



INSPIRING
WOMAN
AFRICA

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Surviving the

GENOCIDE AGAINST THE TUTSI IN RWANDA

ASSUMPTA NUMUKOBWA &
DIMITRIE SISSI MUKANYILIGIRA TURN PAIN TO PURPOSE

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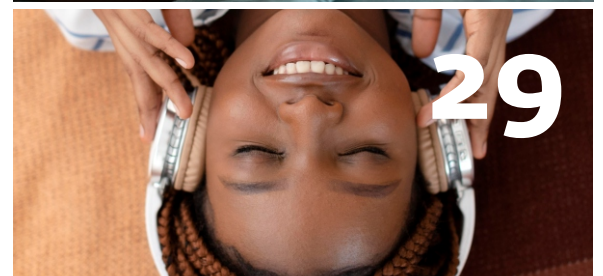
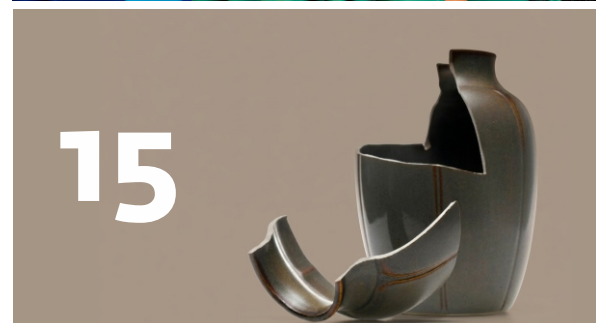
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Welcome!

Dear Readers,

This week in our Inspiring Woman Africa (IWA) magazine, we visit our sister country, Rwanda, to share with you the stories of two women who have turned their pain to purpose despite their painful past. By painful past, we mean the 1994 Genocide Against the Tutsi in Rwanda, which was a planned mass massacre of the Tutsi people by extremist Hutu nationalists. For 100 days, April to July 1994, over 1,000,000 people were murdered.

The closest I have come to people who experienced it was the story shared with me by Dr. Monique Nsanzabaganwa, a Rwandan economist, politician, diplomat, and former vice-chairperson of the African Union Commission. She also mentioned it in her book titled SEED which was edited and published by Inspiring Woman Africa (IWA).

From all I have read about the incident and Dr. Monique's experience, all I have done is paint a picture of what the Tutsi went through in those 100 days in my mind. This year marked the 32nd anniversary commemoration, called the Kwibuka 32. Though the genocide ended in July 1994 when the RPF military forces defeated the extremist government and took control of the capital, Kigali, memories of the genocide against the Tutsi remain. That is why we are honoured at IWA to have exclusive interviews with two female corporate executives who are survivors and have gone to become women who never allowed their experience deter their progress. Though a gruesome experience, we acknowledge their strength and survival against all odds and we are grateful to them for sharing their stories with us. They are ASSUMPTA NUMUKOBWA and DIMITRIE SISSI MUKANYILIGIRA.

Here are other articles in this edition:

HER POINT OF VIEW: You Never Know Who Is Watching: The Quiet Power of Your Example. By Chinyere Okorochoa.

WOMAN EXECUTIVE: You Cannot Lead From a Broken Vessel. By Wola Joseph-Condotti.

FINANCIAL AdviseHER: The Investments that Never Show Up on a Statement. By Sola Adesakin.

GENDER INSIGHTS: 2027 Elections: Why Women Must Lead the Campaign for an Inclusive Nigeria. By Asmau Benzie-Leo.

HOLISTIC LIVING: The Best Time to Protect Your Health Is Before You Need a Hospital. By Dr. Maymunah Yusuf Kadiri.

TRIBE WITH THE VIBES: Feed Your Mind Positively. By Zainab Aderounmu.

WOMAN AT THE HELM: YEMI FAMORI, VP Asset Digital Core - Integrated Gas Upstream, Shell.

WE'VE GOT MEN: JOHNNY .C. TAYLOR, Jr. President/CEO of Society for Human Resource Management (SHRM).

Have an amazing week and we wish you the best!



COVER INTERVIEW

Surviving the Genocide Against the Tutsi in Rwanda

ASSUMPTA NUMUKOBWA AND
DIMITRIE SISSI MUKANYILIGIRA
TURN PAIN TO PURPOSE

—
Kemi Ajumobi



ASSUMPTA NUMUKOBWA

SENIOR CORPORATE EXECUTIVE,
GENOCIDE SURVIVOR, MOTHER AND AUTHOR

► Biography

Assumpta Numukobwa is a Rwandan survivor of the genocide against the Tutsi. She was a university student when the genocide began, an experience that deeply marked her life and shaped her path.

After surviving, she rebuilt her life with determination and continued my education. She has a Master's degree in Business Administration and today works in the banking sector in a leadership position. She is also the mother of three children and actively engaged in community life, where she leads women's groups focused on empowerment and solidarity.

Assumpta is the author of 'The University Betrayed Me' (L'université m'a trahie), a testimony of her journey of survival, resilience, and rebuilding.

Her life today is dedicated to contributing to her country's development, reconciliation, and healing, while inspiring others to transform pain into strength and purpose. She is also committed to helping preserve her country's history so that future generations can learn from it, honour its lessons, and play an active role in preventing all forms of genocide and ideologies of hatred wherever they may emerge.

► My journey

My formative years were marked by both hope and profound tragedy. As a child, I grew up with dreams and aspirations like any other young person. However, the 1994 genocide against the Tutsi changed the course of



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By sharing my story, I hope to contribute to remembrance, inspire resilience, and encourage future generations to stand against hatred, injustice, and genocide in all its forms



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Interahamwe student militias forced me out of my room, beat me, and handed me over to soldiers. The soldiers then took me to the IRST forest, where many people were being killed

my life forever. Surviving such unimaginable violence forced me to mature at a very young age and taught me the value of resilience, courage, and perseverance.

After the genocide, I faced many challenges while trying to rebuild my

life, including pursuing my education and finding my place in society. Those experiences shaped my determination never to let my past define my future. They also instilled in me a deep sense of responsibility to preserve the truth and honour the memories of those who did not survive.

The greatest influence behind my book, ‘The University Betrayed Me’, was the conviction that personal testimonies matter. I wanted to document not only my own journey but also the painful realities that many survivors endured, including the betrayal, discrimination, and struggles. By sharing my story, I hope to contribute to remembrance, inspire resilience, and encourage future generations to stand against hatred, injustice, and genocide in all its forms.

► My genocide experience

I was at university when the genocide against the Tutsi began. The university campus was home to both Hutu and Tutsi students, but Tutsi students were viewed with hostility. We were

threatened, and we could clearly see the signs that we might be killed. Acts of aggression against Tutsi students became increasingly common, and the hatred was unmistakable.

Lists identifying Tutsi students had been prepared, making it easier for those who planned the killings to target us. April 21 marked a tragic turning point. It was the day when many Tutsi students lost their lives. I was also targeted. Interahamwe student militias forced me out of my room, beat me, and handed me over to soldiers. The soldiers then took me to the IRST forest, where many people were being killed. By the grace of God, with Inkotanyi (The Rwandan Patriotic Front) under the leadership of His Excellency Paul Kagame, the 1994 genocide against the Tutsi ended. I survived.

► Lessons Learnt

The experience taught me that knowledge without human values is meaningless. As the well-known saying





goes, “Science without conscience is but the ruin of the soul”. During the genocide, the killings were organised and carried out by educated people, including student members of the Interahamwe, university professors, and others who held advanced academic degrees. This taught me that neglecting humanism and moral values, even in the pursuit of knowledge and education, can lead to unimaginable tragedies.

As a survivor, I also learnt the meaning of resilience. Although I endured profound loss and trauma, I refused to let those experiences define my future. Instead, they strengthened my commitment to education, truth, memory and resilience.

Writing ‘The University betrayed me’ was part of that journey. I wanted to bear witness to what happened, to honour the memory of those who did not survive, and to help ensure that future generations understand the consequences of hatred and the importance of protecting human dignity.

The most important lesson I have learnt is that remembrance is not only about the past, it is also about our responsibility today to reject hatred, defend truth, and build a society where every person is valued regardless of their identity.

► Living and inspiring others

Today, I work in the banking sector in a leadership position, and I am the proud mother of three children. I also lead several women’s groups in my community and am the author of ‘The University Betrayed Me’.

My life has changed because my country has changed. Rwanda has become a country of peace, reconciliation, forgiveness, and justice. I wanted to contribute to that transformation by playing my part in rebuilding our nation and promoting resilience. I hope to inspire others by showing that, as long as we are alive, there is always hope. We can transform our pain into strength, humility, and generosity. We can honour

the memory of those we lost by living meaningful lives and making them proud through our actions.

► Words of encouragement for genocide survivors

To everyone who lived through the genocide against the Tutsi, I want to say this: never lose hope. Our past does not have to define our future. Healing takes time, but it is possible. Let us honour those we lost by living with courage, dignity, and purpose, and by continuing to build a future of peace for the next generation.

► Message to Africa

Africa must remember its history honestly, learn from its past, and reject all forms of division and hatred. It must invest in education, justice, and strong institutions that protect human dignity. Going forward, Africa’s strength will come from unity, reconciliation, and the commitment to build peaceful and inclusive societies for all.



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Africa's strength will come from unity, reconciliation, and the commitment to build peaceful and inclusive societies for all



DIMITRIE SISSI MUKANYILIGIRA

**EXPERIENCED EXECUTIVE,
GENOCIDE SURVIVOR, MOTHER,
PHD STUDENT AND AUTHOR**

► Biography

Dimitrie Sissi Mukanyiligira is the Rwandan Author of 'Do Not Accept To Die', a genocide survivor and a motivational speaker. She is currently working as a Researcher and PhD Student at the University of Vienna, Austria.

She holds a Masters of Business Administration (MBA) in Project Management from the Oklahoma Christian University and a MSc. in Gender and Development from the University of Rwanda. She has worked in international development mainly at the World Bank in Rwanda for the last 20 years.

Her book was published in April 2022 in English and in French version as 'N'Accepte Pas De Mourir' in April 2023. The German version is called "Akzeptiere Einfach Nicht, Zu Sterben" and was published in April 2024. Dimitrie's book is a memoir and a biography of her life including how she survived the Genocide against Tutsi in Rwanda in 1994. She was 22 years by then. She also founded 'LiveOnFoundation' as a response to the profound needs in Rwandan society for trauma recovery through storytelling, mental health awareness, and youth empowerment.

She is one of the Founding Members of Ibuka organisation, an Umbrella of Genocide Survivors Associations and remains an active member of several genocide survivors' groups and initiatives in Rwanda and abroad.

Dimitrie is also a member of Rotary Club International and Graduate Women International (GWI).



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I adopted a simple but powerful mindset: if you can envision a broader horizon, you can reach it



In her free time, this mother of 5 enjoys music and dancing, sports and reading. She also enjoys having motivational and coaching sessions with different people especially youths with a particular accent to Girl's education and empowerment. Dimitrie also sings in a catholic church choir.

► My Journey

I grew up in a small semi-rural village where my parents worked as farmers. With very limited formal education, they could only read, write, and count at a basic level. Because of the ethnic discrimination they faced, their opportunities were restricted, affecting their access to education, employment, and even freedom of movement. As a result, they placed a strong emphasis on education for their children, seeing it as the path to a better future. That perspective deeply influenced me. Education became more than a requirement; it became my passion and my primary goal. Despite ongoing challenges, including discrimination at school, I remained committed to my studies. My parents consistently encouraged me to persevere and believed in my potential, which gave me a strong sense of confidence and resilience. From an early age, I understood that discipline,

hard work, focus, and values such as integrity, respect, and determination would be key to shaping my future. I adopted a simple but powerful mindset: if you can envision a broader horizon, you can reach it.

► My genocide experience

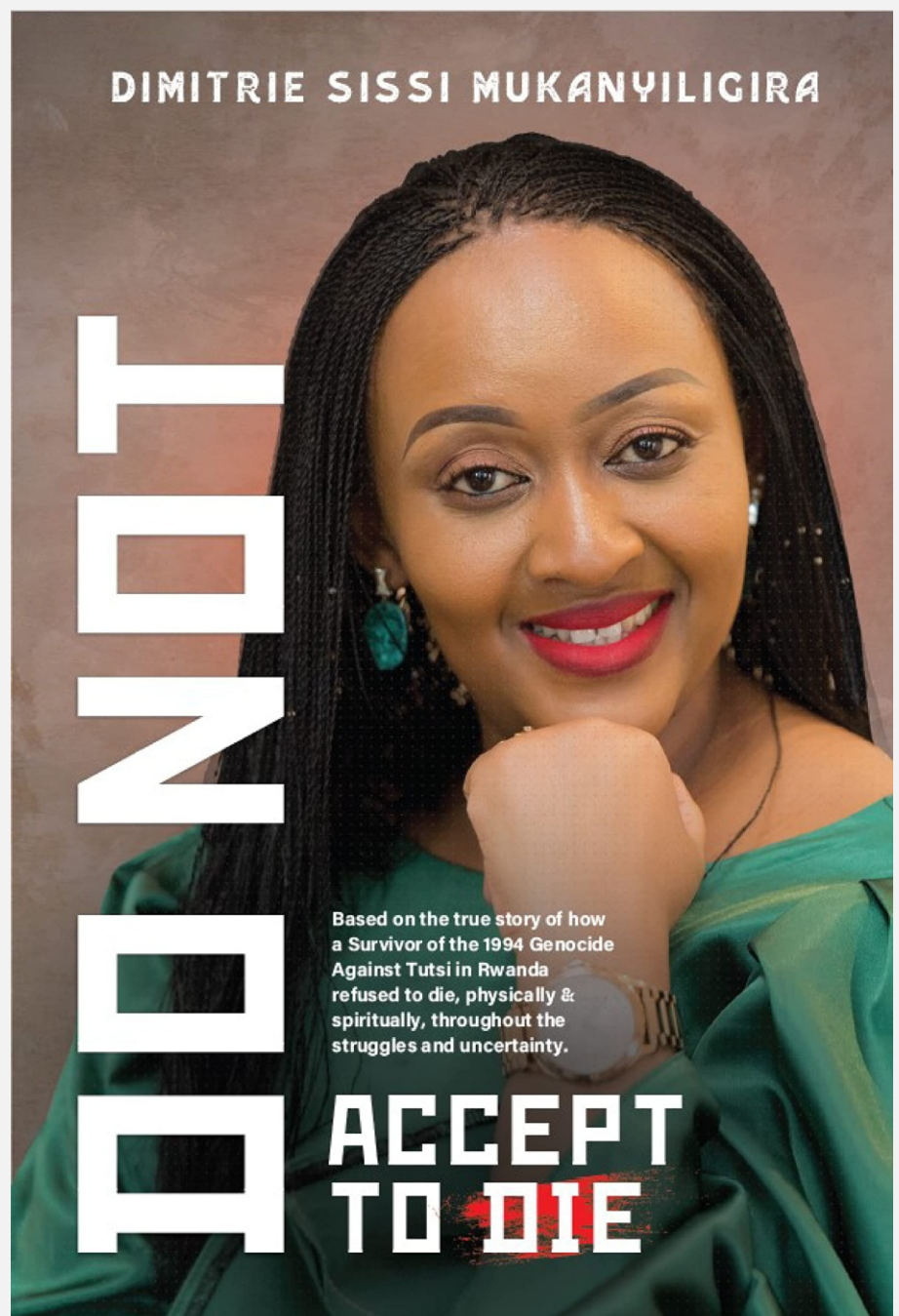
I was 22 years old when the genocide against the Tutsi in Rwanda began; a young woman full of life, joy, and energy, on the verge of completing high school and stepping into a new chapter of my life. Instead, I was drawn into the horror of

genocide, experiencing it in every moment and every aspect of my existence. I moved from one place of hiding to another; starting in dense bushes where I survived by eating grass, then to Kigali Central Hospital (CHUK), and finally to Sainte Famille Church. Along the way, I endured extreme hunger, thirst, cold nights, relentless rain, and the constant sounds of screams and grief as people were killed before my eyes.

I witnessed death in its most immediate and brutal form; I smelled it, touched it, and felt its presence closing in on me

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I was beaten and left unconscious. I was tortured and eventually thrown into a hospital mortuary filled with bodies, left there to suffocate and die.

every day. In the tears of children and mothers who were murdered, I felt as though I was dying alongside them. I was beaten and left unconscious. I was tortured and eventually thrown into a hospital mortuary filled with bodies, left there to suffocate and die. Miraculously, I survived.

The genocide took a devastating toll on my family. I lost my sister, my brothers, and a large part of my extended family. As I recount in my book, *Do Not Accept To Die*, approximately 208 members of my extended family were killed, all slaughtered during the genocide against the Tutsi. These experiences have marked me forever, shaping both my resilience and my purpose.

▶ **Lessons learnt**

The experience of the genocide taught me lessons that no one should ever have to learn in such a way, but which have profoundly shaped who I am today.

First, I learnt the fragility of life and the importance of every single human being. I witnessed how quickly hatred, when left unchecked, can destroy families, communities, and an entire nation, as well as the future. It showed me that indifference and silence in the face of injustice can have devastating consequences.



At the same time, I discovered how every day is to cherish and live fully considering that it can be the last one of one's life. This experience reminded me that life is the most precious gift we have and we should protect it and enjoy it fully. Since then, I took life very amply and enjoy it every single day. In addition, I discovered the strength of the human spirit. Despite everything I endured—the fear, the loss, the suffering—I survived. That survival was not just physical; it became a conscious choice to live, to rebuild, and to give meaning to what I went through and purpose to what I was left to accomplish.

This experience also taught me the power of values. The discipline, resilience, and integrity that my parents instilled in me became my anchor. They helped me not

only to endure but to rise beyond what could have defined me as only a victim. What I believe people need to hear is this: hatred is taught, but so is compassion. We all have a responsibility to choose humanity, to stand up against discrimination in all its forms, and to never normalise injustice, no matter how small it may seem at first.

I also want people to understand that even after the darkest moments, it is possible to rebuild, to find purpose, and to transform pain into strength. My life is a testament to that. Ultimately, my message is one of responsibility and hope: if we protect human dignity, educate future generations, and have the courage to speak out, we can prevent such tragedies from happening again.



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▶ Living and inspiring others

Today, I am a survivor, a voice, and a woman guided by a strong sense of purpose. My life has undergone a profound transformation—from a young girl whose future was almost taken away, to someone who made a deliberate choice to live, rebuild, and find meaning in the face of unimaginable loss.

The genocide did more than alter the direction of my life; it reshaped how I see it. I no longer take anything for granted. Every opportunity, every accomplishment, and every moment of peace holds deeper significance. I have rebuilt myself step by step, anchored in resilience, discipline, and a deep commitment to honoring those who were lost.

What defines me today is not only what I endured, but what I chose to become afterward. I refused to be defined solely by pain. Instead, I turned that pain into purpose.

I returned to school and earned a bachelor's degree, followed by two

master's degrees, and I am currently pursuing a PhD at the University of Vienna in Austria. I also built a family and I am now a proud mother of five wonderful children who are responsible and compassionate individuals. In my village, I invested in real estate and developed a beautiful garden on my family's land for weddings and events—a place where love and life are celebrated instead of sorrow. Professionally, I have built a fulfilling career, beginning with eight years at the United Nations Development Programme (UNDP), followed by twenty years at the World Bank office in Rwanda.

I inspire others by sharing my story with honesty and openness, including through my book, *Do Not Accept To Die*. Through speaking engagements, mentorship, and community involvement, I encourage people to value life, stand against injustice, believe in their strength to overcome adversity, and never give up. Since publishing my memoir, I have continued to support and inspire fellow survivors, and to date, three books have been published.

My journey demonstrates that even in the darkest circumstances, it is possible to rebuild, to live a meaningful life, and to become a source of strength for others. I strive to show that resilience, hope, and purpose can rise even from the deepest suffering.

▶ Words of encouragement for genocide survivors

To everyone who experienced the genocide, I want to say this:

You are still here, and that matters. Your life has value, your story has meaning, and your presence in this world is a testament to strength beyond words. What you went through is unimaginable, and yet you found a way to continue, one day at a time.

There may be moments when the pain feels overwhelming, when memories return, or when loss feels too heavy to

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These experiences of genocide against the Tutsi has marked me forever, shaping both my resilience and my purpose

carry. In those moments, remember that healing is not a straight path. It takes time, patience, and compassion toward yourself.

You are not defined only by what happened to you. You are also defined by your courage, your resilience, and your ability to rise again. Even in brokenness, there is strength. Even after loss, there can be purpose.

Allow yourself to live, not just to survive. Allow yourself to find moments of peace, of joy, and of hope; without guilt. Choosing to live fully is not forgetting, it is honouring those we lost by continuing the life they were denied. And above all, know that you are not alone. Your voice matters, your journey matters, and together, through remembrance, dignity, and unity, we can continue to rebuild and inspire future generations.

There is life after tragedy, light after darkness and strength within you that nothing can take away.

negotiable right. No identity (ethnic, political, or social) should ever be used to divide people to the point of violence. What happened in Rwanda is a painful reminder of how quickly division, when fueled and manipulated, can lead to unimaginable destruction.

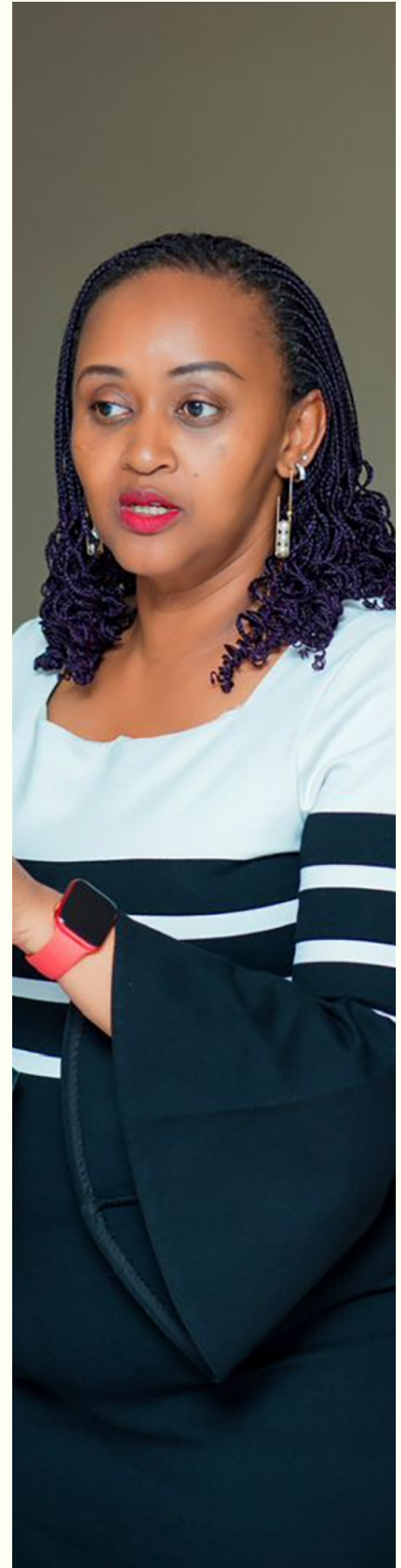
Africa must learn that hatred is not born; it is taught, nurtured, and allowed to grow in silence. This means that education is critical and, not only formal education, but also education in values such as unity, tolerance, respect, critical thinking, and shared humanity. Young generations must be taught to question division and to reject narratives that dehumanise others.

There must also be a collective commitment to accountability and courage. Leaders, communities, and individuals alike must speak out early against discrimination, injustice, and exclusion. Silence and indifference create space for violence to grow.

At the same time, Africa must invest in healing and reconciliation. True progress is not only economic or political, it is also social and emotional. Societies must create space for truth, remembrance, and dialogue, so that wounds are acknowledged and not buried.

Going forward, Africa must choose unity over division, humanity over hatred, and responsibility over silence. It must build systems and cultures that protect dignity, promote inclusion, and ensure that every person feels seen, safe, valued, and protected.

My hope is that the lessons of the past become a foundation for a different future, one where such tragedies are not only remembered but never again repeated.



► Message to Africa

Africa must remember, first and foremost, that the value of human life is a non-



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WOMAN EXECUTIVE

You Cannot Lead From a Broken Vessel

By Wola Joseph-Condotti

We wear our exhaustion like a medal.



Listen to how leaders talk to each other. I have not taken leave in three years. I was on calls till 2am. I have not had a full weekend in months.

We say these things the way you would report an achievement, with a kind of quiet pride. As though running ourselves into the ground was proof of how serious we are.

Women do this even more than men, because we have something extra to prove. We are told, in a hundred small ways, that we have to work twice as hard

to be taken half as seriously. So we do. We push through the tiredness, the missed meals, the headache we have been ignoring for a week, and we call it dedication.

But let me ask the question we avoid. What is the point of building an empire from a hospital bed?

The Cost Nobody Puts in the Budget

Leadership has a physical cost, and we pretend it does not. The stress does not disappear because you are capable of carrying it. It goes

somewhere. It settles in your shoulders, your sleep, your blood pressure, your gut. The body keeps a quiet record of everything the mind decides to ignore, and one day, usually at the worst possible moment, it presents the bill.

I have watched it happen to people I admire. Brilliant, driven, seemingly unstoppable, right up until the collapse. The health scare that came out of nowhere, except that it did not come out of nowhere at all. The body had been sending memos for months. They were just too busy leading to read them.

Here is the uncomfortable truth. Nobody hands you an award for the breakdown. The company does not pause. The targets do not soften. You simply become unavailable to the very people and purpose you were sacrificing yourself for.

Rest Is Not the Reward for Work. It Is Part of It.

We have the sequence wrong. We treat rest as something we earn after the work is done, which of course means we never quite earn it, because the work is never quite done.

But rest is not the prize at the end. It is part of the equipment. A rested leader thinks more clearly, decides more wisely, and treats people more kindly than an exhausted one. Your judgement, the single most valuable thing you bring to the table, degrades sharply when you are depleted. You make worse calls tired. Everybody does.

So when you protect your health, you are not being self-indulgent. You are protecting the quality of your leadership. The sleep, the exercise, the actual holiday, the meal eaten sitting down, these are not luxuries stolen from the work. They are what make the work sustainable.

Stewardship, Not Vanity

For those of us who lead from faith, I want to put this in the right frame. Caring for your body is not vanity. It is stewardship.

Your body is not an inconvenient container for your ambition. It is the vessel you were given to carry your assignment, and it was entrusted to you, exactly like every other resource. To run it into the ground is not more spiritual, and it is certainly not more godly. It is simply poor stewardship of something that is not, ultimately, even ours.

You would not run a company vehicle for years with no service, no fuel, no rest, and

then be surprised when it failed on the highway. Yet we do exactly that to ourselves and call it commitment.

A Word From Scripture

Even Elijah, one of the boldest prophets in Scripture, hit a wall. Right after his greatest victory, he crashed. Exhausted, depleted, so low he asked God to take his life. Watch what God did. No rebuke. No sermon. God let him sleep. Then He fed him. Then He let him sleep again, and fed him again. Only after the rest and the food did the assignment continue. Sometimes the most spiritual thing you can do is sleep and eat something. God knew that about Elijah. It is worth knowing it about yourself.

Final Thoughts

You are not a machine, and the day you start treating yourself like one is the day you begin quietly shortening your own usefulness.

Take the leave. Sleep the night. See the doctor before it is a crisis and not after. Move your body. Eat the meal. Guard your health with the same seriousness you guard your calendar, because a calendar means nothing if the person meant to keep it has burned out.

You cannot lead from a broken vessel. So mend it. Rest it. Steward it well. The work will still be there in the morning. Make sure you are too.



Wola Joseph Condotti

Chief Executive Officer,
Eko Power Limited.

Wola is the CEO of Eko Power Limited.

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.

FINANCIAL AdviseHER

The Investments That Never Show Up on a Statement

By Sola Adesakin

Some of the best investments I have ever made do not appear on any brokerage statement. They have no ticker symbol. They pay no dividends in the traditional sense. And yet they have generated more returns in my life and career than several of the formal financial instruments sitting in my portfolio.

One of them was a book I bought for less than N5,000 over a decade ago. I cannot even remember what I paid exactly. But I remember what it did. It introduced a framework for thinking about money that I had never encountered before. It changed the way I priced my services, the way I

thought about time, the way I evaluated opportunity. That one book, dog-eared and underlined to within an inch of its life, has paid me back hundreds of times over. Not because the book was magic, but because I was ready, and it gave me language for something I had been circling without being able to name.

We have a very narrow definition of investment in most financial conversations. We talk about stocks, bonds, treasury bills, real estate, mutual funds. These matter and I teach them. I believe in them. But if those are the only things you consider investments, you are missing an entire category of spending that may ultimately do more for your

financial life than anything in your portfolio.

The skill you master is an investment. Not metaphorically, literally. A woman who spends N200,000 learning to use advanced Excel and data visualisation tools and then leverages that skill into a promotion or a consulting engagement worth N400,000 has just earned a 100% return. Find me a stock that does that in six months with the same level of certainty. The difference is that the stock shows up on a statement and the skill shows up in your life. Both are real. We just have a habit of only counting one.

The mentor you learn from is an

investment. Sometimes the most expensive thing about a good mentor is the time it takes to earn their attention. Sometimes it costs money directly, through coaching fees, programme enrolments, conference attendance. Either way, what a good mentor does is collapse time. They have already made the mistakes you are about to make. They see the gaps you cannot see because you are standing inside them. One conversation with the right person at the right stage of your journey can redirect years of effort. That is not an exaggeration. I have watched it happen repeatedly, in my own life and in the lives of women I have worked with.

The course you take is an investment. The conference you attend is an investment. The

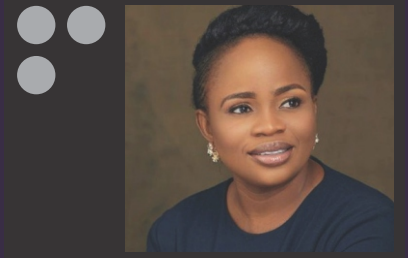
professional community you pay to be part of, where the conversations sharpen your thinking and the connections open doors you did not know existed, is an investment. The hours you spend studying your industry, understanding market trends, reading annual reports, watching how successful people in your field position themselves, all of that is investment. It just does not come with a maturity date or a certificate of returns.

Here is what I want you to sit with. Not every investment pays you in cash immediately. Some pay you by making you more valuable. And your value, what you know, what you can do, who you have learned from, how you think, is the one asset that cannot be repossessed, devalued by inflation, or lost in a market crash. It travels with you into every room, every negotiation, every opportunity. It compounds silently and shows up loudly when it matters most.

The women I know who are building serious wealth are not just investing in markets. They are investing in themselves with the same intentionality. They buy books and actually read them. They seek out mentors and actually listen. They pay for learning and actually apply it. The return is not theoretical. It shows up in their income, their confidence, their decision-making, and eventually, yes, in their portfolio too. Because a more valuable person makes better financial decisions. The two are connected.

So the next time you hesitate over spending money on a book, a course, a coach, or an experience that stretches how you think, ask yourself a different question. Do not ask what it costs. Ask what it will cost you not to make this investment. Ask who you become on the other side of it. Ask what that version of you earns, builds, and attracts.

Some investments never show up on a statement. They show up in your life. And those are often the ones that change everything.



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


You Never Know Who Is Watching: The Quiet Power of Your Example

Chinyere Okorocha

Recently, my husband came home and told me a story that stopped me in my tracks. A friend of his had been speaking about his cousin's wife, a lawyer who was going through some challenges in her marriage, particularly around her career. In trying to explain to her husband what she believed was possible for a woman who was supported to flourish professionally, she apparently used me as an example.

She spoke about my life and legal career and how they had inspired her.

My husband's friend, hearing my name,

suddenly asked, "Is Chinyere Okorocha your wife?"

I had never met this woman. I did not know she knew who I was. I certainly did not know that somewhere, in conversations about her own life and aspirations, my career had become a reference point for what she believed was possible.

It reminded me of something I think we often forget: You never really know who is watching you.

Your Impact Travels Further Than You Think

Over the years, I have had women walk up to me at conferences, professional

events, airports and other places to introduce themselves and tell me how something I taught, said or wrote helped them.

Some tell me they have followed my career for years. Others talk about a particular teaching that encouraged them to make a career decision, become more intentional, pursue an opportunity or simply believe that more was possible for them. Many of these women I have never met before.

Each time it happens, I am reminded that influence does not always announce itself. We often measure impact by what we can see: the applause after a speech, the comments on a post, the people who send messages or come back to say thank you.

But there is another kind of impact... the silent kind. Someone reads what you write and says nothing. Someone watches how you navigate your career. Someone observes how you lead. Someone sees you recover from disappointment. Someone watches you combine ambition with family, leadership with kindness, or success with generosity. Quietly, they are learning from you.

Don't Wait for Applause

This is important because there will be seasons when it feels as though nobody notices what you are doing.

Perhaps you are sharing your knowledge and receiving little response. You are mentoring younger colleagues without much acknowledgement. You are working diligently, showing up consistently, trying to do excellent work and wondering whether any of it matters. Keep going! Not everything valuable receives immediate applause. We live in an age where numbers can make us believe that impact must always be visible. How many likes? How many followers? How many people attended? How many comments?

Do you know some of the most meaningful influences cannot be measured by analytics? Sometimes, your greatest impact is sitting quietly in someone else's life.

Your Life Is Also Teaching

There is another side to this. If people are watching, then what we do matters just as much as what we say. Your example may be teaching someone long before you ever have an opportunity to mentor her personally. How do you treat people when there is nothing to gain? How do you respond when you don't get the opportunity? Do you pull other women up as you rise? Do you remain teachable as you become more successful? Do your values survive your ambition? Personal branding is important, but ultimately your most powerful brand is the life you

consistently live.

You Don't Have to Be Famous to Influence Someone

This is not only about people with platforms, titles or public profiles. Somebody is watching you too.

It may be the junior colleague in your office. Your daughter. Your niece. A younger lawyer. A woman in your professional association. Someone who follows you online but has never interacted with you.

You may be showing her what leadership looks like. What courage looks like. What starting again looks like. What is possible for a woman like her. You may never know.

Keep Showing Up

That conversation about a woman I have never met was a beautiful reminder to me that our lives can travel into rooms we have never entered. So keep doing the work. Keep sharing what you know. Keep mentoring. Keep showing up with excellence.

Keep pursuing your goals even when nobody seems to notice. Keep becoming the woman you want to become. Because somewhere, someone may be watching your journey and finding the courage to continue hers. Never underestimate the quiet power of your example. You may never meet all the women you inspire, but that doesn't mean they aren't watching.


Chinyere Okorocha

Partner in the Law Firm of
JACKSON, ETTI & EDU

With over three decades of experience as a trailblazer in the legal profession, Chinyere Okorocha 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.

IN THE NEWS



2027 Elections: Why Women Must Lead the Campaign for an Inclusive Nigeria

Asmau Benzies Leo

Nigeria's political landscape has entered a decisive phase as political parties across the country commence preparations for the 2027 General Elections. The commencement of campaigns for the Presidential and National Assembly elections on 19 August 2026 signals the beginning of an intense period of political mobilisation, engagement and competition across party lines.

The next phase will commence on 9 September 2026, when campaigns for the Governorship and State Houses of Assembly elections officially begin. With the Presidential and National Assembly

elections scheduled for 16 January 2027, followed by the Governorship and State Assembly elections on 6 February 2027, political parties now have a critical responsibility to ensure that the electoral process is not only competitive, but also inclusive, peaceful and representative.

Campaign Committees: The Engine of Electoral Mobilisation

Political parties have begun establishing and activating campaign committees at national, zonal, state, senatorial, federal constituency and ward levels. These structures are expected to coordinate campaign activities, voter mobilisation, communications, stakeholder engagement, logistics, fundraising and grassroots outreach.

However, the composition and leadership of these committees will matter as much as their numbers. Campaign committees should not

become structures where women and young people are assigned ceremonial or supportive positions while strategic decisions remain concentrated in the hands of a few.

Women must be deliberately positioned at the heart of these campaign structures and, importantly, must lead significant aspects of the electoral process.

Women should occupy strategic positions as campaign directors, coordinators, policy advisers, communication leads, mobilisation coordinators, fundraising leaders and grassroots organisers. Their participation must translate into influence over campaign strategy, candidate selection, resource allocation and political decision-making.

Women Must Lead the Campaign for Women Candidates

The 2027 elections present an opportunity to move beyond the familiar narrative of women as the backbone of political mobilisation while remaining underrepresented among elected officials. Women constitute a powerful electoral constituency, but their numerical strength as voters and grassroots mobilisers has not translated proportionately into political representation. This gap must be addressed deliberately.

Women leaders within political parties, women's wings, civil society organisations and political networks must therefore lead the campaign for women's political inclusion. Their task should not end with mobilising voters for male candidates. They must also advocate, organise and mobilise resources to ensure that female candidates are given genuine opportunities to contest, compete and win elections.

This requires women to build cross-party networks, support female candidates with campaign expertise, facilitate access to political financing, strengthen women's grassroots structures and challenge discriminatory practices within political parties.

Most importantly, women must be prepared to campaign for women to win not merely to participate.

The objective should be to create an electoral environment where competent female candidates have the political, financial,

organisational and security support required to compete effectively against their male counterparts.

From Token Representation to Political Power

For too long, women have been invited into political processes primarily as voters, supporters and mobilisers. Yet women are equally capable of shaping policies, leading campaigns, negotiating political alliances and governing at every level. The 2027 electoral cycle must therefore challenge tokenism.

Political parties should ensure that women are represented meaningfully in campaign committees and that female candidates receive equitable access to party platforms, campaign resources, media exposure and political networks. Where women are nominated, parties must demonstrate a genuine commitment to supporting them throughout the campaign and not abandoning them after nomination.

Women themselves must also recognise their collective political power. A coordinated women's movement across party lines can influence candidate selection, policy priorities and voter mobilisation. While political loyalty and ideological differences will remain, there is significant space for women to unite around common demands for representation, protection, economic empowerment, peace and inclusive governance.

The 2027 Elections and the Imperative for Peace

The months leading to January 2027 will also test Nigeria's capacity to manage political competition peacefully. Campaigns must be centred on ideas, programmes and policy choices rather than hate speech, misinformation, intimidation, ethnic mobilisation and political violence. Women have a particularly important role in peacebuilding during elections. As community leaders, political actors, civil society advocates and grassroots organisers, women can help identify

emerging tensions, promote dialogue and advocate for non-violent political engagement.

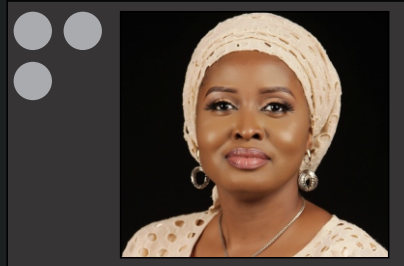
Campaign committees should therefore integrate gender-sensitive conflict prevention and peacebuilding into their strategies, while political parties should commit themselves to protecting women candidates and supporters from harassment, intimidation and gender-based political violence.

A Defining Moment for Nigerian Democracy

The commencement of campaigns marks more than another stage in Nigeria's electoral calendar. It represents an opportunity to redefine how political competition is conducted and who gets to shape the country's political future. Between now and 16 January 2027, and subsequently the 6 February 2027 Governorship and State Assembly elections, political parties will have an opportunity to demonstrate whether they genuinely believe in inclusive democracy. For women, the moment is particularly important. Women must not wait to be invited to the table; they must organise, lead and occupy the table. They must lead campaign committees, shape political narratives, mobilise voters, negotiate political alliances and, most importantly, create the conditions for female candidates to win.

The 2027 elections should therefore become a turning point from women being treated as the engine of political mobilisation to women becoming drivers of political power and governance. Nigeria cannot achieve a truly representative democracy when half of its population remains significantly underrepresented in political decision making. The campaign season offers an opportunity to change that reality.

The question is no longer whether women can participate. The question is whether Nigeria's political system is ready to let women lead and whether women are ready to lead themselves into power.



Dr. Asmau Benzies Leo

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

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

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

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

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

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



WOMAN AT THE HELM

Yemi Famori

VP Asset Digital Core - Integrated Gas Upstream, Shell

Yemi Famori is VP Asset Digital Core - Integrated Gas Upstream, Shell, Houston, Texas, US. She is a global oil & gas executive with 24 years of experience spanning upstream operations, gas portfolio management, and enterprise transformation. She is recognised for leading high-impact capital projects, negotiating major gas deals, and driving global digital transformation. She brings a rare combination of operational rigour, strategic foresight, and boardroom credibility. Her professional journey has taken her across North America, Europe, and Africa, where she has led both day-to-day execution and long-term planning in highly complex regulatory and partnership environments.

US. She is a global oil & gas executive with 24 years of experience spanning upstream operations, gas portfolio management, and enterprise transformation. She is recognised for leading high-impact capital projects, negotiating major gas deals, and driving global digital transformation. She brings a rare combination of operational rigour, strategic foresight, and boardroom credibility. Her professional journey has taken her across North America, Europe, and Africa, where she has led both day-to-day execution and long-term planning in highly complex regulatory and partnership environments.

Currently, she serves as Vice President of Shell's Asset Digital Core for Integrated Gas and Upstream, leading a global SAP S/4HANA rollout that touches every business process, asset, and region. Previously, as General Manager for Shell's Gas Portfolio in Nigeria, she managed a \$1.7billion gas contract portfolio contributing to strategic negotiations, oversaw a multibillion-dollar capital portfolio, and served on key joint

venture and corporate boards. Her earlier roles in Deepwater and Permian operations and in global business planning gave her hands-on experience in engineering, asset management, and cross-functional leadership.

Colleagues know her as a grounded, strategic, and outcomes-driven leader who brings clarity in complexity and who motivates teams across cultures and disciplines.

Her board Interests include energy, chemicals, mining, industrials, energy transition, and AI in ops.

In her current role as VP, her responsibilities include:

- Direct Shell's largest digital business transformation, focused on overhauling legacy ERP infrastructure by implementing SAP S/4HANA across integrated gas and upstream operations.
- Guide a cross-regional team of more than 1,000 professionals through complex implementation phases, ensuring enterprise-wide alignment, on-time delivery, and business readiness.
- Coordinate strategic efforts with business and functional leaders to standardise enterprise-wide

processes, harmonise data architecture, and accelerate digital maturity.

- Facilitate organisational change by embedding new ways of working, driving adoption of systemised workflows, and enabling scalable digital operations across regions.
- Governed the successful ERP rollouts across Canada, Trinidad & Tobago, United Arab Emirates, Kuwait, and the Netherlands, each requiring tailored deployment strategies and stakeholder engagement.
- Champion a global governance framework that ensures data integrity, regulatory compliance, and operational consistency throughout the transformation lifecycle.
- Cultivate cross-functional collaboration between IT, finance, operations, and commercial teams to maximise the program's value realisation and mitigate risk.
- Monitor key performance indicators to measure implementation effectiveness, optimise change management, and enable continuous improvement during and post-deployment.



WE'VE GOT MEN

Johnny C. Taylor, Jr.

President/CEO of Society for Human Resource Management (SHRM)

Johnny C. Taylor, Jr., SHRM-SCP, is President and CEO of Society for Human Resource Management (SHRM). With nearly 340,000 members in 180 countries, SHRM's work reaches more than 362 million workers and their families worldwide.

Known for his leadership on the future of employment, workplace culture, and how leaders navigate change, Taylor is widely sought after for his perspective on issues that affect work, workers, and the workplace. He's been recognized on Savoy Magazine's 2024 list of the "300 Most Influential Executives in Corporate America," included in Virginia Business's "Virginia 500: Power List," and named by Washingtonian Magazine among the "Most Influential People Shaping Public Policy." He also frequently testifies before Congress on key workforce matters and writes the weekly USA Today column, "Ask HR."

Johnny C. Taylor has spent

more than 20 years building a career across law, human resources, and executive leadership in both nonprofit and for-profit organisations. His previous roles include senior and chief executive positions at IAC/InteractiveCorp, Viacom's Paramount Pictures, Blockbuster Entertainment Group, the McGuireWoods law firm, and Compass Group USA.

Most recently, he served as President and CEO of the Thurgood Marshall College Fund.

He is the author of the national bestseller, 'RESET: A Leader's Guide to Work in an Age of Upheaval', released in September 2021. The book quickly rose to the top tier of business bestsellers, reaching the top three on The Wall Street Journal's list of best-selling hardcover business books.

Taylor serves on the corporate boards of XPO, Inc.; Flores HR; AACSB; and Guild Education. He previously served on the White House American Workforce Policy Advisory

Board and chaired the President's Advisory Board on Historically Black Colleges and Universities during the first Trump administration.

In 2020, he received the Distinguished Executive of the Year Award from the Academy of Management, and he was named 2021 ALA Professional Society CEO of the Year by CEO Update.

He is a Fellow of the National Academy of Human Resources and is licensed to practice law in Florida, Illinois, and Washington, D.C.

HOLISTIC LIVING



The Best Time to Protect Your Health Is Before You Need a Hospital

By Dr. Maymunah Yusuf Kadiri

Anita almost cancelled her appointment. The thought of her first cervical screening filled her with anxiety, and like many people, she wondered whether it was really necessary. By the time she left the clinic, however, she had discovered something far more important than the result of a single test. She had learned that the greatest healthcare often begins long before illness appears.

That lesson extends far beyond one medical appointment. Across the world, healthcare systems spend enormous resources treating diseases that might have been delayed, prevented or detected much earlier. Yet many people still wait until symptoms become impossible to ignore before seeking help. We have become experts at reacting to illness instead of investing in wellness.

Holistic living invites us to think differently. It recognises that true wellbeing is not simply the absence of disease but the balance of our physical, emotional, mental, social and spiritual health. It encourages us to build daily habits that protect our future rather than merely responding to today's emergencies.

Preventive healthcare is one of the most powerful expressions of holistic living. Regular health checks, recommended screenings, vaccinations and informed conversations with healthcare professionals allow people to detect problems early, when they are often easier, safer and less expensive to manage. Anita's experience illustrates that knowledge replaces fear. Once she understood why screening mattered, anxiety gave way to confidence and responsibility.

Prevention does not stop in the consulting room. Every meal we eat, every hour of

sleep we protect, every step we take, every cigarette we refuse, every stressful moment we manage constructively and every meaningful relationship we nurture becomes part of our personal healthcare plan. These seemingly ordinary choices accumulate into extraordinary health outcomes over time.

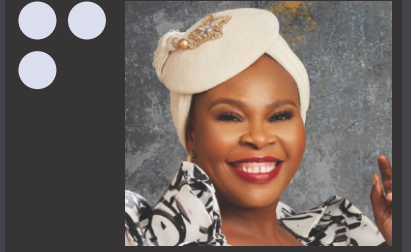
The beauty of holistic living is that its benefits extend beyond the individual. Parents who prioritise prevention influence their children. Healthy employees strengthen workplaces. Communities that embrace healthier lifestyles reduce the burden of chronic disease while improving productivity, resilience and quality of life. Prevention therefore becomes both a personal responsibility and a public investment.

Research continues to demonstrate that early detection and healthier lifestyles reduce the risk of many chronic illnesses while improving longevity and wellbeing. More importantly, they preserve something that is often overlooked: the freedom to live fully, pursue purpose and enjoy meaningful relationships for longer.

Perhaps the greatest misconception about healthcare is believing it begins when illness arrives. In truth, it begins with the decisions we make every ordinary day. Choosing nutritious food, regular movement, restorative sleep, emotional wellbeing, routine medical reviews and supportive relationships are not separate goals. Together they create a life that is healthier, stronger and more resilient.

The healthiest societies will not be those with the biggest hospitals alone, but those whose citizens understand that prevention is an act of self-respect. The greatest gift we can give ourselves and those we love is not simply a longer life, but a healthier, fuller and more purposeful one.

Your future health is being shaped long before your next medical appointment. The question is not whether prevention works. The question is whether we will choose it before we are forced to.



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.

TRIBEWITH THE VIBES



Feed Your Mind Positively

By Zainab Aderounmu

Everything that happens in this world happens twice; first, in your mind and then, outwardly. This holds true for even the littlest task or event; you think of getting up from a chair before you actually perform the act, which makes our mind powerful beyond comprehension. The interesting bit is that whatever you feed your mind is what it produces. And whoever you surround yourself with, will influence your output.

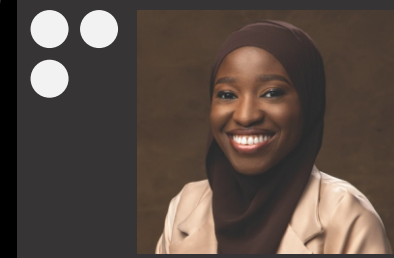
When I joined the debate society in the university, I struggled so much with debate, despite excelling at storytelling. I assumed that debate had to be angry and energetic, so I asked a friend who debated well, for help. She quietly suggested that debate wasn't for me. I believed her. For days, I ruminated about the "fact" and almost internalised it as my truth, until I spoke with my mentor, who challenged how I saw debate. She said persuasion doesn't have to be angry, and "maybe you're struggling because you're still fishing your worth in other people's eyes".

The power of suggestion holds that

words, ideas and cues subtly influence your thoughts without your conscious effort. What and who you expose yourself to, will influence how you think. It's the reason why positive affirmations work, but it's also the reason why negative framings work too!

Once, a mentor used the power of suggestion to get me to outperform my expectations. He simply placed me on a pedestal I didn't see myself and my goal was to reach that pedestal and not let him down. He said, "Zee, I know you can do it. You've always done it, and I did, not because I thought I could but because I believed him. Who are you listening to? What are they telling you, and what are they quietly suggesting to you? When you've trained your mind so well, odd thoughts stick out like a thumb; you immediately know, this one doesn't belong here.

I've always been a stickler for reading, not just for the language development benefits, but also because it's one way to feed your mind. Reading positive and powerful stories has the power to stir your mind to create positive realities. Michelle Obama's *Becoming* has been a huge part of my becoming 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.

because I consumed it and allowed it marinate. The opposite is true of negative stories. It's one of the things that made writing news tedious; the tendency to be affected by the stories negatively.

My best method is catching yourself before you plant seeds of doubt in other people's minds. When a person shares their good news with you, how do you respond? When your mind cannot comprehend the enormity of what they shared, do you belittle it just because it doesn't exist in your reality? Begin with verbal abuse, eliminate that completely. That way, when seemingly regular, but negative words sift through your thoughts, you arrest them immediately.

Finally, the best way to detonate stress and anxiety is through playfulness. Understanding that our energies feed others', which then creates a feedback loop, can be a game changer. The energy you exude would usually be what you receive. When you come off as playful, not unserious, you give others the permission to let go of their baggage too.



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Lead Coach/ Founder of
Smart Stewards - Host

Dr. Ini
Abimbola

Dr. Niyi
Adesanya

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info@smartstewards.com

Woman Executive



Wola Joseph Condotti
Chief Executive Officer, Eko Electricity
Distribution Company

When the Sector is Bigger Than You: Leading in Systemically Broken Industries

There is a kind of leadership burden of running a company inside a sector that is, honestly broken. You inherit ambitious targets. You put together a competent team. You write a credible strategy. And then you spend most of your week fighting problems you did not create, cannot fully fix, and will still somehow be blamed for when they land on the evening news.

Visit our website www.theiwagroup.com to read conclusion

Financial AdviseHER



Sola Adesakin
Founder and Lead Coach,
Smart Stewards

Live for the Right Things: A Smarter Financial Approach for 2026

Every New Year comes with pressure. New goals, expectations. New standards of "success" defined mostly by what people are showing online. But in 2026 is going to be financially different for you, not because you spent louder or tried harder to impress. It will be because you lived for the right things.

Financial progress is less about dramatic results and more about quiet alignment.

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HOLISTIC LIVING



Dr. Maymunah Yusuf Kadiri
MD/CEO Pinnacle Medical Services Ltd.

Your Greatest Investment Is the Life You Build Every Day

When Maggie looked in the mirror, she believed the extra weight she had gained was her greatest problem. It was only the visible sign of a life that had quietly drifted out of balance. Stress had replaced rest, convenience had replaced nourishment, and survival had replaced intentional living. Her transformation began not with a miracle diet but with one decision: to care for herself differently. That single decision gradually changed her body, restored her confidence, lifted her mood, strengthened her relationships and gave her a renewed sense of purpose.

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Her Point Of View



Chinyere Okorocho
Partner & Overall Head of Sectors
at Jackson, Etti & Edu

The "Support Role Cycle". Why So Many Brilliant Women Are Overlooked at Work

Recently, I had a conversation with a female executive that stayed with me long after our meeting ended. On paper, she was exceptional. Highly competent. Dependable. Intelligent. Hardworking. The kind of professional every organisation says it wants. Responsibilities that were often beyond her job description.

Visit our website www.theiwagroup.com to read conclusion

Gender Insights



Asmau Benzie Leo (Ph.D)
ED of the Centre for Nonviolence and Gender
Advocacy in Nigeria (CENGAIN)

Nigeria in 2026: Why True Security Must Have a Woman's Face

As Nigerians step into 2026, one truth remains undeniable: insecurity in Nigeria is not gender neutral. From banditry affected communities in the West to displacement camps in the Northeast, women and girls are not merely collateral victims of conflict—they are deliberately targeted, systematically affected, and often left without access to justice.

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WITH BES



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Nigeria in 2026: Why True Security Must Have a Woman's Face

The New Year has begun and making a sense of what you want may feel overwhelming. You may be tempted to 'see how it goes' instead of setting concrete goals, but I don't recommend because what you don't measure, you can't multiply. On that note, here's a step-by-step process of setting your goals for the new year.

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A Journey Through Traditional Beauty & Flavor

Inside Clay Food Shop & The Henna Place

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

Clayfoodshop

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

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

📍 @clayfoodshoplagos

: +234909 554 4990

The Henna Place

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

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

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