iWA
INSPIRING WOMAN AFRICA
EDITION 59, 13TH OCTOBER, 2026



TIWLC 2026

IBUKUN AWOSIKA led women to lose fear

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Welcome!

Dear Readers,

IWA is here for you again. How was your week? Mine was great as it was my birthday on the 10th. For me it was a time to reflect and be grateful.

I was also recently in Dubai to attend the 5th edition of The International Woman Leadership Conference (TIWLC) convened by Mrs. Ibukun Awosika. This year, the theme was centred around 'Losing The Fear' and all the speakers did justice to the theme.

We learnt never to allow fear be a distraction, to carry out that goal even while afraid, and also the power of forgiveness. There was something for everyone to learn. If you have never attended any edition, make sure you do not miss the one for 2027. It will be worth your time!

This week's edition of IWA takes us into what happened including sharing of pictures and memories by participants. TIWLC 2026 was indeed an unforgettable experience! I will do it over and over again!

Here are other articles in this edition:

HER POINT OF VIEW: Your Reputation Arrives Before You Do. By Chinyere Okorocha.

WOMAN EXECUTIVE: The Loneliness of the Yes: On Decision Fatigue and the Weight of Final Say. By Wola Joseph-Condotti.

FINANCIAL ADVISEHER: The Four Numbers That Define Your Financial Life. By Sola Adesakin.

LET'S TALK ABOUT IT: National Service or National Sacrifice? Rethinking the Safety of NYSC Corps Members in Nigeria. By Asmau Benzies-Leo.

HOLISTIC LIVING: Beyond the Scale: The Holistic Awakening That Taught Emily What Wellness Really Means. Dr. Maymunah Yusuf Kadiri

TRIBE WITH THE VIBES: Who are the 2026 Women Nobel Prize Winners? By Zainab Aderounmu.

WOMAN AT THE HELM: Olebile Makhupe, Managing Director, Bank Gaborone.

WE'VE GOT MEN: James Mworia, Director of Kenya's National Infrastructure Fund (NIF).

You are going to have a fantastic week. Stay positive and never let anything stop you, not even fear. See you soon!

Kemi Ajumobi

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- Kemi Ajumobi

The International Woman Leadership Conference (TIWLC) is an initiative of Ibukun Awosika Leadership that brings women across Africa and the diaspora together in a place of knowledge, empowerment, and entertainment. Since inception, it has taken place in Dubai, same venue for 2026. This year, the event was themed 'Losing the Fear', and it had over 500 participants in attendance. The experiences shared by some participants we spoke to tell it all.

Phinnah Chichi Ikeji

Founder, R&G Parenting Academy & Rise & Thrive Youth Mentoring C.I.C Based in the UK, Operates Globally



Attending this women's leadership conference in Dubai for the second consecutive year has been both inspiring and deeply personal. At one point, I felt teary as I reflected on the message of acknowledging fear and moving forward anyway.

My strongest takeaway was that courage begins with identifying the fear that has been holding us back. Naming it helps us understand its influence and decide what we will do next. We must also articulate what overcoming that fear could make possible: the opportunities, relationships, growth and impact waiting on the other side. The reminder that "the next decision is yours" felt like an invitation to step forward, own our voices and prepare to contribute. We do not have to wait until we feel completely confident before taking action.

As a parenting educator and youth mentor, I also connected deeply with the importance of giving our children opportunities to feel fear and work through it, with our support. Courage grows when they discover they can take a step even while feeling uncertain.

I leave with this conviction: the cost of inaction can outweigh the discomfort of trying. Fear may accompany us, but it does not have to determine how far we go.

Fear May Have A Voice, But It Does Not Have A Vote!



Caroline Popoola
Founder Alpha Childcare & Aloha Global Africa

Attending the International Women's Leadership Conference has been a powerful reminder that no matter how far we have come, there is always another level of courage required to grow.

Having spent over two decades building businesses, leading teams and navigating unfamiliar territories, I have learnt that fear doesn't necessarily disappear with experience. Sometimes, the bigger the vision, the louder the fear.

One conversation particularly resonated with me. Both men and women experience fear, but men often appear more willing to find the tools to navigate it rather than allow it to limit their ambitions.
That challenged me.

Why do we sometimes wait for permission, perfection or certainty before stepping forward?
My biggest takeaways were simple yet profound:

Dream boldly, even a little delusionally!
Compete for positions of influence. You may not always win, and that's okay.
Preparation builds confidence, but courage requires action.
Our individual power becomes extraordinary when we connect it with others. Above all, leadership is never just about us. As I continue building businesses and creating impact beyond borders, I leave with one question:

What possibilities are we denying the world simply because we are afraid to begin?

Feel the fear, but do it anyway!

Jacqueline Dufie Mpare

Managing Director
Pan-African Savings & Loans Ghana
(Ecobank Group)



This year's conference is mine because I am at a point in my life's journey where the voice of fear has become a constant in my ears and is growing louder by the day.
I embraced the role of Managing Director in May 2025 without fear because, two years prior to my appointment, the 360 Degree Master Class with Mrs. Ibukun Awosika helped me shift my mindset and begin to build capacity. At TIWLC 2025, the conversations around Leading with Courage strengthened me further and got me on my marks, ready to hit the ground running in a C-suite role.
One year into my role as a first-time Managing Director, first-time Board Member, and first-time Executive Committee member, after 17+ years of my career in banking, I am realizing the weight of the calling and the expectations my team, the board, and shareholders have of me.
The voice of fear has gotten louder as 2026 draws to a close. Every keynote, panel discussion, comment, and question at TIWLC 2026 has broken a piece of that fear away. The postponement from Q1 2026 to Q4 of the year is a testament that the conference is for me.

I am fully recharged to close the year on a strong note. A second wind to continue my journey as Managing Director through a sector reform in my country, recapitalization, and restructuring of the organisation.

Two of my favourite quotes from TIWLC 2026 are: "...the fight is fixed and we know who the winner is...." Dr. Ndidi Nwuneli
"...Fear has a voice but no vote in the boardroom..." Oyinkansola Badejo-Okusanya (SAN).

I am encouraged to do it afraid and to carry other women and men along with me on my journey.

One thing I am taking away is the need to gain mastery in Intuitive Judgment as a leader. This is a muscle I will intentionally build daily as I go back to my desk to deliver undisputed results.

Georgia Akuwudike

Director of Operations, Middle East & Africa, Amazon



Attending the International Women's Leadership Conference 2026 has been such a rewarding experience. Two days of listening to incredible women share their journeys, the challenges they've faced, the decisions they've made, and the lessons they've learned along the way.

This year's theme, "Women in Leadership: Losing the Fear," was particularly personal for me because, when I look back at my own journey, I realise that many of the biggest milestones in my career came from taking steps I wasn't entirely ready for.

One thing that stayed with me throughout the conference is that courage isn't necessarily about being fearless. It's about doing it afraid. And hearing the stories of women who have achieved extraordinary things reminded me that even the most accomplished people have had moments of doubt and uncertainty.

I particularly enjoyed the conversations around staying true to who you are, being intentional about the choices you make, and not allowing society or other people's expectations to define your path.

As someone who leads a large organisation across five countries, I'm constantly reminded that leadership is not just about what you achieve personally, but about the people you develop, the opportunities you create, and the impact you leave behind.
And beyond the sessions, it was simply beautiful to be in a room filled with so many brilliant, accomplished women, each with her own story.

My biggest takeaway? Don't wait for the fear to disappear. Take the step, do the work, and trust that you'll grow along the way.

Thank you to Mrs Ibukun Awosika and the entire TIWLC team for putting together such an impactful conference.



Five Years of IWL: Inspired to Live Fully and Die Empty

Angela Dedo Kofi
Founder. People Builder

I've years ago, I committed to IWL and I have never looked back. I was captivated by the vision of bringing African and Caribbean women together in Dubai to learn, connect, and grow.

IWL has become my annual retreat, a space to pause, reflect, gain fresh perspectives and reimagine what's possible for my life and business. Watching Mrs. Ibukun Awosika bring her dream to life challenged me to pursue mine. Last year, I finally launched The TrueLife Experience, a vision I had carried for years. That is the power of one woman's audacity.

IWL has made me incredibly wealthy through extraordinary relationships, invaluable peer mentoring, and women I now proudly call sisters.

And the gala! The dressing up, dancing, laughter and sheer joy are therapeutic! With my natural energy and a room full of Nigerians, I feel completely at home. I'm still awaiting my Yoruba name!

I look forward to the next five years and beyond.

Thank you, Mrs. Awosika, for demonstrating what walking in purpose looks like. You've inspired me to live boldly, die empty, and pay it forward.

TIWL transforms women and the generations they influence.

TIWLC 2026: Still Learning, Still Becoming



Oluremi Odunsi

Founder Eridan City

I have attended all TIWLC over the years, and one thing I have come to appreciate is that I never leave quite the same way I arrived.

This year's theme, Losing the Fear, has made me reflect on my own journey. I have taken many important steps while afraid, and I have come to realise that fear is not always a weakness.

Sometimes it helps us prepare better. The problem begins when we allow it to make our decisions for us.

Listening to Ibukun Awosika, Grace Marabe, Leymah Gbowee, Ndidi Nwuneli, Leo Stan Ekeh, Folake Soetan and Oyinkan Badejo Okusanya (SAN), I found myself thinking about the different ways fear shows up in our lives. The fear of starting, failing, occupying unfamiliar spaces, being misunderstood or even beginning again.

At this stage of my life, I am increasingly interested in building things that will outlive me. But I am also learning that we cannot build lasting institutions without building people, nurturing relationships and making room for others.

Another reflection that stayed with me is the importance of guarding our hearts. We cannot carry every disappointment and offence into the future we are trying to build.

And what a joy to experience all this in the company of women I love! Old friendships, new connections, wonderful conversations and absolutely epic selfie moments. You really can never take too many selfies.

I am grateful for the opportunity to keep learning, questioning and growing.

Perhaps losing the fear is not about becoming fearless. It is about refusing to live anything less than the fullness of the life God has given us.

My Experience at #TIWLC2026 – Women in Leadership: Losing the Fear

Adesemoju Kate

Spectrum Innovation Technologies Limited



My experience at the International Women Leadership Conference in Dubai has been enlightening, inspiring, and deeply thought-provoking.

The conversations reinforced a truth I hold dear: fear must never limit our God-given potential or stop us from embracing opportunities.

The most powerful lesson was this – we can feel the fear and do it anyway. Leadership is not the absence of fear; it is the courage to act despite uncertainty, discomfort, and limitations.

We were challenged to embrace change, navigate the pressures of start-ups, stretch for new opportunities, and adapt to evolving leadership realities.

We were urged to conduct honest, even brutal self-assessments, confront our growth gaps, and do the right things even when uncomfortable.

We were also reminded to guard our hearts against bitterness and offences. Past hurts and the actions of others must never become barriers to what God wants to do in us and through us.

My key takeaway is personal and decisive.

By the grace of God, I am losing my fear to occupy. I am learning to accept my vulnerability and embrace my visibility in God's audacity. I choose forgiveness over bitterness. I am building confidence not in the flesh, but in my inner man – my mindset. When the mind is renewed, we rise.

TIWLC2026 reminded me that true leadership demands courage, self-awareness, continuous growth, and purposeful action. As women, we must rise above fear and lead with wisdom, integrity, and grace.

I leave Dubai challenged to be more intentional about my personal growth, my leadership impact, and the divine opportunities before me. Our call is not merely to occupy positions, but to make meaningful differences in our homes, workplaces, communities, and the world.

To God be all the glory!

#TIWLC2026 #WomenInLeadership

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To God be all the glory!

#TIWLC2026 #WomenInLeadership

My Experience at The International Women's Leadership Conference (TIWLC) 2026

Simone N. Smith - Bean
Legal and Technology Specialist
Managing Partner, Smith Bean & Co.
Managing Director, SBC Corporate Services Bermuda & The Bahamas
Founder of HustleApp.io



#TIWLC2026 has been the shift I needed at this stage of my entrepreneurial journey. There are seasons in business when the greatest challenge is finding the courage to begin, and there are seasons when growth requires us to pause, reflect, and reconsider how we build. For me, last year was about starting; this year is about shifting my strategy for building.

One of the things I value most about TIWLC is its ability to bring the right perspectives, connections, and insights at precisely the time they are needed. As entrepreneurs, we can become so consumed by the day-to-day demands of building our businesses that we sometimes lose sight of the bigger picture. We continue to push, solve problems, and pursue our vision, but occasionally, what we need most is the opportunity to step back, listen, learn, and see our journey through a different lens.

TIWLC has provided that opportunity for me. The conversations, the women I have encountered, and the collective wisdom and experiences shared have reinforced the importance of intentional growth, strategic thinking, and remaining open to new possibilities. It has reminded me that building a successful business is not simply about working harder; it is also about evolving, making informed decisions, and having the courage to change direction when necessary.

As an entrepreneur, I am leaving this conference with a renewed sense of perspective and a clearer appreciation of the importance of being deliberate about my next steps. I am reminded that growth is not always about doing more; sometimes, it is about doing things differently.

TIWLC has a special way of delivering the blessing of perspective when you need it most. It has been an enriching and timely experience, and one I would wholeheartedly recommend to other women in business and leadership.

This is one event I will not miss next year.



Godrey Ogbechie
Group Executive Director
Rainoil Group.

I had the privilege of attending the The International Woman Leadership Conference 2026 in Dubai, themed "Losing the Fear." As a returning participant, this year's conference was especially meaningful because I attended with my daughter. It is my desire that she begins early to learn about leadership, courage, purpose, and positive impact that this conference consistently inspires.
Over the years, this conference has become an important part of our leadership development journey. I do not attend alone; I am usually accompanied by women in senior leadership positions within my organization. Even when I am unable to attend personally, we intentionally sponsor and send a team of women leaders because the value derived from the conference far exceeds the investment. The learning, networks, and inspiration gained continue to strengthen leadership capacity across our organization and create lasting impact.

The Convener, Mrs. Ibukun Awosika, remains one of my greatest inspirations as a woman building a business while striving to create meaningful change in society. Her example of visionary leadership, resilience, excellence, and service continues to challenge and inspire me.

Prior to the main conference, I participated in the 360 Executive Masterclass and The Woman, Her Ambition and Her Relationships sessions. Both provided valuable insights into leadership, ambition, personal growth, and the importance of managing relationships while pursuing purpose.

Several lessons resonated deeply with me. The concept of "dreaming delusional" challenged me to dream beyond fear and perceived limitations. Another powerful lesson was that "resilience is not one heroic act, but a series of small decisions over time." I was reminded that leadership extends beyond personal achievement; we carry the hopes and aspirations of others and create pathways for future generations. The importance of a strong support system was reinforced, while learning that men also experience fear, though often differently, was particularly insightful and relevant.

The keynote by Mrs. Ndidi Nwuneli and the panel discussion, "Losing the Fear to Occupy," were especially impactful as I navigate significant next-level decisions.

In conclusion, the conference reaffirmed my commitment to courageous leadership, intentional investment in women leaders, and creating lasting positive impact through service. I left inspired to dream bigger, lead boldly, and empower others to achieve their fullest potential.

My Three-Year Journey at The International Woman Leadership Conference (TIWLC), Dubai

Chima Patience Ebor
Head, Affluent Banking and Branches
Standard Chartered Bank



Attending the International Woman Leadership Conference for three consecutive years has been an enriching and transformative leadership experience. My profound appreciation goes to Mrs. Ibukun Awosika for consistently curating a world-class platform that brings together over 400 accomplished women across corporate leadership, entrepreneurship, politics and social impact.

The 2026 conference was particularly defining for me. Beyond inspiration, it provided clarity on where I am in my leadership journey, what must change, and the deliberate actions required to unlock my next level. One powerful takeaway was the importance of building intentional ecosystems—relationships, capabilities and platforms that enable sustainable success. I was equally reminded that opportunities do not expire with age or achievement. Growth demands the courage to assess oneself with brutal honesty, identify capability gaps and pursue solutions relentlessly.

Perhaps most importantly, leadership requires us to occupy our space and pursue opportunities, not in the absence of fear, but despite it.

The exceptional insights from Dr. Ngozi Okonjo-Iweala, Leo Stan Ekeh, Ndidi Nwuneli and other distinguished speakers reinforced these lessons.

Beyond the intellectually stimulating sessions, we celebrated, forged valuable connections and strengthened existing relationships.

I leave TIWLC 2026 not merely inspired, but clearer, more intentional and determined to translate insight into impact.

The #TIWLC2026 has been extraordinary



Naomie Pilula

Legal Services Manager, Pensions & Insurance Authority (PIA), Zambia

I have been inspired by the journeys of remarkable women, equipped for my next steps, and charged to confront the fears that have quietly held me back.

It began with an invitation to "dream a little delusionally." It reminded me that a dream does not need to look reasonable to be valid, even when it seems out of this world.

I also learnt that the key to overcoming fear is pursuing something bigger than myself. When our vision is about lifting others, courage has something to stand on. And when we genuinely care for people, they will follow.

The statement I will carry with me from now on: "Fear has a voice, but it should not have a vote."

Fear will still raise doubts and question whether we are ready. We can listen, acknowledge it, and then decide anyway.

I leave with renewed purpose and a commitment to lead with boldness, service and care. To put it simply: "dream boldly, anchor the dream in serving others, and don't let fear cast the deciding vote."

Edition 59, **13th October 2026**
INSPIRING WOMAN AFRICA

TIWLC 2026 DAY1




















Edition 59, **13th October 2026**
INSPIRING WOMAN AFRICA

TIWLC 2026 DAY2





















Edition 59, **13th October 2026**
INSPIRING WOMAN AFRICA

Gala Night TIWLC 2026




















WOMAN EXECUTIVE

The Loneliness of the Yes: On Decision Fatigue and the Weight of Final Say



By Wola Joseph-Condotti

There is a particular kind of tiredness that comes with being the person who decides.

It is not the tiredness of hard work, though there is plenty of that too. It is something quieter and harder to explain. It is the weight of being the last stop. The place where every unresolved thing eventually lands. The one who has to say, finally, yes or no, when everyone else has had their say and gone home.

People imagine the corner office is mostly privilege, and in many ways it is. But there is a cost to it that nobody really prepares you for, and it took me years to understand what I was actually feeling. It is this. Everyone brings you their problems. Almost no one carries yours.

Death by a Thousand Decisions

Let us start with the sheer volume, because it is real and it is underestimated.

A leader makes decisions all day. Big ones and small ones, back to back, often with barely a pause between them. Should we do this deal. Can we afford this hire. How do we handle this crisis. Do I approve this, escalate that, override the other. By late afternoon, you have made more consequential calls than most people make in a week, and there is a real cost to that.

Psychologists call it decision fatigue, and it is not a metaphor. Your judgement is not infinite. Every decision draws down the same well, and when the well runs low, the quality drops. You get impatient. You reach for the easy option instead of the right one. You say yes just to make the asking stop.

The dangerous part is that it does not announce itself. You do not feel your judgement eroding. You just quietly start making worse calls while feeling exactly as capable as before.

The Finality Is the Heavy Part

But volume is not the hardest thing. Finality is.

When you are not the final decision-maker, there is always someone above you to escalate to. A safety net. Someone who will carry it if it goes truly wrong. And then one day you become the person there is no escalating past. The problem stops with you. And there is a specific loneliness in that, the loneliness of knowing that whatever you decide, you own, all the way down, with no one to hand it to.

That is the weight of the final yes. It is not that the decision is necessarily harder. It is that there is no longer anywhere for it to go but you.

No One Carries the Leader

And here is where the isolation deepens. The whole organisation is built to bring things to you. That is the design, and it is correct. But it means the flow runs one way. All day, people arrive with what they are carrying and set it down in front of you. And then they leave, lighter. And you are still there, holding all of it, plus your own.

Who do you set your burdens down in front of? For many leaders, the honest answer is no one. We are so used to being the strong one, the capable one, the one with the answers, that we quietly conclude we are not allowed to need anything ourselves. So we carry it alone. And carrying it alone, over years, is how good leaders slowly wear thin.

Protecting the Well

So what do you actually do?

Protect your judgement like the asset it is.

Make your heaviest decisions when you are fresh, not at the frayed end of the day. Push the small, reversible calls to other people, so your limited judgement is spent where it truly matters. Not everything needs to reach your desk, and a leader who insists on deciding everything will end up deciding the important things badly.

And this is the one we resist most. Build a place to set your own burdens down. A trusted friend outside the organisation. A mentor with nothing to gain. A quiet space, in prayer, where you are not the one with the answers but the one bringing the questions. You need at least one relationship where you are allowed to not be the strong one. Not a luxury. A survival requirement.

A Word From Scripture

Moses nearly broke under this exact weight. He sat as the sole judge over the people, from morning until evening, every dispute funnelling to him and him alone. And his father-in-law Jethro watched, and said plainly, "What you are doing is not good. You will surely wear yourself out."

The solution was not for Moses to try harder. It was to share the load. Appoint capable people. Let them judge the smaller matters. Reserve only the weightiest things for himself.

Even Moses was not built to be everyone's final answer. Neither are you.

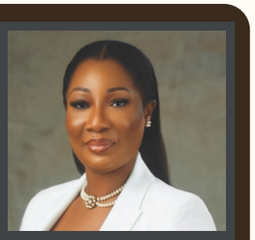
Final Thoughts

If you are the one who decides, hear this clearly. The loneliness you feel is not a flaw in you. It is the nature of the seat, and nearly everyone in it feels it, whether they admit it or not.

But the weight is not meant to be carried alone. Guard your judgement. Share what can be shared. And find the people, and the quiet, where you get to lay your own burdens down.

Because a leader who is only ever a destination for other people's problems, and never once a place to rest her own, will not last.

And the work needs you to last.



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, be coming 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 Four Numbers That Define Your Financial Life



By Sola Adesakin

Financial independence is not a switch you flip. It is not a moment where you suddenly arrive and everything changes. It is levels. And most people are stuck on the first one, not because they cannot move, but because they have never clearly defined what the levels actually are.

Today I want to give you four numbers. Not vague ideas. Not aspirational language. Four specific numbers that, once you know them, will change how you see every financial decision you make from this point forward. Most people have never calculated any of them. That is why they feel busy with money but unclear about where they actually stand.
Let us fix that.

Level 1: Your Survival Number

This is the most basic and the most important. Your survival number is the total amount it costs you to simply exist each month. Rent. Food. Transportation. Utilities. School fees if you have children. Healthcare basics. Data and communication. The things that, if they stopped being paid, your life would begin to unravel within weeks.

No luxuries in this number, no entertainment, shopping or dining out. Just the bare machinery of your life running at its minimum.

Most people have never added this up precisely. They have a vague sense that they need "about N300,000" or "around N500,000" but the actual figure, calculated line by line, has never been written down. Write it down this week. If you do not know your survival number, you do not know what your emergency fund needs to cover. You do not know how many months of breathing room you actually have. You are guessing, and guessing is not a financial strategy.

Level 2: Your Earning Number

This is straightforward. What comes in every month? Salary, business income, side income, investment returns, rental income, everything. Your total monthly inflow.

Now place it next to your survival number. The gap between the two is the most important space in your financial life. If your earning number barely covers your survival number, you are living on the edge whether it feels like it or not. If there is a meaningful gap, that gap is your building material. That is the money that funds your emergency reserves, your investments, your future. The wider the gap, the faster you build. The narrower the gap, the more urgent it is to either reduce the survival number or increase the earning number. Preferably both.

Too many people focus on growing income without ever knowing that their survival number grew right alongside it. The gap stayed the same.

Level 3: Your Freedom Number

Your freedom number is the total pool of assets or investments required to generate income equal to or greater than your current earnings, without you having to work. It is the answer to the question: how much would I need invested so that the returns alone cover my life?

If your monthly expenses are N500,000 and you can generate 12% annual returns on a well-structured portfolio, your freedom number is approximately N50 million. That is the invested amount whose returns replace your income entirely. You may not be anywhere near that number today. That is fine. The point is knowing what you are building toward. A destination you have never defined is a destination you will never reach.

Your freedom number gives every investment decision a context. Every N10,000 you invest is not just savings. It is a measured step toward a specific, calculated finish line. That changes how you think about money completely.

Level 4: Your Lifestyle Number

This is your freedom number plus room to live well. Not just survival or bills covered. A life with travel, with generosity, with experiences, with the kind of comfort you have earned and can genuinely sustain.

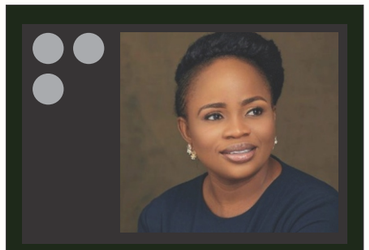
Your lifestyle number is your nice-to-have life, fully funded by assets, not labour. It is the version of financial independence where you are not just free from worry but free to enjoy. It is the number most people dream about but never quantify. And because they never quantify it, it remains a fantasy instead of becoming a plan.

The exercise

This week, calculate all four. Write them on a single page.

Survival, Earning, Freedom and Lifestyle.

Where you stand relative to those four numbers is your honest financial position. No pretence, no performance, no comparison with anyone else. Just you, your numbers, and the distance between where you are and where you are going.
Every level starts with one honest look.
Take it today.



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 Instructor℠ and a member of the Personal Finance Speakers Association.

Edition 59, **13th October 2026**

INSPIRING WOMAN AFRICA

HER POINT OF VIEW



Your Reputation Arrives Before You Do

Chinyere Okorocha

Long before you walk into certain rooms, you have already arrived. Your name has been mentioned. Someone has worked with you before. Someone has heard how you handled a difficult situation. Someone knows whether you deliver when you say you will. Someone remembers how you treated them when they were junior to you—or when you thought they could do nothing for you. That is your reputation.

After more than three decades in legal practice, I have come to understand that one of the most valuable things we build over the course of a career is not contained in our CVs. It is the collection of impressions, experiences and stories that other people carry about us.

And the interesting thing about reputation is that you are usually not in the room when it matters most.

Your Reputation Is Built in Small Moments

We sometimes think professional reputations are built through the big things: the major transaction, the promotion, the award, the impressive title or the high-profile appointment. They are. But only partly.

Your reputation is also being built on an ordinary Tuesday morning when you promise to send something by noon.

It is built in how you respond when you make a mistake.

It is built in whether you prepare for meetings.

Whether you return calls.

Whether you give credit.

Whether you keep confidences.

Whether you treat the receptionist with the same courtesy you give the CEO. Whether you speak well of people when they are not present.

Whether people have to chase you repeatedly before you do what you said you would do.

These interactions may seem insignificant in isolation. But over ten, twenty or thirty years, they accumulate. Eventually, they become your name.

I Have Seen the Power of a Good Name

Looking back over my own career, some of my most important opportunities have come through relationships built years earlier. A former colleague recommends you. A client mentions your name to another business.

Someone you met through a professional association remembers how you contributed. A person you helped many years ago is suddenly sitting in a room where an opportunity is being discussed—and your name comes up.

This is one reason I have always believed that relationships should never be approached merely as transactions.

You cannot predict who will become important to your journey.

I have watched people I knew as young professionals become senior executives, industry leaders and decision-makers. I have also had people reappear in my professional life many years after our first encounter. How you leave people matters.

Competence Gets You Known. Character Determines What Is Said.

Of course, you must be good at what you do.There is no substitute for competence. But as your career progresses, people are assessing much more than whether you can do the work.

Can you be trusted?

Do you exercise good judgment?

Are you discreet?

Do you take responsibility?

Are you dependable under pressure?

Do you treat people well?

Would someone confidently put your name forward knowing that their own reputation is attached to the recommendation? That last question is important. Every recommendation carries reputational risk for the person making it. When someone says, "Speak to Chinyere; she will handle it," they are lending me some of their credibility. That is something I never take lightly.

Be Careful With the Reputation You Build

Not every strong reputation is a good one. You can become known as brilliant but impossible to work with.

Successful but unreliable.

Powerful but unkind.

Hardworking but unable to delegate.

Ambitious but willing to step on people to get ahead. Some of these behaviours may even appear to help you advance in the short term. But careers are long, and industries can be surprisingly small.

People remember. This is particularly important for younger professionals who may believe that reputation management is simply about personal branding or what appears online.

Your digital presence matters, certainly. But your real professional brand is what people say about you after the zoom call ends.

Guard It, But Don't Try to Control Everything

There is also an important distinction between protecting your reputation and becoming consumed by what everyone thinks of you. You cannot control every opinion. If you spend your career trying to ensure that nobody ever misunderstands, criticises or dislikes you, you will eventually become afraid to lead. Leadership sometimes requires unpopular decisions. Growth sometimes requires boundaries. Ambition sometimes makes people uncomfortable.

So the objective is not universal approval. It is consistency. Know the values you want your name to represent and behave consistently with them.

For me, qualities such as excellence, integrity, dependability, generosity and professionalism matter. Your list may be different. But you should have one. Ask yourself: When my name comes up in a room I am not in, what do I want people to say? Then build a career that makes those words true.

Your Reputation Compounds

One of the beautiful things about a strong professional reputation is that, like compound interest, its value grows over time. In the early years, you are constantly introducing yourself and proving what you can do. Later, if you have built well, your name begins to do some of that work for you. People take your call. They recommend you. They invite you into rooms. They trust you with bigger responsibilities. They connect you to opportunities. Not because of one spectacular thing you did last week, but because of hundreds of small things you have done consistently over many years.

That is why I would tell every younger woman building her career: do not only build your CV. Build your name. Qualifications matter. Titles matter. Achievements matter.

But there will come a stage in your career when one of your greatest assets will be something that cannot be printed on a business card. It will simply be what people believe when they hear your name. Because sometimes, before you ever enter the room, your reputation has already arrived.



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.

LET'S TALK ABOUT IT

National Service or National Sacrifice? Rethinking the Safety of NYSC Corps Members in Nigeria

Asmau Benzies Leo



Every year, thousands of young Nigerians leave the comfort and familiarity of their homes to participate in the National Youth Service Corps (NYSC), a programme designed to promote national unity, integration and development. They travel across unfamiliar states, learn new languages, adapt to different cultures and contribute their skills to communities far removed from their families. Yet, for many, this journey of patriotism increasingly comes with an unsettling question: Is Nigeria adequately protecting the young citizens it asks to serve?

The growing insecurity across parts of the country has transformed the NYSC experience from an opportunity for national integration into a source of anxiety for corps members and their families. Reports of kidnappings, violent attacks, communal conflicts, banditry and other security threats raise fundamental questions about the government's responsibility to safeguard young Nigerians undertaking a national assignment.

The original promise of national service

Established in 1973 by General Yakubu Gowon's military administration in the aftermath of the Nigerian Civil War, the NYSC was conceived as an instrument for national reconciliation, reconstruction and integration. Its objectives included rebuilding trust among Nigerians, bridging ethnic and cultural divisions, promoting intercommunal understanding and mobilising graduate manpower for national development.

The programme reflected a compelling post-war vision: that young Nigerians, by living and working outside their states of origin, could develop mutual understanding and strengthen the bonds of citizenship. Over five decades later, that vision remains relevant. Nigeria continues to grapple with ethnic suspicion, religious divisions, regional inequalities and political tensions. The NYSC can still foster solidarity and expose young people to the country's diversity.

However, national integration cannot be sustained by asking young people to cross geographical and cultural boundaries without adequately addressing the dangers they may encounter. The obligation to serve must be matched by the state's obligation to protect.

Is the NYSC still relevant in today's Nigeria?

The answer is yes, but with important qualifications. Nigeria still needs institutions that promote national cohesion, volunteerism, professional development and service to underserved communities. Corps members contribute significantly to education, healthcare, agriculture, public administration and community development, particularly in areas where skilled personnel are scarce.

Nevertheless, relevance should not be measured solely by the programme's historical purpose or the number of graduates mobilised annually. It must also be assessed against present day realities, institutional effectiveness and the welfare of participants.

A national service programme that fails to respond adequately to evolving security threats risks undermining the very unity it was created to promote. Compulsory deployment to a high-risk location without credible threat assessment, effective emergency communication or reliable evacuation arrangements can expose young citizens to preventable harm.

The argument, therefore, is not that the NYSC should be abolished, but that its operating model must evolve. National service should be an instrument of nation-building, not an expectation that young people must endure avoidable danger in the name of patriotism.

Why female corps members require particular attention

While all corps members deserve protection, female corps members may face additional risks, including sexual harassment, sexual and gender-based violence, exploitation, stalking and unsafe accommodation. These risks can be heightened by isolation, limited local support networks, insecure transport and power imbalances involving employers, landlords or community members.

Security planning must therefore recognise that exposure to danger is not always gender-neutral. Female corps members should not be blamed for travelling, accepting legitimate placements or participating in community activities. Responsibility rests primarily with institutions and individuals who create, enable or fail to address unsafe conditions.

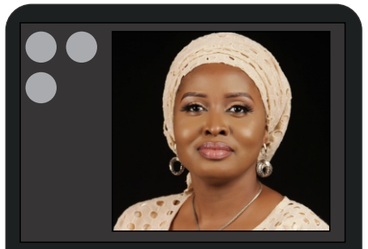
What governments and the NYSC must do

First, the Federal Government and NYSC management should institutionalise regular, evidence-based security assessments before deployment and throughout service. Deployments to areas facing credible, serious threats should be reconsidered, deferred or redirected.

Second, state governments, security agencies and host institutions should establish clear communication channels, designated emergency contacts and coordinated response mechanisms for corps members. These arrangements must include emergency planning, early warning and early response, rapid reporting, welfare checks and evacuation plans, where necessary.

Third, accommodation and primary places of assignment should meet minimum safety standards. Female corps members must have access to secure accommodation, confidential complaints mechanisms, gender-sensitive safeguarding services and reliable referral pathways for survivors of violence.

The NYSC should also review its deployment and redeployment procedures to ensure that genuine security concerns receive timely, fair and consistent consideration.



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.



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WOMAN AT THE HELM

Olebile Makhupe

Managing Director, Bank Gaborone

Olebile Makhupe is the Managing Director, Bank Gaborone. Bank Gaborone has been providing banking services in Botswana since 2006 with their first branch on Pilane Road.

After 11 years of serving Batswana, they now operate in 11 locations through their retail branches and BG Finance offices which offer microloan services.

She started her career as a graduate trainee with the Consumer Banking division of Standard Chartered Bank, followed by an extended career with the Global Markets division where she held various roles, including Corporate Sales Manager, Head of Assets and Liabilities Management, and a stint in Standard Chartered Bank New York Global Markets Sales.

She was eventually appointed as the first local Head of Global Markets, Botswana, a senior leadership role that reported directly to the CEO and involved being a member of the country Executive Committee and driving the wholesale banking business strategy.

In 2011, she was appointed Head of Wholesale Banking, Africa-China Corridor, based in Beijing China, with the responsibility of developing and implementation the strategy for this business, and setting the foundation that would allow the Bank to grow revenues from USD 8 mio to USD 40 mio in 3 years. Her successes in the role include raising SCB Africa business profile to reach the entire Wholesale Banking sales force in China, resulting in a growth of revenue of over 30%.

Olebile joined FNB Botswana in 2013 as Treasurer, a role she held till her appointment as Director, Rand Merchant Bank, the investment banking division of the bank, in 2017. She is part of the country executive committee as well as Africa executive committee.

As a result of her various leadership roles and community involvement, she had the privilege of being honoured as a Young Global Leader.



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WE'VE GOT MEN

James Mworia

Director of Kenya's National Infrastructure Fund (NIF)

James Mworia is an enterprise builder, investor and business leader. He has built, scaled, governed and exited enterprises across many sectors of the Kenyan economy for several years in his career.

Former Group CEO Centum PLC and current Director of Kenya's National Infrastructure Fund (NIF), his role at NIF is a natural extension of helping to build an institution that mobilises capital for commercially viable national infrastructure while using public capital to crowd in private investment.

James was appointed CEO of Centum in 2008 at age 30, becoming the youngest CEO of an NSE-listed company at the time. Since then, Centum PLC has grown its asset base approximately tenfold without raising additional shareholder capital, while returning to shareholders approximately 1.5 times the capital base he inherited.

Centum has provided a platform to build enterprises across financial services, energy, manufacturing, education, consumer goods, agriculture, real estate, hospitality, infrastructure and special economic zones. Between 2013 and 2023, Centum accounted for approximately a quarter of investment exits in Kenya, achieving returns of around 20% in US dollar terms.

Mworia's governance experience includes serving on the boards of the Nairobi Securities Exchange and Central Depository and Settlement Corporation, and as Chairman of Sidian Bank and Almasi Beverages.

Furthermore, he serves as Chancellor of Machakos University, where he established the Chancellor's Scholarship Fund and has provided full scholarships to approximately 200 students. James Mworia also chairs The Nature Conservancy Africa Council and serves as a Director of Loldaiga Conservancy.

He is a member of the Chartered Global Management Accountants and CFA Institute, a University of Nairobi law graduate, and an advocate of the High Court of Kenya.

HOLISTIC LIVING

Beyond the Scale:

The Holistic Awakening That Taught Emily What Wellness Really Means

By Dr. Maymunah Yusuf Kadiri



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INSPIRING WOMAN AFRICA

Somewhere between the gym membership she barely used and the diet plans that never quite stuck, Emily realised that chasing a number on a scale had never once made her feel truly well. Her journey toward better health did not begin with a dramatic transformation photo or a strict regimen; it began with a quiet, uncomfortable admission that the way she had been pursuing wellness was making her miserable rather than whole. That single moment of honesty became the seed of a far richer story about what it actually means to live well.

The first shift came through community, though not in the way Emily expected. She had imagined accountability partners counting calories alongside her, but what she found instead were friends who celebrated her energy, family who noticed her mood before her measurements, and professionals who asked how she felt rather than how much she weighed. Their encouragement became a mirror that reflected progress she had been too fixated on numbers to notice: deeper sleep, steadier moods, the simple joy of climbing stairs without losing her breath. These non-scale victories, as she came to call them, taught her that the body keeps score in far more meaningful ways than any digital display ever could.

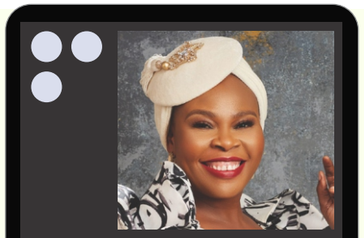
Mindfulness became the quiet architecture holding this new approach together. Emily began journaling not to track macros but to understand herself, uncovering old patterns where food had been comfort during loneliness or stress rather than nourishment for a body she respected. Meditation gave her the pause she needed before reaching for something out of habit rather than hunger, and slowly, without force or restriction, her relationship with eating transformed from guilt into gratitude. Meals became something to savour rather than survive, and hunger became information rather than an enemy to outsmart.

Movement underwent its own quiet revolution. Exercise had once felt like a penance owed for eating, a debt to be repaid through suffering on a treadmill. Emily gradually let that story go, discovering instead the unexpected pleasure of a sunrise hike, the freedom of dancing badly and joyfully in her living room, the calm of a yoga session that asked nothing more of her than presence. When movement became an expression of care rather than punishment, consistency followed naturally, because joy is a far more reliable motivator than shame ever was.

What Emily's story illustrates, and what holistic living continually reminds us, is that health is never a single metric or a finish line to cross. It is a woven fabric made of rest, nourishment, movement, emotional honesty, and connection, each thread reinforcing the others. A person can eat perfectly and still be unwell if they are isolated and anxious; a person can weigh exactly what a chart recommends and still feel utterly depleted. True vitality shows up instead in the quality of sleep, the steadiness of mood, the capacity to handle stress without collapsing, and the presence of people who genuinely care whether we thrive.

There were setbacks along the way, weeks where old habits crept back and self-doubt threatened to undo months of progress. But Emily's resilience came not from perfection but from her willingness to return, again and again, to the values she had chosen rather than the outcomes she could not fully control. Each stumble became less a failure and more a data point, a chance to ask what her body and mind actually needed in that moment rather than what a rigid plan demanded of her.

Emily's transformation offers a lesson far bigger than weight management: true wellness is holistic, encompassing mind, body, and spirit in equal measure, and it flourishes best in the company of others who champion our whole selves rather than our waistlines. Anyone standing at the beginning of their own health journey today can borrow from her story the most liberating idea of all, that vitality is not something to be earned through suffering but something to be cultivated through balance, patience, and self-compassion, one honest choice at a time.



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- Psy chiatrist 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-therapeu tic 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, Praeti tioner (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 organi zation, "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.

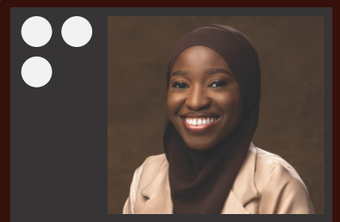
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INSPIRING WOMAN AFRICA

TRIBE WITH THE VIBES



Who are the 2026 Women Nobel Prize Winners?

Zainab Aderounmu



Zainab Aderounmu

Zainab Aderounmu A. W. is a First Class graduate of English Language and the Overall Best Grad uating 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.

The Nobel prize, a set of prestigious international awards given to individuals who have conferred the most benefits to humanity, has been awarded to a total of 69 women in total, out of 998 prize winners, since 1901.

This year, only two women, Anne Carson and Navi Pillay, have been awarded this prestigious title, of the 8 awardees announced so far. Who are these two phenomenal women?

Anne Carson won the Nobel Prize for Literature for the year 2026. Born to a banker father and housewife mother, Anne grew up in several Canadian towns. She holds a bachelor's, master's and doctorate degrees in classics which highly influence her works. As a poet, essayist, translator, and professor of classics, her work centres heavily on classical subjects and themes.

However, her most unique feature is her genre-averse approach to literature, which means her works mix poetry, prose, literary criticism and other forms of literature, making her oeuvre distinctive, bold and quirky. Essentially, with her style, she creates new genres of literature.

Beyond the Nobel Prize, she has also received a Lannan Literary Award, the Pushcart Prize, and the Griffin Poetry Prize. Anne once admitted to a critic that she never really wrote until her twenties. Rather, she'd draw pictures and sometimes write on them. She considers herself a visual artist not a verbal artist.

Meanwhile, Navanethem Pillay, who won the Nobel Peace Prize, is a South African jurist and former United Nations High Commissioner for Human Rights. She was the first non-white judge of the High Court of South Africa.

According to the Nobel Prize Foundation, she has been at the forefront of development of an international legal order. She has also served as judge and president of the International Criminal Tribunal for Rwanda and the International Criminal Court. She was also the first woman to start a law practice in the Natal Province of South Africa. She led the committee that concluded that Israel committed genocide against Palestinians.

The United Nations Secretary-General António Guterres congratulated Navi Pillay on the Nobel Peace Prize, calling her "a steadfast, independent voice of justice amidst some of the most historic international legal cases of our time."

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EDITION 49, 4TH AUGUST, 2026



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.

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Her Point Of View



Chinyere Okorocha
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.

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Financial AdviseHER



Sola Adesakin
Founder and Lead Coach, Smart Stewards

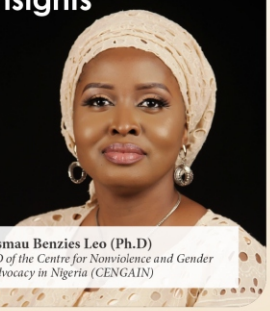
Live for the Right Things: A Smarter Financial Approach for 2026

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

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

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Gender Insights



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

geria in 2026: ny True Security Must ve a Woman's Face

igerians step into 2026, one truth remains bidable: insecurity in Nigeria is not gender l. From banditry affected communities in the west to displacement camps in the Northeast nate stressed regions across the Middle Belt, nd girls are not merely collateral victims of ey are deliberately targeted, onately affected, and often left without justice.

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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 care for herself differently. That single decision gradually changed her body, restored her confide lifted her mood, strengthened her relationships a gave her a renewed sense of purpose.

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VITH BES



Zainab Aderounmu
Youth Advisor & Ambassador Delegation of the European Union to Nigeria & ECOWAS

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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