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BIMBO
ONAKOMAIYA

FROM PILA TO PROPULSIVE PROGRESS

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HER POINT OF VIEW

Standing the Test of Time: Career Lessons from Greece





Kemi Ajumobi

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Welcome!

Dear Readers,

IWA is here again to dish out your weekly dose of stories you will love.

It has been a happy season for me because after 22 years, Arsenal has won the premier league...the sky is indeed red! I have laughed and laughed at various memes and bragging rights in full display. Surprisingly, I am seeing a lot of people saying they are Arsenal fans. I didn't know the numbers were that high or are they numbers merely in solidarity? Well, you all are welcome. I sincerely pray we win the champions league. Fingers crossed! We deserve that too.

Our cover personality for this week wears insurance on her sleeves and has been in the industry for four decades. As the 15th President of the Professional Insurance Ladies Association (PILA), she recently had a valedictory and award ceremony in preparation for her handover in June. It was indeed a beautiful and well attended event. We caught a few moments with her where she answered IWA's questions and we present her response to you in this edition. Her name is BIMBO ONAKOMAIYA, The MD/CEO of PeakThrust Insurance Brokers Ltd. Have a great time enjoying our discussion with her.

Here are other articles in this edition:

HER POINT OF VIEW: Standing the Test of Time: Career Lessons from Greece. By Chinyere Okorochoa.

WOMAN EXECUTIVE: Reclaiming the Long View: Leading for Legacy, Not Likes. By Wola Joseph-Condotti.

FINANCIAL AdviseHER: 5 Things I Would Do If I Were in My 30s or 40s.

HOLISTIC LIVING: Wellbeing Is Built Into Your Life, Not Squeezed Into Your Schedule. By Dr. Maymunah Yusuf Kadiri.

WE'VE GOT MEN: MOHAMMED DEWJI, Président/CEO, MeTL Group.

WOMAN AT THE HELM: MARY VILAKAZI, Group CEO FirstRand Limited.

It's going to be a great week for you!

Positivity always wins, stay positive!

See you soon!

COVER INTERVIEW**BIMBO
ONAKOMAIYA****FROM PILA TO PROPULSIVE
PROGRESS**

Kemi Ajumobi

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imbo Onakomaiya is an Economist by training, and a Fellow of the Chartered Insurance

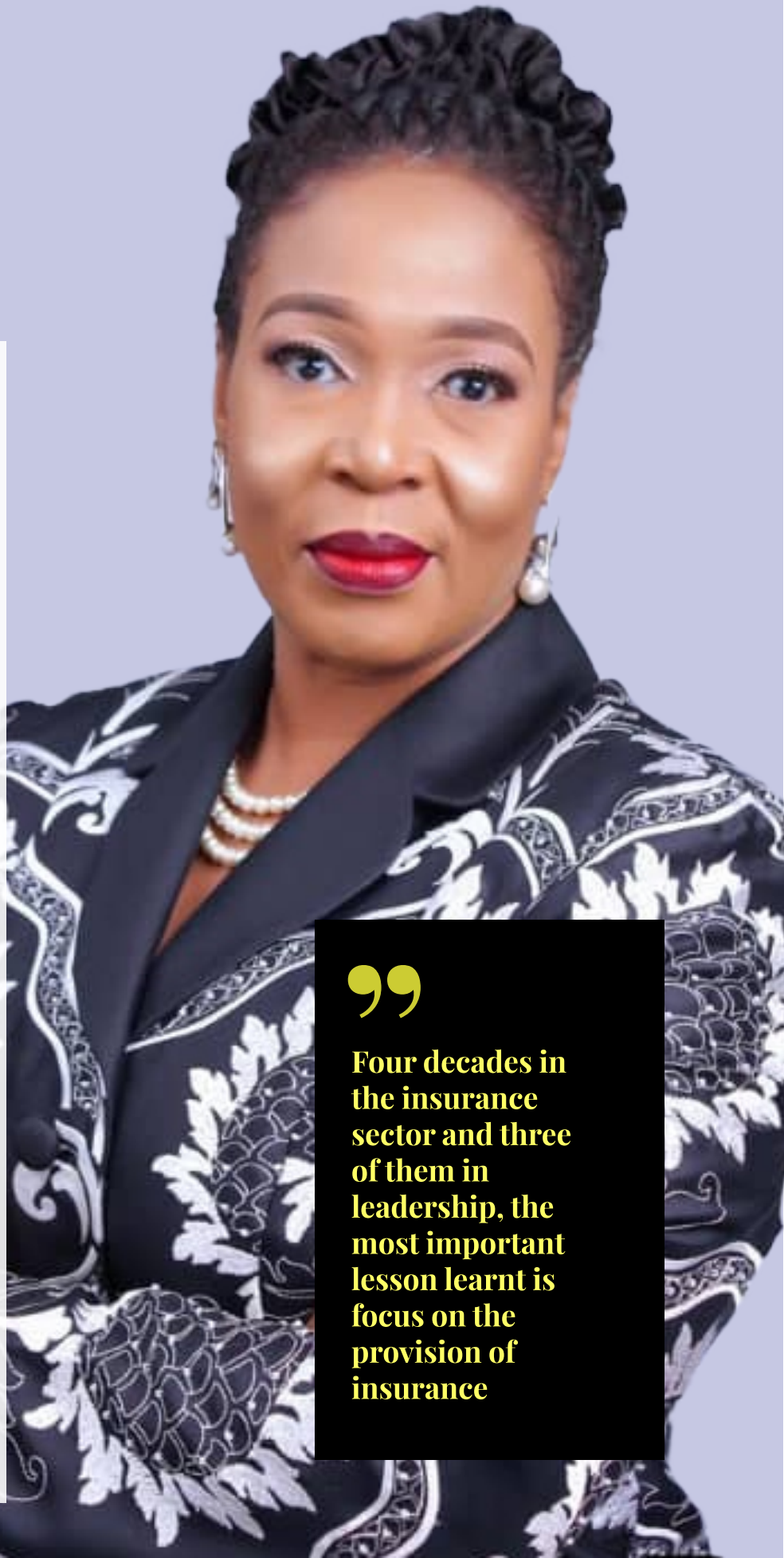
Institute of London with a career in insurance spanning over 40 years.

Her career started as an Associate, Hill Samuel Life Investment Services, Wales, United Kingdom before relocating to Nigeria, joining NICON Insurance in 1987 and becoming the company's first female fellow of the Chartered Insurance Institute London (FCII). Trailblazing for the ten-year service at NICON Insurance, she honed her skills in special risks, marine, oil, energy and reinsurance classes of insurance.

She moved to Anderson to open the consulting world to the insurance industry and vis-versa, thus enhancing partnerships that have now spanned decades.

From there, she worked with Unic Insurance Plc. She later became AGM (Oil & Energy), where she was until December 2002 before becoming the pioneer Managing Director/CEO of Peakthrust Insurance Brokers Ltd from 2003 till date.

Bimbo is a Governing Council Member, Chartered Insurance Institute



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Four decades in the insurance sector and three of them in leadership, the most important lesson learnt is focus on the provision of insurance



of Nigeria and the 15th President of Professional Insurance Ladies Association (PILA), the first female professional body in Nigeria established in 1973, which is an affiliate of the Chartered Insurance Institute of Nigeria (CIIN), encompassing all the chartered female insurance professionals in Nigeria.

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I encourage my successor to sustain the advocacy pipeline, the educational pipeline and the insuretech pipeline

▶ **Treasured Forte**

Four decades in the insurance sector and three of them in leadership, the most important lesson I have learnt is to focus on the provision of insurance services to the insuring public.

Everybody has a pain point that insurance can help to fulfill. Finding that pain point and taking on the risk has been my forte.

▶ **Advice to women interested in the insurance field**

Emerging female leaders are even more fortunate now than those of us that started earlier on. Technology and the emergence of insuretech startups has made the terrain easier to navigate, so the provision of insurance related solutions to the public and businesses has become easier. You only need to be available as a leader to take up the mantle.

▶ **Strategically strengthening the insurance industry's credibility**

PILA represents the Professional Insurance Ladies Association, and we are not really a stand-alone association. We have the umbrella body of the regulator NAICOM who supervises the entire industry. Immediately below them is the Chartered Insurance Institute and the President is also a female. We also have the Director General of the Nigerian Insurance Association who is female. The President of the Nigerian Council of Registered Insurance Brokers is female. Since insurance has the peculiarity of providing a buffer from the cradle to the grave, liaising with these various bodies in strategic market initiatives has been very easy and worthwhile. We realised long ago that we are all working together towards the same goal in the same financial ecosystem, which is the provision of comprehensive insurance as a risk management mechanism for the client.

▶ **Technology and insurance**

Technology under the broad focus of Insuretech is transforming the insurance landscape. This is then strengthened by the latest NIIRA



(Nigerian Insurance Industry Reform Act 2025) signed into law by our highly esteemed President Bola Ahmed Tinubu GCFR in August 2025 which is a highly comprehensive legal document that backs up all aspects of insurance and the applicability of same. The cream of the cake is the highly versatile regulator, NAICOM (National Insurance Commission) that has taken steps to "enforce" the NIIRA 2025 for the gain of the Insuring public. Going forward,(of course which we have already started) is the enlightenment of our 500 strong professional leaders at PILA to key into the aspect that most concerns them as per their insurance specialisation. This enlightenment is taking place by way of educational webinars, cross border activities, AfCfTa exposures and enhancement of the knowledge capacity in their specific insurance portfolios.

▶ **Top three advice for successor**

The top three pieces of advice for my successor includes encouraging her to sustain the advocacy pipeline, the educational pipeline and the insuretech pipeline.

▶ **Broadening the pipeline for women into executive roles**

This entails making them aware that these roles even exist. Pending discussion with the WILAN-WISCAR-WIMBIZ already existing coalition is one advocacy path that we have been exploring and we are positive that a major partnership pathway can be achieved.

▶ **Succession plan in PILA**

The succession plan within PILA is very adequate as elections are conducted every year. The most important leadership entry point is that of the Vice President who understudies the next presidency level for two years before being given the opportunity to come in as the Deputy President for a two-year tenure, before being given the opportunity to become the President for another two years. Of course there is the body of the past Presidents who



Focus, integrity, grit, knowledge, capacity and networking will help you stay on top in the insurance industry

are always willing and available to guide.

▶ **Women representation in insurance**

The changes of representation of women in insurance leadership has been very encouraging, more so, during my tenure as the president of PILA in the past two years, where the theme of my office has been: 'Enlarge Your Coast and Expand Your Horizon.'

I am glad to inform you that we have had over 15 insurance ladies take up positions within the C-Suite of insurance broking firms, insurance loss adjusting firms, insurance companies, reinsurance companies as Acting

Managing Directors, Managing Directors (confirmed by NAICOM), Independent Non-Executive Directors and Executive Directors of even other companies in the financial ecosystem. I particularly believe that this is God backing up my theme and thrust of office for which we give Him all the glory

▶ **Barriers encountered in industry**

Personally, I have not come across any barriers as such. I started my insurance career in the United Kingdom, and because that society is very cut and dried in the area of financial regulations, I really did not have any challenges.

On relocating to Nigeria however, I found out that the qualifications which I had already started acquiring in the UK stood me in good stead and I just rose through the ranks to the position of Assistant General Manager in my organisation. My stint at the then Andersen Consulting (Accenture) gave me leverage that I would otherwise may not have had, and so when I decided to start my own business as an insurance broker, compliance, regulatory and qualification challenges did not arise.

▶ **Need for support from men in the industry**

Truth be told, we are not even in competition at all. The male are still more in number and the females are all just coming up. My advice is to assist the best they can, but it must be merit drive and not tokenism. That is when the female will be able to hold her own in any situation in which she finds herself.

▶ **The role of mentorship and sponsorship**

The role of mentorship and sponsorship cannot be overemphasised, and this is not peculiar to the insurance profession. This holds sway in any career and of course at PILA we have a programme of mentorship and sponsorship in place to help the younger and up and coming career executives find their niche and their place in the scheme of things.



▶ **How to stay on top in the insurance industry**

Focus, integrity, grit, knowledge, capacity and networking.

▶ **Reminiscing on tenure as 15th President of PILA**

It was important for me to stay humble knowing fully well that I was at the helm of affairs of a female group that had over 500 ladies, all with different expectations and all at different levels of their career. We had to focus on education in more than one sphere of knowledge especially because both the insurance world, the technological world and the financial ecosystem are all changing simultaneously. Getting the ladies to participate needed additional skill on my part, but thank God that I had a formidable exco who understood my thrust of office and we worked well together.

▶ **Valedictory and Award Event**

The valedictory and award event was the first of its kind in the over 50 years of PILA's existence.

We felt it was important to honour those who had partnered with us during my 2-year Presidency. We used a committee system of operation, and of course there were subcommittees. We also had over twenty educational partners, as well as our branding and social media partners. We just had to recognise them all and use the opportunity to say a huge Thank You. The theme of the lecture was 'Audacious, Vivacious, Victorious' and it speaks to the path we had to tread during the Presidency and the outcome, for which we are grateful to God. The response so far has been extremely positive.

▶ **What next after tenure?**

Wow!!! I would first take a well earned holiday, and on my return, pick the next task on my bucket list (which is academic in nature and content) for completion by God's grace before the end of 2026.

▶ **Worthy of mention**

It is so important that the NIIRA 2025 be loudly announced, and we really thank our regulator NAICOM who is already making strides in this respect. All arms of



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I am indeed grateful to God for this opportunity of leading these wonderful career women as their President for the past two years. It has indeed been a humbling experience and a learning curve.

the insurance industry must also ensure that the insuring public is made very conscious of the relevance of insurance to their lives and living.

▶ **Greatest Life Lessons**

Fear God and involve Him in everything you do.
Refuse mediocrity in all its ramifications.
Stay career relevant, stay socially relevant and stay humble.

▶ **In conclusion**

I must state that I am indeed grateful to God for this opportunity of leading these wonderful career women as their President for the past two years. It has indeed been a humbling experience and a learning curve. I am much better prepared for the national and international stage which I have kept in-view and participated in peripherally during this two year period. I thank my family for their love and support. I am also grateful to you Kemi and your company, Inspiring Woman Africa (IWA) for taking time to interview me.

WOMAN EXECUTIVE

Reclaiming the Long View: Leading for Legacy, Not Likes

By Wola Joseph-Condotti



We are living in an age of immediacy. Success is measured in likes. Influence is counted in followers. Relevance is determined by visibility. The faster you rise, the more you are seen. The more you are seen, the more you are validated.

But here is the tension: visibility is not the same as value. And popularity is not the same as purpose. In a world obsessed with moments, true leadership is built over decades.

The Seduction of Speed

The digital age has trained us to expect results quickly. Quick wins. Quick growth. Quick

recognition. Even leadership has been caught in this current. We now see leaders measuring their impact by engagement metrics instead of enduring outcomes.

But what happens when leaders begin to prioritise what is immediate over what is important?

We lose depth. We lose patience. We lose the discipline required to build anything that lasts.

Because real transformation (whether in organisations, industries, or people) takes time.

The Discipline of the Long View

Great leaders do not think in quarters alone. They think in generations. They understand that not every seed will bear fruit in their tenure. That some of the most important work they will ever do will not trend, will not be celebrated, and may not even be fully understood in their lifetime.

But they do it anyway. Because they are not building for applause. They are building for impact. The long view requires a different kind of discipline:

- The discipline to stay consistent when results are not yet visible
- The patience to develop people, not just projects
- The courage to make decisions today that will only make sense tomorrow

It is slower. It is quieter. But it is far more powerful.

Legacy Over Likes

Likes are immediate. Legacy is enduring. Likes validate you in the moment. Legacy speaks for you when you are no longer in the room. Likes are driven by attention. Legacy is built on intention. As leaders (especially women navigating visibility in today's world), we must constantly ask ourselves: Am I building something that will last?

Or am I simply maintaining relevance? Because the danger of chasing relevance is that it is never satisfied. There will always be another post, another trend, another expectation to meet. But legacy? Legacy is anchored. It is deliberate. It is deeply rooted in purpose.

A Biblical Perspective

In Scripture, we see this principle clearly in the life of Nehemiah. He was not building for applause. He was rebuilding a wall brick by brick, under pressure, with opposition, without immediate validation. There were no crowds cheering him on. No metrics tracking his progress. But he remained focused. Committed. Patient. And what he built stood long after the moment passed. That is the power of the long view.

Leading with Patience in an Impatient World

To lead for legacy in today's world requires intentional resistance. You must resist the urge to rush. Resist the pressure to perform for optics. Resist the temptation to equate visibility with impact.

Instead, choose:

- Depth over display
- Consistency over noise
- Purpose over popularity

Because what you build slowly, you build strongly.

Final Thoughts

To every woman leading in a world that demands speed: Take the long view. Not everything needs to happen now. Not everything needs to be seen. Not everything needs to be applauded. What matters is that it is true, intentional, and enduring. Because long after the likes fade and the noise quiets, what will remain is what you built with patience, with purpose, and with conviction. So lead beyond the moment. Lead beyond the metrics. Lead beyond the noise. Lead for legacy!



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.



5 Things I Would Do If I Were in My 30s or 40s

recognise it as one. I want you to. If I were stepping into my 30s or 40s right now with what I know, here are five things I would do without hesitation.

Get obsessively clear on my net worth

Not my income, my net worth. What do I actually own versus what do I owe? Write it down. On one side: savings, investments, property value, pension balance. On the other: mortgage, loans, credit card balances, any money owed to family. Most people earning N300,000 to N800,000 a month have never done this exercise. They feel financially active because money is moving, but movement is not the same as progress. Knowing your net worth, even if the number is uncomfortable, gives you a real starting point. You cannot improve what you have not measured.

Stop treating my pension like background noise.

Your Retirement Savings Account is compounding right now whether you are paying attention or not. The question is whether it is compounding well. Log in this week. Check your balance, your fund manager's performance over the last three years, and whether your contribution rate still reflects your current income. Many

people are contributing at levels set during their first job nearly a decade ago. If your salary has grown from N150,000 to N500,000 and your pension contribution has not moved, you are leaving a significant gap in your future. The voluntary contribution option exists, use it.

Start one serious investment outside my employer

Whether that is equities on the NGX, a real estate investment trust, a dollar-denominated money market fund, or a direct property play, the goal is an asset that does not depend on your employment continuing. Consider this: N50,000 invested monthly in an instrument averaging 15% annual returns over ten years grows to roughly N13.5 million. That is not a get-rich projection. That is steady, boring, consistent investing doing what it is supposed to do. Your job is income. Investments are wealth. They are not in the same category.

Have a real money conversation with my partner.

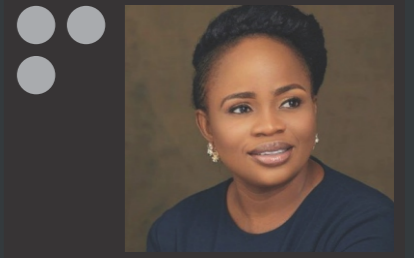
Not a vague chat, a real one with actual numbers on the table. What are your combined assets? What do you collectively owe? Do you have a will? If one of you stopped earning tomorrow, how long could the household sustain itself? Many couples

manage money in parallel without ever genuinely merging their financial picture. This creates blind spots that become expensive later. The conversation is uncomfortable for about twenty minutes and then clarifying for years afterward.

Find one person whose financial life I genuinely respect and study how they think

Not a celebrity investor, someone accessible. A colleague who has been quietly building, a mentor, a financial advisor who works with people at your income level. Ask them specific questions: what did they get wrong in their 30s, what they wish they had started earlier, how they decide where to put money. Good financial thinking is transferable. It does not have to be original to be useful.

Here is the broader truth about this season of life. The decisions you make between 35 and 45 have a compounding effect that is disproportionately powerful compared to any other decade. The person who invests N30,000 a month from age 35 to 55 at 12% annual returns ends up with approximately N27 million. The person who waits until 45 to start the same habit ends up with about N6.6 million. Same discipline, same rate, ten years earlier. That is the edge you are sitting on right now.



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.

By Sola Adesakin

Here is what nobody talks about enough when it comes to being in your 30s or 40s. Yes, you may look at people in their 20s and feel like time is running out. But you have something they do not, and it

is genuinely valuable. You have context. You have made mistakes and learned from them. You understand what things actually cost, in money and in time. You know yourself well enough to make financial decisions that fit your real life, not an imagined one. That is an edge. Most people in this season do not

HER POINT OF VIEW



Chinyere Okorochoa

Last year, I travelled to Athens, Greece, and found myself once again standing before one of the most iconic monuments in the world, the Acropolis. Perched majestically on a hill overlooking the city, the Acropolis has stood for more than two thousand years. Built in the 5th century BC, it remains a powerful symbol of the ingenuity, vision, and resilience of ancient Greek civilization. Despite wars, earthquakes, and the relentless passage of time, it still stands; magnificent, enduring, and deeply inspiring.

But for me, this visit was more than just a tourist moment. It was deeply personal.

The first time I visited the Acropolis was in 1999. I was attending a conference in Athens and, at the time, I was pregnant with my second child. Like many women navigating career growth while raising a

family, I was in a demanding season of life... building my professional path, while managing the responsibilities that come with motherhood. Standing there felt special.

Returning twenty-five years later felt profound.

This time, I intentionally recreated the outfit I wore during that first visit. Khaki trousers, a white shirt, and a black jacket tied around my waist. It was a small gesture, but one that allowed me to pause and reflect on the passage of time.

Two photographs now exist. One taken in 1999 and the other taken twenty-five years later. In both, the Acropolis rises behind me in all its grandeur.

Yet there was one noticeable difference. In the recent photograph, scaffolding surrounds parts of the monument.

Restoration work is ongoing to carefully preserve the structure for future generations. And that image sparked a powerful reflection.

Even monuments that have stood for thousands of years require deliberate care and maintenance. Without continuous restoration and investment, even the most magnificent structures can deteriorate.

The same is true for our lives and our careers.

As women, we sometimes admire success stories without fully appreciating the foundations that support them. Behind every accomplished professional, every respected leader, and every woman who appears to have "stood the test of time," there is usually a foundation that was built deliberately...brick by brick, year after year.

Standing the Test of Time: Career Lessons from GREECE

When I compare the woman in the 1999 photograph with the one standing there twenty-five years later, I see growth, experience, and resilience shaped over decades. The journey between those two moments includes career milestones, international travel, leadership roles, and lessons learned through both successes and challenges. None of it happened overnight. Just like the Acropolis, the foundation had to be strong.

For female professionals especially, this lesson is critical. A sustainable career cannot be built on shortcuts or temporary success. It must be grounded in knowledge, discipline, values, and continuous growth.

One of the greatest investments any woman can make is an investment in herself.

- Invest in education.
- Invest in skills.
- Invest in mentorship.
- Invest in personal development.

Some of these investments require time. Others require financial sacrifice. Sometimes they require the courage to step outside your comfort zone. But I firmly believe that no investment in yourself is ever wasted.

Eventually, it pays dividends. Throughout my career, I have seen how

both formal and informal learning shape opportunities. Conferences attended, books read, mentors sought out, courses taken, and experiences embraced all contribute to building a strong professional structure.

Just like the engineers carefully restoring the Acropolis today, we must periodically strengthen our own foundations. Are we learning? Are we adapting? Are we evolving?

Longevity in a career does not happen by accident. It requires intention. It requires resilience. And most importantly, it requires strong foundations.

Standing before the Acropolis again after twenty-five years reminded me of something powerful: true greatness is not simply about rising; it is about enduring.

Structures that stand for centuries are built on solid ground. So are careers.

My encouragement to every woman reading this is simple: build well. Build deliberately. Build with the future in mind.

Because when your foundations are strong, you too will stand the test of time.



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.



WOMAN AT THE HELM

Mary Vilakazi

Group CEO, FirstRand Limited

Mary Vilakazi is the Group CEO at FirstRand Limited.

FirstRand Limited, through its portfolio of integrated financial services businesses, operates in South Africa, certain markets in sub-Saharan Africa, the UK, and India.

Listed on the Johannesburg Stock Exchange (JSE) and the Namibian Stock Exchange (NSX), FirstRand Limited is the largest financial institution by market capitalisation in Africa.

FirstRand is able to provide its customers with differentiated and competitive value propositions due to its unique and highly flexible model of leveraging the most appropriate brand, distribution channel, licence and operating platform available within the portfolio.

A chartered accountant, Mary was previously deputy chief executive officer at MMI Holdings and

partner at PwC, where her rise at the firm was marked by her promotion in 2005 at the age of 27, and this made her one of the youngest partners in PwC's global network at the time.

She grew up in Alexandra, a township on the outskirts of Johannesburg. Despite facing various socioeconomic challenges, through scholarship from the Rotary Fund and the Gifted Child Programme, she showed outstanding academic excellence. She matriculated at St Enda's Secondary School in Braamfontein before enrolling at the University of the Witwatersrand, where she earned a Bachelor of Commerce degree in 1999 and an Honours degree in Accounting in 2000.

Wanting more in life, after PwC, she ventured into the Mineral Services Group as Chief Financial Officer between 2008 and 2011. Thereafter, she held non-executive roles before joining MMI Holdings in 2014,

where she served as Group Finance Director and later as Deputy CEO.

By 2018, she was at FirstRand as Group Chief Operating Officer, a role that demonstrated her capabilities by leading the group's launch into the insurance and investment management, as well as supertending over its spread into bigger African markets.

In October 2023, FirstRand announced her appointment as Group CEO, succeeding Alan Pullinger. She assumed the role on April 1, 2024, becoming the first woman and the second Black leader to head the organisation.

A recipient of several outstanding awards, she is passionate about gender representation, and navigating challenging regulatory environments. She is doing a great job managing the Group and its subsidiaries globally.



WE'VE GOT MEN

Mohammed Dewji

President/CEO of MeTL Group

Mohammed Dewji is the President and CEO of MeTL Group, a Tanzanian conglomerate founded by his father in the 1970s. Mohammed served as member of parliament from 2005-2015 for his hometown Singida. In 2022, he was listed as 15th richest person in Africa with an estimated net worth of \$1.5billion.

A philanthropist, he has contributed to the wellbeing of Tanzania through the Mo Dewji Foundation which takes care of education, health, community growth, access to water and gender empowerment.

MeTL is a large, family-owned, diversified group of companies headquartered in Dar es Salaam, Tanzania. It employs thousands across the country and has investments in energy, petroleum, textiles, agriculture, insurance, telecoms, transport and logistics, trading, real estate and FMCG.

Mohammed is single-handedly responsible for increasing MeTL's revenue from

\$30million to over \$2billion between 1999-2022.

When his father, Gulamabbas Dewji, started the MeTL Group in the 1970s, it was merely a small trading company with a bold vision and an insurmountable commitment to providing great value products at affordable prices.

Since Mohammed joined his father in the business in 1999, their company has grown in leaps and bounds to become a major economic powerhouse in East Africa. "And yet we remain insatiably committed to that vision. We have developed new products, introduced new services, and invested in new technology and knowledge while continuing to offer our buyers and consumers value for money," Mohammed stated.

MeTL Group is one of Tanzania's largest conglomerates and their products are available everywhere in Tanzania and across Eastern and Southern Africa through the group's efficient distribution network.

Their core business focuses on providing locally produced, value-added products and

services that meet people's everyday needs. They do this by adopting new manufacturing technologies and infrastructure, maintaining ethical and socially responsible business practices, investing in their people, and protecting the planet.

The MeTL Group's corporate strategy has evolved as their businesses have grown, matured, and diversified into new sectors and regions over the last 50 years. Starting as a family-owned trading company in the 1970s with a desire to offer quality goods at affordable prices, by the late 1990s, their strategy had transformed to focus on local manufacturing and intra-regional trading to strengthen Tanzania's growth and development in private industry.

The early 2000s saw the Group's massive expansion with major acquisitions due to the government's privatisation policies. The expansion set the stage for the next phase in MeTL Group's strategic plan for the next decade; vertical integration and regional expansion.

HOLISTIC LIVING

Wellbeing Is Built Into Your Life, Not Squeezed Into Your Schedule

By Dr. Maymunah Yusuf Kadiri

In today's fast-paced world, movement has become something we try to "fit in" rather than something we are designed to live through. We wake up to alarms, sit through meetings, scroll through screens, and collapse into bed, calling it productivity while quietly neglecting one of the most fundamental pillars of human wellbeing: physical activity.

The conversation must evolve. Movement is not merely exercise. It is not about gym memberships, fitness trends, or aesthetics. It is about how we live, how we function, and how we sustain energy, clarity, and resilience in a demanding world. True health is holistic, and

movement is one of its most powerful expressions.

Consider the story of Sarah, a high-performing professional navigating the demands of a busy career. Like many in modern urban environments, her life was structured around deadlines, deliverables, and constant motion—yet paradoxically, very little physical movement. She was successful on paper but depleted in reality.

Her turning point was not dramatic. It was a decision. A decision to stop treating movement as optional and start seeing it as essential. What followed was not a complete

lifestyle overhaul, but a strategic integration. She began waking up slightly earlier, not to punish herself, but to create space for herself. Short bursts of movement became part of her mornings. She scheduled physical activity the same way she scheduled meetings, signalling to herself that her wellbeing was just as important as her work.

Then something shifted. Her energy improved. Her focus sharpened. Her stress became more manageable. But more importantly, she experienced something many high achievers silently crave—balance.

This is the essence of holistic living.

Health is not achieved through isolated actions; it is built through consistent, integrated behaviours that support the mind, body, and social life simultaneously.

Scientific evidence continues to reinforce this reality. According to the World Health Organisation, regular physical activity significantly reduces the risk of cardiovascular disease, diabetes, depression, and anxiety, while improving cognitive function and overall quality of life. But beyond disease prevention, movement enhances how we show up daily—how we think, decide, lead, and connect.

Yet, one of the biggest misconceptions about physical activity is time. Many

believe they need hours they simply do not have. The truth is simpler and more empowering: movement does not require more time; it requires more intention.

Holistic movement is not confined to gyms. It lives in everyday choices. Walking during phone calls. Taking the stairs instead of the elevator. Stretching between meetings. Turning idle moments into active ones. These are not small acts; they are cumulative investments in wellbeing.

Equally important is the relationship between movement and mental health. Physical activity is a natural regulator of stress. It reduces cortisol levels, boosts endorphins, and improves mood. In a world where burnout has become almost normalised, movement is not just beneficial—it is protective.

But beyond the individual, there is a larger conversation that must be had.

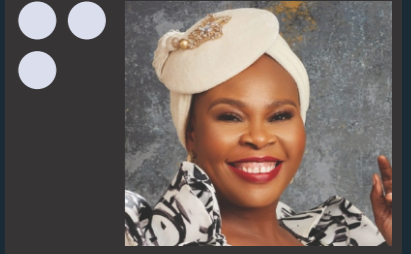
Workplaces, cities, and systems must be designed to support movement, not restrict it. Environments that encourage walking, provide access to recreational spaces, and promote flexible work structures create healthier populations. When movement becomes embedded in culture, it becomes sustainable.

The question is no longer whether we have time to move. It is whether we can afford not to.

Inactivity is not neutral. It accumulates quietly, affecting energy, mood, productivity, and long-term health outcomes. And in a society already dealing with rising mental health challenges and lifestyle-related diseases, this is a cost we cannot ignore.

Sarah's story is not unique. It is a reflection of millions navigating modern life. But it also offers a blueprint—one that does not require perfection, only consistency.

Start small. Stay consistent. Integrate, don't isolate. In the end, wellbeing is not something you visit occasionally. It is something you live daily, and movement is how you begin.



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.



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.

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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.

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