlighting AEF's focus on businesses with strong local roots and clear potential for expansion. "We are excited to further extend our coverage across the continent, backing the next generation of African champions while creating quality jobs and driving sustainable growth," Martha said.



COVER INTERVIEW

SINDISIWE MABASO-KOYANA

CHAIRPERSON,
AWCA INVESTMENT HOLDINGS
(R554M)

Kemi Ajumobi



indisiwe Mabaso-Koyana is a Chartered Accountant by training, Sindi Mabaso-Koyana,

holds an Honorary Doctorate from Middlesex University. She is an investor, corporate leader and champion of transformation who is held in high regard both in South Africa & internationally. She is the Chairperson of AIH (AWCA Investment Holdings), a women owned and managed investment company and Managing Partner of AIH CAPITAL, which closed R554m fund.

She is passionate about the empowerment of women, and has used her role as a champion of transformation to promote the careers of many women who now belong in SA's executive ranks. Sindi has enjoyed an illustrious career and has worked in both the private and public sectors. After qualifying as a Chartered Accountant Sindi established herself as a thought leader in the areas of financial and risk management and

corporate governance. She has enormous board experience both in the private and public sector where she usually chairs the Audit and Risk Committee and Remuneration Committees. Sindi is highly sought after as a speaker on leadership, Africa's economic transformation and the role of women in business.

She has addressed audiences in South Africa and internationally. She is well known for her role as a champion for the advancement of women in finance. She played a key role in founding AWCA (African Women Chartered Accountants). Within AWCA she has played a vital role to bring the chartered accounting profession to young women from previously disadvantaged communities. For AWCA's long term financial sustainability, and to drive financial inclusivity in the economy, she established AWCA Investment Holdings (AIH) which she Chairs. AIH has built a formidable portfolio and has since launched a Private Equity firm to continue investments in the financial, industrial, technology, food and services sectors.



COVER INTERVIEW

**MOHAU
POLO LETEKA****FOUNDER AND CEO AT
IDF CAPITAL & PARTNER,
ALITHEA IDF (\$100M)**

Kemi Ajumobi

Mohau Polo Leteka is a highly accomplished and experienced entrepreneur and private equity investor. She is the CEO and Founder of IDF Capital - a South African based entrepreneurial financier and advisory firm. Through IDF Capital, Mohau has contributed towards channeling investments into women owned SMEs across South Africa. In 2015, she co-founded AlitheiaIDF to continue investing in high growth businesses across Sub-Saharan Africa that are women owned and led and the company has closed \$100m fund.

Mohau is an accountant by training, and has varied experience in both the public and private sectors of South Africa which includes accounting and auditing, corporate finance, investment banking, public policy formulation, venture capital and private equity. At a fairly young age, Mohau was tasked with leading the process of developing South Africa's first ever Codes of Good Practice on Broad-Based Black Economic Empowerment which is a Government policy seeking to transform the South African economic landscape to be more reflective of its population demographics.

As a result of this ground breaking work which has changed how corporate South Africa interacts with the rest of

the economy, she is considered a thought leader in areas of economic transformation and development.

Mohau is a an accomplished public speaker, contributor to thought leadership articles on transformation and entrepreneurship. She was also part of South Africa's version of the Dragons Den show and is also a co-Author of a book called ".....and for all these reasons, I'M IN.....", which seeks to assist entrepreneurs to become investor ready.

COVER INTERVIEW**GENEVIEVE
SANGUDI****PARTNER AT ALTERRA
CAPITAL PARTNERS (\$140M)**

Kemi Ajumobi



enevieve Sangudi is a Partner at Alterra Capital Partners and they recently closed \$140m

fund. Alterra Capital Partners is an Africa-focused private equity firm that partners with exceptional entrepreneurs and management teams to grow their businesses. Alterra targets domestic-facing companies that serve basic consumer and vital business needs. The Alterra Capital Partners team has over 100+ years of combined private equity experience and invested more than \$2 billion of capital into 23 companies across Africa. The Alterra

team has lived and worked on the continent for decades and leverages its substantial experience and deep networks to drive the growth of its investments.

Alterra Capital Partners was formed through the combination of individuals from two of the most experienced managers on the continent, Carlyle Africa and Emerging Capital Partners. The combination was driven by the respective team's longstanding working relationship, complementary investment strategies, geographic footprints, and shared vision. Genevieve is an emerging markets private equity investment executive

with over 20 years of leadership experience in finance and operations. She has led and managed investments in over 40 countries across numerous sectors including healthcare, agribusiness, logistics, telecoms, oil & gas, consumer & retail and financial services. She is also an experienced Board Director having served on the boards of over 15 public and private companies throughout her career. She received an MBA from Columbia Business School, a Master's degree in International Affairs from Columbia University School of International and Public Affairs and a BA from Macalester College.

COVER INTERVIEW

LISE BIRIKUNDAVYI, CFA

CO-FOUNDER AND MANAGING PARTNER,
BKR CAPITAL (\$18.5M)

Kemi Ajumobi



Lise Birikundavyi is the co-founder and managing partner, BKR Capital, the first institutional, black-led VC fund in Canada. BKR Capital was built with the objective of investing in promising Black founders in the technology space. They make early and transformational investments in disruptive companies often answering unmet needs of minority communities. They have closed \$18.5m fund. They are intentional about their investment strategy and look to partner only where they can add value, with hard-working and visionary entrepreneurs.

Lise is an innovative finance specialist who has worked with several international institutions and acts as guest lecturer for prestigious organisations, including Oxford University and the International Olympic Committee Accelerator managed by the Yunus Sports Hub. Lise also mentors and supports highly promising and impactful start-ups in emerging markets.

She began her career in the hedge fund industry in Montreal and her interest in mixing attractive financial returns with long term societal impact is what inspired her to transition to the impact finance sector, a space in which she worked for a decade. She has experience across the investment

spectrum: from funds of funds and VCs, to being the transition CEO of a tech start-up.

Lise is a CFA charterholder; she also holds a Masters of Business Administration (MBA) from the Shanghai Advanced Institute of Finance/ Shanghai JiaoTong University, where she wrote her thesis on impact investing, and a trilingual BBA from HEC Montreal. Lise is fluent in French, English and Spanish, and has a conversational level of Mandarin.

She is a firm believer in using the forces of capital markets as a basis for more inclusive wealth creation and sustainable poverty alleviation.



COVER INTERVIEW



**SHIRLEY
SOMUAH**

**PARTNER AT CARDINALSTONE
CAPITAL ADVISERS (\$64M)**

Kemi Ajumobi



Shirley Somuah is a Partner at CardinalStone Capital Advisers (CCA). CCA is a Nigeria based

private equity investment manager, with a focus on control or significant minority growth capital investments.

CCA leverages a combination of deep local expertise and broad global networks in positioning each of its portfolio companies to deliver superior returns. CCA takes a hands-on

approach to its investments, which has been shaped by the local business environment; and the team has a track record of working with high potential entrepreneurs to scale their businesses. The CCA team draws on backgrounds in investment banking, strategy consulting and supply chain management to partner with management teams in developing their businesses into sector champions. They have closed \$64m fund.

Shirley is a Partner on the investment team at CCA, where she focuses on the

breadth of the investment and value addition cycle. She has over a decade of experience across management consulting and investing. Prior to CCA, Shirley was a Vice President on the Principal Investments team at CardinalStone Partners, and a management consultant with Oliver Wyman in New York and Dubai. Shirley holds an MBA from The Wharton School of the University of Pennsylvania and a BSc. in Management Science and Engineering from Stanford University.

COVER INTERVIEW

**BERHANE
DEMISSIE**CO-FOUNDER/MANAGING PARTNER
AT CEPHEUS GROWTH CAPITAL (\$75M)

Kemi Ajumobi

**B**

erhane Demissie is Co-Founder/Managing Partner at Cepheus Growth Capital, and they

recently closed \$75m fund. Cepheus Growth Capital's mission is to provide much-needed growth capital to Ethiopian SMEs while delivering attractive risk-adjusted returns and strong developmental impacts. They establish close strategic, financial, and operational partnerships with portfolio companies to unlock value and realise

their maximum growth potential, while addressing the critical long-term financing needs of the Ethiopian economy. Berhane Demissie is responsible for the overall management of the Fund in Ethiopia. Her role includes deal sourcing, execution, portfolio management, investor and market relations and exit management.

Demissie serves as a member of Cepheus' Investment Committee and has over 10 years of Private Equity experience in Ethiopia. Prior to founding Cepheus, she served as a

Senior Consultant to the Public Financial Enterprises Agency in Addis Ababa for five years engaged in the Government's reform programme of the public financial institutions. She also worked for Citigroup in London as a member of their Corporate and then Portfolio Risk Management groups. Demissie holds BSc (hon.) from Greenwich University, Higher Diploma (DIC) and an MBA from Imperial College in London.

COVER INTERVIEW

**KIM
KAMAREBE**

 MANAGING DIRECTOR,
INUA CAPITAL (\$8M)

Kemi Ajumobi



Kim Kamarebe is the Managing Director/Founding Partner, Inua Capital. Inua Capital is a gender-lens impact fund investing in high-potential SMEs and dynamic entrepreneurs across all sectors in Uganda. Inua invests in growing SMEs with excellent strategic growth potential, and partners with management teams to unlock these SMEs' value and drive their growth. Inua's investment approach is highly technical and highly commercial, and their team has an exceptionally successful investing track record. Their core strength is their hands-on approach: Inua Capital is resident in Uganda. They are local and on-the-ground, and work alongside their entrepreneurs. The recently closed \$8m fund.

As founding partner, Kim is responsible for all firm activities. Also, Kim is the Chief Investment Officer of Inua-managed funds, and has oversight responsibility for the investment process, from investment sourcing and deal execution, through adding value to and managing portfolio companies, to exit.

Since the Inua's founding, Kim has served on numerous Inua portfolio company boards. In addition, Kim serves as an independent board director on the boards of Stanbic Bank Uganda and aBi Finance, and as the independent chairperson of the FSDU Deal Flow Facility technical advisory board.

She has worked in the African private equity industry for over 15 years, during which she has led the investment activities at Damascus Capital, AgDevCo Uganda, TLG

Capital (East Africa) and Inua Capital. Prior to private equity investing, Kim started her career as an investment banker at Goldman Sachs in New York and in London.

Kim is a champion for entrepreneurial activity and sustainable economic growth in Uganda. Kim founded and patrons the Driven2Change Foundation, an active philanthropic organization focused on education and entrepreneurship. She has lived and worked in the US, Europe and Africa, and has an MBA from the Harvard Business School and a BSc in Operations Research and Financial Engineering from Princeton University. Inua Capital is part of a pan-African network of SME investment vehicles supported by I&P: Teranga Capital in Senegal, Sinergi in Niger, Sinergi Burkina in Burkina Faso, Comoé Capital in Côte d'Ivoire, Zira Capital in Mali and Miarakap in Madagascar.

COVER INTERVIEW

KARIMA OLA

PARTNER AT
LEAPFROG INVESTMENTS
(\$2.8BN)

Kemi Ajumobi



arima Ola is a Partner at LeapFrog Investments and they recently closed \$2.8bn

fund. Karima joined LeapFrog in 2016. Karima leads LeapFrog's African Financial Services investment team, where she has driven landmark investments including into ARM Pensions, one of the largest pension providers in Nigeria, and AIICO, one of the largest insurers in Nigeria. A deeply experienced operator and investor, she has significant experience working across the continent. She serves on the Investment Committee of LeapFrog's flagship fund and is a member of the Management Board.

Karima is widely recognised for her work shaping the investment landscape in Africa and was named one of "Africa's women to watch" by Bloomberg. Previously, Karima was chief investment officer and a member of the board at ADC African Development Corporation, where she initiated the company's entry into Nigeria and ran a

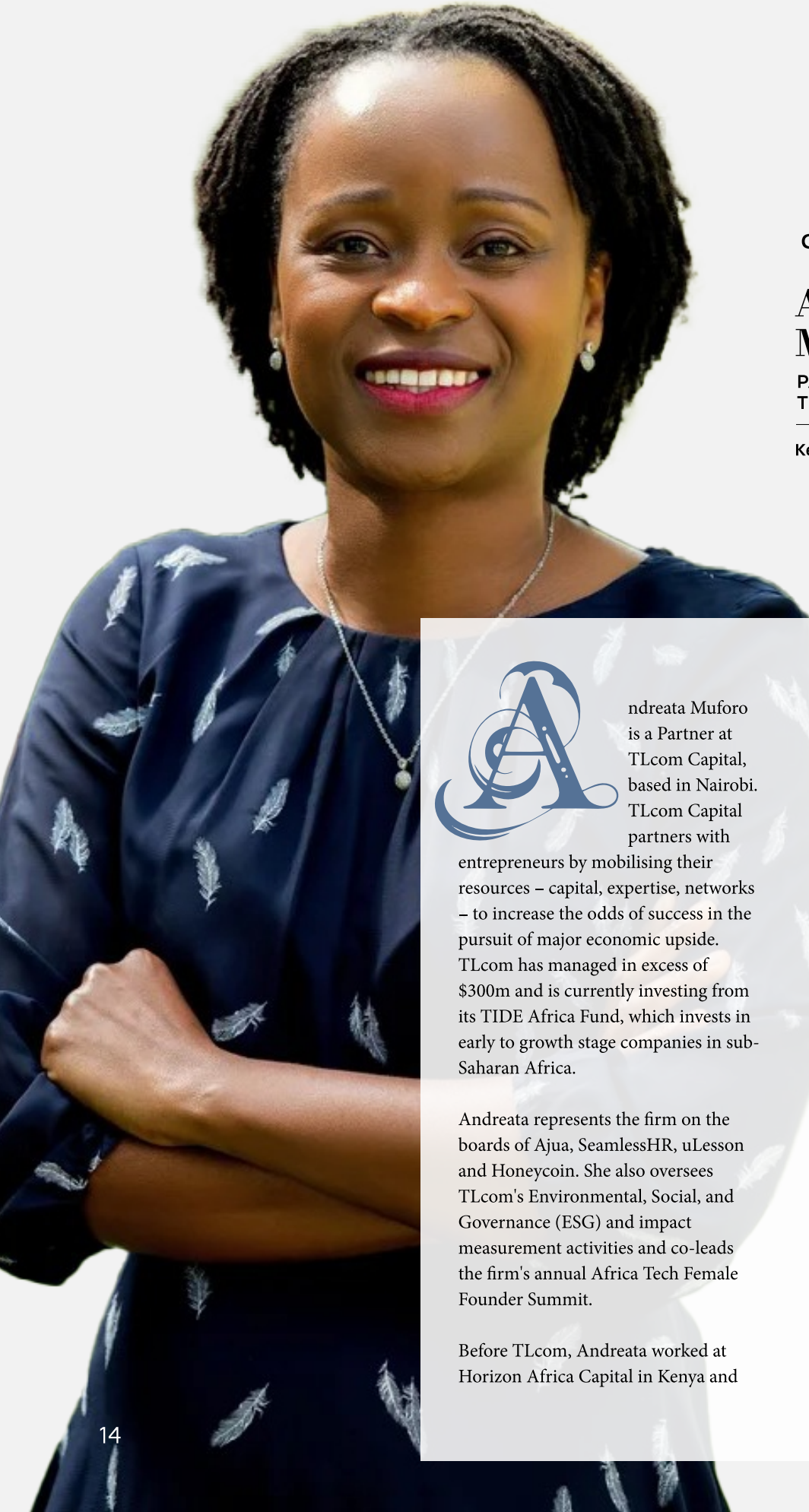
number of multimillion-dollar transactions. Prior to this, she was a Managing Partner at Chayton Capital LLP, where she led the creation of the company's first Africa Agriculture fund. Earlier, Karima was Executive Director, Global Equities, at HSBC in a role that spanned the UK, Hong Kong and South Africa.

Ola is a Member of UK Institute of Directors and holds a Bachelor of Science in Civil Engineering and a postgraduate diploma in Economics from the University of London. She sits on the Sustainability Committee of Africa Private Equity & Venture Capital Association (AVCA).

LeapFrog invests in exceptional businesses in Asia and Africa to enable leaps of growth, profitability and impact. The group's portfolio of companies reaches 559 million people with financial services, healthcare and climate solutions, across more than 37 countries. 403 million of those people are emerging consumers; many of whom are accessing formal insurance, savings, pensions, credit, remittances or healthcare for the first time.

LeapFrog, which has had close to \$3 billion of capital committed, brings a track record of more than a decade as a trusted General Partner to investors in private markets. LeapFrog Investments invests \$20-75 million for majority or influential minority stakes in growing companies that have exceptional management teams and are focused on providing services that address the needs of emerging consumers. LeapFrog companies have grown on average by 22% per year since investment, and the group is now backed by many of the world's leading institutional investors.

They have twice been named by Fortune as one of the top Companies to Change the World, in 2017, this was alongside Apple and Novartis, becoming the first private investment group ever listed. LeapFrog is a founding Investors Council Member of the Global Impact Investing Network (GIIN) and is a funder and member of the advisory group of The Impact Management Project.

**COVER INTERVIEW****ANDREATA
MUFORO****PARTNER AT
TLCOM CAPITAL (\$300M+)**

Kemi Ajumobi



Andreata Muforo is a Partner at TLcom Capital, based in Nairobi. TLcom Capital partners with entrepreneurs by mobilising their resources – capital, expertise, networks – to increase the odds of success in the pursuit of major economic upside. TLcom has managed in excess of \$300m and is currently investing from its TIDE Africa Fund, which invests in early to growth stage companies in sub-Saharan Africa.

Andreata represents the firm on the boards of Ajua, SeamlessHR, uLesson and Honeycoin. She also oversees TLcom's Environmental, Social, and Governance (ESG) and impact measurement activities and co-leads the firm's annual Africa Tech Female Founder Summit.

Before TLcom, Andreata worked at Horizon Africa Capital in Kenya and

the African Development Bank in Tunisia. In these roles, she gained extensive experience in transaction structuring and corporate finance advisory, collaborating with entrepreneurs and CEOs on M&A and capital-raising mandates for companies and investment funds across Africa. She began her career in economic consulting at National Economic Research Associates (NERA) in New York City.

Andreata is a board member at the Stanford Institute for Innovation in Developing Economies (SEED) and serves as an Endeavor Mentor in Kenya.

She holds an MBA from Stanford Graduate School of Business and graduated Phi Beta Kappa with a bachelor's degree in Economics from Grinnell College in Iowa, USA.

WOMAN EXECUTIVE

Digital Dignity: Leadership in the Age of AI and Algorithmic Noise

By Wola Joseph-Condotti



In today's workplace, productivity is measured in data points.

Communication is filtered through algorithms. Insight is outsourced to artificial intelligence. Efficiency is king.

And yet, in all this hyper-optimization, a quiet erosion is taking place. The erosion of presence. Of empathy. Of the human touch.

We live in a world where digital tools are meant to empower us, and indeed, they do. But with each new advancement comes a subtle temptation to replace intuition with automation, depth with speed, discernment with data.

I believe that the most important executive skill of our time is not technical mastery but discernment. The ability to hear what is not being said, to pause amidst the noise, and to lead with humanity in spaces increasingly driven by systems.

Because no matter how advanced our tools become, technology cannot replicate trust. It cannot replace wisdom. And it cannot substitute the presence of a grounded, discerning leader.

Where Women Lead Differently

Women, particularly in executive spaces, have long brought something essential to leadership—emotional

intelligence, collaborative strength, relational depth. We often lead with heart and head aligned, balancing execution with empathy.

But in the algorithmic era, even these strengths are at risk of being devalued or drowned out. We are told to be data-driven. But what about being values-driven?

We are told to scale. But what about seeing, really seeing the people we are leading?

Digital dignity means preserving what makes us uniquely human, even as we harness what makes machines powerful.

I Use AI—But It Doesn't Use Me

Let me be clear: I am not anti-technology. I use AI. I work in a highly demanding energy-intensive industry where data is king. I run teams across multiple locations. I automate what should be automated.

But I have also sat across from a staff member on the verge of burnout and no algorithm could have picked that up. I have felt the shift in a meeting room when someone was silenced. I have read between the lines of an email that looked “professional” but came from a place of deep frustration. These moments require more than digital competence. They require human discernment. They require leaders who are not just smart, but present. Not just efficient, but emotionally intelligent.



What We Risk Losing. If we are not careful, we risk:

- Replacing listening with transcripts
- Replacing feedback with analytics
- Replacing mentoring with metrics

We risk building perfectly optimized systems filled with deeply disconnected people.

And women in leadership must guard against this most of all. Because we have often had to fight to prove that our “soft skills” are strategic assets. That our intuition is not emotional indulgence. It is executive wisdom. That our pauses are not hesitation, they are discernment in action.

Lead with Presence, Not Just Performance

In this digital age, showing up fully may be the boldest leadership move of all. Put the phone down in a meeting. Make eye contact. Listen beyond the surface. Ask questions that are not on the agenda. Notice tone. Honour nuance. Do not let the efficiency of AI erode the efficacy of your humanity. Because long after the dashboards have changed and the apps have evolved, people will remember how you made them feel. How you noticed. How you led with grace.

Final Thoughts

The future will be built with machines but it will be led by people.

And the leaders who thrive will not just be those who understand AI. They will be the ones who understand people. Who protect digital dignity in a world of digital speed.

So yes, learn the tools. Leverage the tech. But do not outsource your judgment, your values, or your voice.

We are not just data points. We are daughters of wisdom, stewards of legacy, and carriers of something no algorithm can ever replicate:

Presence. Discernment. Humanity.

And in this noisy world, that may be your most disruptive advantage.



Wola Joseph Condotti

Chief Executive Officer,
Eko Electricity Distribution Company

Wola is the CEO of Eko Electricity Distribution Company (Eko Disco).

Prior to her current role, she was 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.

Wola Joseph Condotti was also 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.

GENDER INSIGHTS



Nigerian Women, Party Politics and 2027 Electoral Crossroads

Asmau Benzies Leo



As Nigeria edges toward the 2027 general elections, recent political party conventions particularly those of the All Progressives

Congress (APC) and the African Democratic Congress (ADC) have quietly revealed a deeper truth about the future of women in politics: progress is being discussed, but power is still being withheld.

This is because the numbers remain troubling. Women currently occupy less than 5% of seats in Nigeria's National Assembly, placing the country among the lowest globally for female political representation. This chronic

underrepresentation is not due to lack of participation, but rather the structures through which power is negotiated, structures that recent party conventions have once again laid bare.

At the APC's 2026 National Convention, which drew over 8,000 delegates and top political actors, the optics of inclusion contrasted sharply with the reality of exclusion. Women were present, active, and visible in mobilisation and attendance. Yet, when it came to decision making moments, they were largely absent. Notably, there was no woman assigned to move motions during proceedings, a symbolic but telling indicator of marginalisation at the highest levels of party engagement. (Nigerian Democratic Report). Even the First Lady, Oluremi Tinubu, publicly questioned this

imbalance, highlighting the absence of women in key procedural roles and calling for corrective action. The response? Assurances from party leadership, reflects a familiar pattern: recognition without immediate reform.

These implications are significant. Party conventions are not mere ceremonial gatherings; they are where internal hierarchies are solidified, alliances formed, and future candidacies shaped. When women are excluded at this stage, it signals a structural disadvantage heading into elections.

The ADC on the other hand presents a more complex, though still incomplete, picture. In the lead up to its 2026 convention, the party's

constitutional review committee proposed 30% representation for women and 20% for youth within its structures. This is a notable departure from the status quo and aligns more closely with Nigeria's National Gender Policy target of 35% affirmative action. Additionally, party leadership has publicly referenced even more ambitious commitments, including up to 40% reserved positions for women within party frameworks. These proposals if truly implemented would position the ADC as a potential reformist platform, particularly as it seeks to consolidate opposition forces ahead of 2027.

However, the critical question is whether these commitments translate into actual power. Historically, Nigerian political parties have often created "women's wings" or symbolic roles that exist outside the core decision making structure. Early indications suggest that while the ADC is attempting to differentiate itself, the full integration of women into strategic leadership positions remains uneven.

Across both parties and indeed the broader political landscape, a consistent pattern emerges: women are mobilisers, not power brokers. This dynamic offers a crucial lens for predicting the 2027 electoral outcome.

Three insights stand out. First, party structures will determine electoral outcomes more than voter sentiment. Even if public support for women candidates grows, the gatekeeping role of party conventions where tickets are negotiated and candidates selected still remains the decisive barrier. The marginalisation observed in the APC convention suggests that, without reform, women's representation may stagnate.

Second, reformist signals from smaller or emerging coalitions like the ADC could reshape the field, but only if institutionalised. With high profile political realignments positioning the ADC as a potential coalition platform for 2027, its internal commitment to gender inclusion could influence broader party

competition. If the ADC successfully embeds quotas and elevates women into winnable positions, it may pressure dominant parties to follow suit.

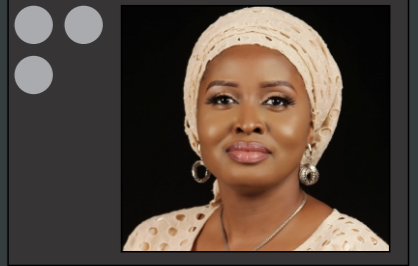
Third, symbolic inclusion is no longer sufficient. The contrast between rhetoric and reality at recent conventions has sharpened scrutiny from civil society, media, and even internal party actors. This growing accountability environment may force incremental changes, particularly in response to public criticism and advocacy.

Yet, the structural constraints remain formidable: high campaign costs, political violence, and entrenched patriarchal norms continue to limit women's advancement. Without targeted reforms, such as reduced nomination fees, enforceable quotas, and secure electoral environments, progress will remain slow.

Looking ahead to 2027, the evidence from party conventions points toward a cautious projection. Women's representation is likely to increase modestly, but not dramatically, unless there is a significant policy breakthrough such as the passage of the reserved seat legislation. The most probable scenario is an incremental rise to between 6–10% representation, driven by advocacy and shifting public attitudes but constrained by party gatekeeping.

However, there is also a quieter transformation underway. Younger voters, urban constituencies, and civil society movements are increasingly challenging traditional political norms. If this momentum converges with institutional reforms, particularly within parties like the ADC, the 2027 elections could mark the beginning of a more substantive shift.

For now, the message from Nigeria's political conventions is clear: women are present, prepared, and pushing, but the doors to power are only slightly ajar. Whether they open wider in 2027 will depend not on promises made on convention floors, but on decisions taken behind closed doors.



Dr. Asmau Benzies Leo

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

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 (CENGAİN), 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.

FINANCIAL AdviseHER

2030 Is Closer Than You Think

By Sola Adesakin

Financial literacy for Nigerian women is no longer just a personal goal. It is a structural opportunity with a deadline.

We are four years away from 2030. That is approximately 48 salary

payments, 16 quarters of opportunity, or, if you prefer, the time it took most of us to finish from the University. In the context of your financial life, four years is both very little and more than enough. The question is: what do you do with it?

There is a particular kind of urgency that the global conversation around women and finance is creating right now. Institutions like the International Finance Corporation and the African Development Bank have been consistent in their reporting: the gender financing gap in sub-Saharan Africa is not closing fast enough, and one of the biggest reasons is not the absence of opportunity. It is the absence of fluency. Women who understand financial systems are entering them. Those who do not are watching from outside.

So what does financial literacy actually look like in 2026, and what should it look like by 2030?

It starts with understanding that literacy is not a static state. Knowing how to save is not the same as knowing how to build wealth. Understanding compound interest is not the same as understanding how a

money market fund works, or what it means when inflation erodes your naira-denominated savings. The financial world is moving, and your education needs to move with it.

The practical starting point is mapping what you already know. Many Nigerian women have significant financial experience, managing household budgets, running businesses, navigating informal savings structures like ajo and esusu. That is not ignorance. That is a foundation. The work is translating that lived experience into formal financial vocabulary, so it gives you access to more: credit, investment, insurance, long-term planning.

Learning, concretely, means committing to one new financial concept per month. Not a course, not a certification, just one concept made real in your life. This month, understand how your pension fund (PFA) actually allocates your contributions. Next month, learn the difference between a term deposit and a treasury bill, and what your actual return is after inflation. The month after, understand what a budget deficit looks like in your personal accounts and what it signals about where you are going.

The opportunities between now and 2030 are specific. Nigeria's capital markets are deepening. The SEC has



been working to democratise retail investing. Platforms that allow Nigerians to buy dollar-denominated assets are operating legally. Agricultural investment vehicles, real estate investment trusts, and SME-linked bonds are all expanding.

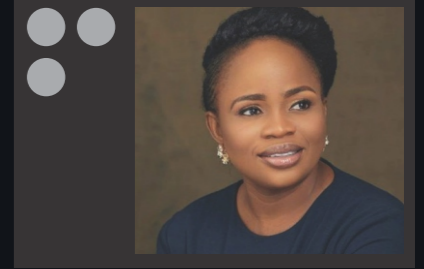
None of these will find you. You have to be financially literate enough to recognise

them when they arrive.

Executing financial education also means choosing your environment deliberately. Who are you learning with? Peer groups that discuss money seriously change your financial behaviour faster than any app or course. If your current circle does not talk about money in any meaningful way, that is something to address, not accept.

The women who will be financially stable in 2030 are not the ones who got lucky. They are the ones who started paying attention in 2026, who treated their financial education with the same seriousness they gave their professional careers, their children's schooling, their health.

Four years. Start this week.



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.

HER POINT OF VIEW

The Fire That Taught Me I Was Not Alone

Chinyere Okorochoa

Some life lessons do not come quietly. They arrive suddenly, dramatically, and leave you changed forever. One of those lessons came to me many years ago, on the day my house caught fire.

At the time, I was a young unmarried woman just starting out in my career as a lawyer. I lived alone in a small apartment while trying to establish myself professionally. Like many young professionals finding their feet, I was learning how to manage independence, responsibility, and the daily rhythm of work.

My apartment was modest, but it meant a lot to me. It represented independence

and the excitement of building a life of my own.

In those days, electricity supply was very unreliable. To heat water for my bath in the mornings, I used a small boiling ring. One particular morning, as I prepared for work, I placed my kettle on the boiling ring as usual. Suddenly the electricity went off, something that happened frequently at the time.

Assuming the power would remain off for a while, I quickly finished getting ready and left for work.

What I forgot to do was unplug the boiling ring.

At some point during the day, the electricity supply was restored.

And the boiling ring came back on. I had absolutely no idea what was happening while I sat at my desk at work.

Later that day, I received a frantic phone call informing me that smoke had been seen coming from my apartment. My heart immediately sank. I rushed out of the office and hurried home, my mind racing with fear and confusion.

When I arrived, the sight before me was devastating.

Smoke was billowing from my apartment and people had already gathered around the building. I remember shouting in panic, completely overwhelmed by the situation. Everything I owned was inside that house.

Within minutes, neighbours and passersby began trying to help. People I barely knew suddenly became my rescue team.

Our first attempt was to break down the door so we could get inside, but the door was very secure and would not budge. Meanwhile the fire was spreading and we had to act quickly.

Then someone suggested removing the roofing sheets from above. A few people climbed onto the roof and began pulling them off. Soon others joined in. Before long, part of the roof had been opened. Then something remarkable happened. A human chain formed.

Buckets of water began moving from person to person. One person filled a bucket, passed it along the line, and another poured it through the opening in the roof onto the flames below. Again and again. Bucket after bucket.

People worked tirelessly until the fire was eventually brought under control.

By the time it was over, many of my belongings had been destroyed — clothes, household items, and things I had carefully gathered as a young professional just starting out. I stood there looking at the damage, shocked by how quickly fire could destroy what had taken time and effort to build.

Fire can be incredibly destructive.

I remember crying and crying that evening. It felt like so much had been lost in such a short time.

But even in the middle of my tears, one powerful thought kept coming back to me: I was grateful that no life had been lost.

Things can burn. Possessions can be destroyed. But life is precious, and life remains. Slowly, as the shock began to settle, I realised something else that day. I was not alone.

In what could have been a moment of complete despair, I witnessed the extraordinary power of community. People who owed me nothing showed up for me in one of the most frightening moments of my young life.

That experience left a lesson I have carried with me throughout my career. No woman succeeds alone.

Today many professional women pride themselves on independence and rightly so. We work hard, build careers, and carry enormous responsibilities with resilience.

But sometimes we take independence too far and convince ourselves that we must handle everything alone.

Yet one of the most powerful assets any woman can have, personally and professionally, is a strong network of people.

In our careers, this network may include mentors, colleagues, friends, family members, and advocates who believe in us and support our growth.

These relationships become our safety nets during difficult moments and our amplifiers during moments of opportunity. So do not isolate yourself on your journey. Build relationships. Invest in people. Support others and allow others to support you.

Because one day, when you face your own version of a “house on fire” moment, whether in life or in your career, it may be the strength of your community that carries you through.

Just like those neighbours who stood shoulder to shoulder that evening, passing buckets of water from one hand to another, helping to save what they could.

And that day I learned a lesson that has stayed with me ever since: independence is powerful, but community is priceless. Every bold move you make today shapes the legacy you leave tomorrow.



Chinyere Okorochoa

Partner in the Law Firm of JACKSON, ETTI & EDU

With over three decades of experience as a trailblazer in the legal profession, Chinyere Okorochoa has established herself as a leading voice in law, leadership, and career growth for women. As a partner in one of the most prestigious law firms in the country, she has not only navigated the complexities of a competitive industry but has consistently broken barriers to become a sought-after leader, mentor, and advocate for women in the workplace.

Chinyere's career journey is a testament to her resilience, vision, and versatility. She has held numerous leadership positions, served as a director on multiple boards, and is widely admired for her strategic thinking and ability to inspire teams toward excellence. Beyond her professional accomplishments, she has also graced stages as a speaker, sharing insights on leadership, career growth, and the unique challenges women face in their professional lives.

A devoted wife and proud mother of three, Chinyere understands firsthand the challenges of balancing the demands of a thriving career with a fulfilling personal life. Through her own experiences, she has mastered the art of work-life integration, demonstrating that women can achieve extraordinary professional success without sacrificing the joys of family and personal well-being.

Her career development platform, Heels & Ladders, is dedicated to mentoring and guiding women who aspire to redefine success, achieve career mastery, and lead with purpose. Whether you're navigating leadership challenges, striving for balance, or looking to amplify your influence, Chinyere's expertise will help you transform ambition into achievement.



WE'VE GOT MEN

Kevin Okyere

Founder & CEO, the Springfield Group

Kemi Ajumobi

I was going through my Instagram feed a while back and I saw this video that caught my attention. I saw a man at a function clearly enjoying himself. Looking through the comments, everyone was feeling his vibes. It oozed "I am just going to be happy and enjoy myself today and nothing is going to stop me." Trust me that message was clear.

I found out more about him, how he is the Chief Executive Officer of the Springfield Group. Well, in that moment he was dancing, feeling free and enjoying himself, he wasn't wearing the 'I am the CEO of a billion-dollar company' look, he was simply being Kevin Okyere. Ask him if he had all his business obligations met at that time, or if there weren't business challenges biting hard, or if he did not have expectations unmet, I bet you his answer would be "of course I have." However, in that period of bliss, all of that didn't matter. What did that episode say to me? It says, no matter who you are or what you do, no matter the daunting challenges or unmet needs, do not deny yourself of moments of joy if and when it catches up with

you, there is time for everything!

His love for philanthropy is praise worthy. He expresses this succinctly when he says "Real change begins with showing up, one life, one act of kindness, one moment of care at a time."

From visiting hospitals to support them, to schools and more, he ensures those moments count. For instance, in partnership with Springfield E&P, recently, he visited Ahwerase Presbyterian Primary School and Aburi Kemp Methodist JHS, where he distributed shoes to pupils and sharing pleasant moments with them. "I loved every moment of it" he said.

Today, we all celebrate Kevin Okyere as a dynamic businessman gifted with skills in business strategy, finance and negotiations for the development of high-end commercial and developmental projects. However, he didn't start doing great things as an adult, it began in his youth when he was promoting sustainable development of Ghana by contributing to her economy.

He began with his passion for the telecommunications industry in Ghana.

A multidimensional entrepreneur, in 15 years, he pioneered and managed several business successes that are today, part of the Springfield Group. Springfield Group is at the forefront of the oil industry in Ghana, with activities that span the exploration and production of oil and gas as well as the transportation, storage and trading of hydrocarbons. Operating as a fully integrated entity across the entire value chain of the oil and gas industry. Thanks to their design expertise, they can bring a touch of magic to your projects.

Launched in 2008, Springfield Energy is a leader in Ghana's energy sector, and was birthed as a result of the prospect it presented in the oil and gas sector for an independent local company.

Leading Springfield Exploration & Production Ltd, the first and only independent Ghanaian company to be awarded an

oil block in Ghana, Kevin also led the venture of Springfield into Nigeria, Africa's largest oil market, by setting up Springfield Ashburton Limited in 2011. Springfield Ashburton is to date, the only Ghanaian company to be involved in energy-related trade out of Nigeria.

His optimism shows when he says "Sometimes, your vision is so big that people don't quite see it yet. That's fine. Not everything is meant to make sense immediately. You stay patient, keep doing the work and keep building." Now, if that is not an apt motivation for us all, then what is?

In this week's edition of 'We've Got Men' section, IWA celebrates Kevin Okyere who recently added another year.

We wish you and your business greater results. Keep aiming! Keep reaching! Keep soaring!

HOLISTIC LIVING

Your Mind And Body Are Connected

By Dr. Maymunah Yusuf Kadiri



In a world that has mastered the art of compartmentalising life, we have made one of the most dangerous mistakes of modern living: separating the mind from the body. We speak of mental health as though it exists in isolation, and physical health as though it operates independently. But the human experience does not work that way. The body and mind are not separate systems; they are one continuous conversation. So, when one suffers, the other listens.

Consider the story of a young woman navigating the quiet storm of anxiety and self-doubt. On the surface, her life appeared normal—productive, connected, and full of potential. Yet internally, she was battling constant comparison, emotional exhaustion, and a growing sense of inadequacy shaped by the digital world around her.

What she was experiencing was not uncommon. It was a reflection of a generation living in overstimulation, constant comparison, and emotional overload. But what changed her story was not just therapy—it was integration.

She was introduced to movement—not as punishment, but as healing. What began as simple walks and structured exercise gradually became something deeper. With consistency, her thoughts softened. Her emotions became more manageable. Her body, once tense and overwhelmed, began to feel lighter. And in that shift, she discovered something powerful: healing is not just psychological, it is physiological.

This is the foundation of holistic living. The connection between mental and physical health is not theoretical, it is biological. When the mind is under stress, the body responds. Muscles tighten. Sleep is disrupted. Hormones shift. Cortisol levels rise, keeping the body in a prolonged state of alertness.

Over time, this can lead to fatigue, weakened immunity, and a range of chronic health conditions.

Conversely, when the body is engaged in movement, something equally powerful happens in the mind. Physical activity reduces stress hormones and stimulates the release of endorphins—natural chemicals that elevate mood, improve emotional resilience, and create a sense of wellbeing. It is not just about feeling better; it is about functioning better.

Movement also plays a critical role in regulating sleep, one of the most overlooked pillars of health. When the body is active, it supports the natural rhythm that governs rest and wakefulness, allowing for deeper, more restorative sleep. And with better sleep comes improved cognitive function, emotional stability, and overall performance.

The conversation must go beyond exercise as an isolated act. Holistic wellbeing is not built on occasional bursts of motivation. It is built on integration, how movement, rest, nutrition, emotional awareness, and social connection come together to support the whole person. It is not about perfection, but consistency. Not about intensity, but sustainability.

One of the greatest barriers people face is not lack of knowledge, but lack of alignment. Busy schedules, limited resources, and competing priorities often push wellbeing to the margins. Yet, the cost of neglect is far greater than the effort of integration. The solution is not to find more time, but to rethink how time is used.

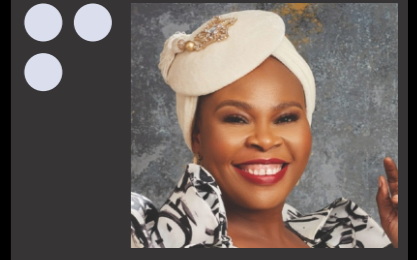
Movement can be woven into daily life—walking during calls, stretching between tasks, choosing active routines over passive ones. Emotional wellbeing can be supported through intentional pauses, meaningful conversations, and reduced digital overload. These are not drastic changes; they are deliberate choices.

Equally important is the role of community. Healing is amplified in environments where people feel supported, understood, and connected. Whether in families, workplaces, or social circles, the presence of others can significantly influence both mental and physical outcomes. We do not just live individually, we heal collectively.

What this ultimately reveals is a simple but profound truth: health is not a destination. It is a daily experience shaped by how we think, move, connect, and live.

The idea that one can achieve physical fitness while neglecting mental wellbeing or vice versa is not only outdated, but also unsustainable. True health requires alignment. It demands that we stop treating symptoms in isolation and start understanding the systems that produce them.

This is because in the end, the body does not forget what the mind endures, and the mind cannot thrive in a body that is neglected. Holistic living is not a trend. It is a return to what has always been true. That you are not two separate parts trying to function independently. You are one system, and healing begins when you start treating yourself that way.



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

How to achieve the impossible: Lessons from the First Woman on the Moon

By Zainab Aderounmu

When I was 12, I had a strong conviction that I wanted to be an astronaut. It was definitely real this time, unlike the three other times I switched my answers when asked 'What do you want to become when you grow up?' This time around, I was certain; I didn't want to become a doctor, an actress, or a banker. I wanted to become an astronaut. I was obsessed with outer space, the solar system and the Milky Way. I read about it and looked up astronauts, until one day, I outgrew it and realised I preferred literature to the sciences.

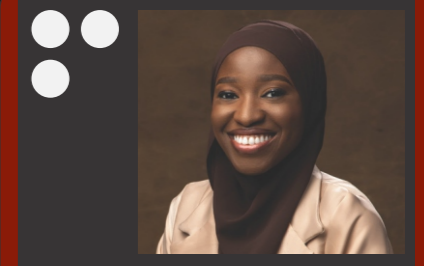
Interestingly, I've met many people who also wanted to become astronauts, but eventually switched plans. Only a few people, and fewer women, can boast of wanting to become astronauts and eventually seeing it through to the end. Christina Koch is one of those brave few. The 47-year-old engineer and NASA astronaut recently set the record for the first woman to orbit the moon and travel farthest from Earth on the Artemis II space mission.

How did she sustain that dream?

From a very young age, the firstborn daughter of four wanted to be an astronaut. She was particularly drawn to wide-open spaces meant to be explored, like the Arctic. She would place clipped images of space and Antarctica, and attended at least three space camps as a child. She went on to study Astrophysics and obtained several degrees in Electrical Engineering. She had completed the NASA Space Program in 2001. By 2015, she qualified to join future NASA missions after being selected as one of the Astronaut 21 group. This set the stage for her exploits on several missions, including Artemis II, a mission named after the Greek goddess of the moon.

One of those remarkable missions where she set a record occurred in 2020. As a rookie astronaut, she spent 328 days in space, the longest single continuous spaceflight by a woman. NASA used this mission to test the effects of long spaceflights on women. In 2023, she was selected as a missions specialist for Artemis II, which launched on April 1st 2026 and returned to Earth on April 10th 2026.

During this mission, the crew members shared several pictures, and one that particularly stood out featured her profile, looking up at Earth, with her braids hanging out. It particularly



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.

reinforced the idea that what was seemingly impossible can become possible only if you believe. She was the girl who always wanted to be an astronaut and never let go of that wild dream. Her story emphasises that life is a script, and one plays out what one has written down. Christina attended several space programmes as a child, and carefully walked the path that led her to this historic moment at the ripe age of 47.

The wholesome part isn't just that Christina was one of four crew members on that mission, but that many of the people who worked on the mission were also women. Since its inception, NASA has selected only 61 women astronauts out of 370 astronaut candidates. Although NASA recently selected a new class of 10 astronaut candidates, 6 of whom are women, the World Economic Forum predicts that the space gender gap is still 123 years away from full parity. So, if you're that girl who wants to become an astronaut, or do what currently seems impossible, do not lose sight of that dream.

"I always say to people, do what scares you, and that means I have to follow my own advice." Christina Koch



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”

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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.


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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.

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