

BUSINESS DAY

WOMEN'S HOW

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IBUKUN AWOSIKA

guiding women through the journey of leadership
...organised maiden edition of conference in Dubai to chart this course



Editor's Note

It is our first edition in the month of May and all I can say to you is that you honestly need to prepare to read this edition like you are at the cinema, with your chilled drinks and popcorn, because it is loaded and you are guaranteed to be hooked from beginning to the end.

For cover, we have the ever inspiring Ibukun Awoosika however, this edition is about reading comments from some women who attended the maiden edition of her International Woman Leadership Conference 2022 (TI-WLC) at Hilton Al Habtoor, Dubai. Reading what these women had to say tells me that there is nothing as noble as living a life of purpose, positive impact and influence.

We share pictures from the event, and you will clearly see that they all had an amazing time. As one of the women she impacted said, it was indeed a 'Mind Spa' experience and I completely agree because evidently, they were rejuvenated.

Obviously, Mo Abudu has the midas touch, if not, how best can you describe how Twitter is buzzing with

tweets from her latest work?

It is Netflix's first Nigerian original series, a Netflix and EbonyLife Studios production. It is called Blood Sisters. It is a crime drama series set in Nigeria and it features Nancy Isime, Ini Dima-Okojie, Kate Henshaw, Ramsey Nuoah and many more major Nigerian stars. On our tweets section, we are 'feeling' the Twitter streets as views about the series keeps flowing in back to back. We share some.

Also, we have other articles that includes: 'Just Let Go' 'Does The Leader Know Best?' and 'Mistaken Identity Palaver'.

As you trust, we have delicacies you will love to try out and designs to try on.

Again, be notified, this edition is addictive. You have been warned!

Enjoy

Kemi Ajuwobi

Associate Editor, BusinessDay
kemi@businessdayonline.com

COVER



Designed by Ayeni Aderemi
aderemi.ayeni@businessday.ng
0703 435 2828

IBUKUN AWOSIKA

guiding women through
the journey of leadership

*...organised maiden edition of conference
in Dubai to chart this course*

BY KEMI AJUMOBI

The Ibukun Awosika Leadership Academy held the maiden edition of The International Woman Leadership Conference 2022 (TIWLC) at Hilton Al Habtoor, Dubai. The conference which was held in partnership with the Dubai Tourism and Dubai Events had over 400 C-suite executive women in attendance. The theme of the conference was Women in Leadership...Playing to win!

The conference was a pan-African leadership conference for women with delegates from 12 African countries namely Nigeria, Ghana, Kenya, Zimbabwe, Tanzania, Egypt, Burundi, Zambia, South Africa, Uganda, and Botswana, Ivory Coast. Delegates in attendance also included women from Barbados, Jamaica, UAE, Spain, and Nigerians from the United Kingdom and America.

The main objective of the conference was for women across African countries and generations to build a network of relationships, learn, share experiences and have fun while doing so and this was very evident in the kind of experience sharing that occurred during each session, the organic content that was created for each of the social activities for the conference as well as the delegates bonding over the conference app and building relationships before the conference day.

The conference speakers included Paul Polman, former CEO of Unilever, Nobel Peace Laureate prize winner, Leymah Gbowee, Freda Yahan Duplan, Chairman, Zenith Bank, Ghana, Wendy Luhabe, Chairman Pepkor, South Africa, Sola David Borha, CEO of Africa Regions at the Standard Bank Group, Dolika Banda, Non-Executive Director, CDC Group, Omobola Johnson, Chairman Guinness Nigeria, Achie Alai, County Minister, Kisumu, Kenya Tourism, Arts and Culture, Yewande Zaccheaus, Chairman, Eventful Nigeria, H.E Erelu Bisi Fayemi, wife of the Governor, Ekiti State Government, Pearl Esua Mensah, CEO Ghana Deposit Protection Corporation, Yewande Sadiku, Acting Chairman, Board of Trustees of Investors Protection Fund, Nigeria's Exchange Limited, Tokunbo Ishmael, Managing Director, and Co-Founder Alitheia IDF. Other speakers included Tola Oloyede of the Oja Tribe, Tara Fela-Durotoye, Founder, House of Tara, Towun Candide Johnson, Gaia Africa, Thelma Ekiyor, SME.ng Polo Leteka, Alitheia IDF, H.E Amb. Nimi Akinkugbe, Nigerian Ambassador to Greece, H.E Amb. Beryl Sisulu, South African Ambassador to Greece, and H.E Amb. Luella Hajdaraga, Albanian Ambassador to Greece.

This edition of Women' Hub profiles some participants who expressed their opinion of their experience.



#TIWLC2022

Abiola Ojo-Osagie

Senior Partner and Managing Director, AfricInvest Capital Partners (Anglophone West Africa)

In several ways, the International Women Leadership Conference served to reawaken the potential and possibilities of many women that gathered from different countries to share and participate in plenary sessions anchored by well experienced professionals. It was a rich and satisfying session with so much fun in between and lots of networking opportunities; with panelists and speakers that transcend various spheres of life, sharing deep and practical life experiences – corporate, governance, social, value based leadership and so on. From the shop floor to the board room, they showed how you can play to win! Apart from the convener – Mrs. Ibukun Awosika who is an astute leader, we had Mrs. Sola David-Borha, Wendy Luhabe from South Africa, Leymah Gbowee from Liberia, Yewande Sadiku, Achie Ojany-Alai from Kenya, Omobola Johnson and many more. Personally, I was challenged, motivated, rebuked and energized to seek more opportunities to become that person that can make a positive difference with impact in my world. It was a platform that helped me unlearn some of the myths I had held on to over the years, relearn the things that really matter and should not be jettisoned, and of course learn many topical and salient strategies on playing to win. Who you are, what is your purpose? (These

are actually your pain points, your Anger!!) I saw the importance of building a tribe that would challenge its members to the highest level of accountability.

Playing to win requires a change of mindset and one of the important mindset changes is to know that we do the right thing because we want to do the right thing as executives. Playing to win requires a deep reflection centered around your current positioning – where you are right now on the journey, where is the journey leading to, an examination of the gap analysis, being truthful in knowing the challenges that can inhibit success and dealing with this in a decisive way including drawing help and strength from the right source when required. Every next level demands a different version of oneself, a different response. I understood the importance of walking through a door when it is opened as you never know when another one will open. Regarding work-life balance, it should be seen as an integration – build relationship and engagements that can help you integrate work and every other aspect of your life, as seamlessly as possible.

In conclusion, I learnt that the journey is indeed more important than the destination... Who do you become at the end?



#TIWLC2022

Tomi Rotimi

Creative Director -Xclamations By Tomi Rotmi

The international Women Leadership conference was an amazing experience for me. It was however not one I had planned to attend. I jumped on the opportunity at the last minute because the dates coincided with my wedding anniversary and my husband also had a conference to attend in Dubai on the same days. It was an excuse for us to travel together to Dubai and get some much needed rest.

At the end of the conference, I gained so much more than break time. The event was very well organised and well attended too. Women from all over the world were in attendance both as delegates and speakers. I reconnected with old friends and forged new relationships. The diverse range of topics made it near impossible to leave without learning something and I learnt a lot. Speakers like Mrs.Sola David Burha, Mrs. Ibukun Awosika, Leymah Gbowee, and Paul Polman to mention a few, opened my mind to new perspectives that have both challenged and inspired me.

It was not all work though. Dubai provided the perfect back drop for the conference. Delegates let their hair down at the end of each day exploring the many activities and attractions Dubai has to offer. And for me personally, I want to use this opportunity to thank Dubai Tourism for gifting my husband and I five days at a five star hotel to celebrate our wedding anniversary. That was the cherry on top.

I share my learnings from the 2 day conference in my podcast Fat Transfer Talks By Tomi and I encourage everyone to listen to it.



#TIWLC2022

Chichi Nwoko

Founder / CEO, The What Network

We are in an era where the gender equity discourse is part of the mainstream agenda and an imperative for corporations. Global leaders must now embrace and imbibe a gender inclusive culture, while championing gender equity within their organisations. Despite the aforementioned initiatives, career women still experience distinct challenges as they navigate through the corridors of the work place. From my experience, some of these challenges include unequal treatment and unequal pay, knowing how to build a supportive network, effectively developing alliances with decision makers and sponsors, overcoming the imposter syndrome and raising capital. These challenges are further accentuated as women ascend the rungs of leadership with the ambition to join the C-Suite.

Tackling these challenges head-on, Ibukun Awosika who is a visionary and a global leader, understands the nuanced ways in which these challenges present themselves on the African continent. She proffered a solution by organising The International Woman Leadership Conference (TIWLC). The conference was a power packed event that attracted African women in the C-Suite and those aspiring to reach these heights. We were encouraged to break our silos and shift our mindsets towards building networks—Tribes. These tribes have common values and form deep meaningful relationships, with the big picture of creating value for our communities, corporations and countries.

As an African woman in the C-Suite, I was fortunate to attend the conference; it was undoubtedly one of the best investments

I have made in myself. My objective of attending the conference was to gain technical knowledge and learn the soft skills required to effectively lead and succeed in my organisation. There was so much wisdom in the experiences shared by the dynamic speakers and the invaluable nuggets I picked up are as follows;

Value + Vision: It is important to be firmly rooted in your values and align them with your vision. Your values serve as your moral compass giving direction to your vision. The clarity in your values provides clarity in your vision: Who are you and what do you stand for? What do you hold to be true and believe in? What is important to you?

Connection + Commitment: A brick doesn't make a building. You absolutely cannot do it by yourself. There is no power in silos. You have to work to build connections with like minds, with people that inspire you. These connections are not about what you receive but what you can give; how you can add value? In order to build effective networks and tribes, you need commitment. Commitment allows you to invest the time required to build and foster meaningful connections. It allows you to be open, vulnerable and teachable.

Purpose + Preparedness: Prepare, prepare, prepare. Know your purpose and be prepared for the opportunities and the doors that will open up for you, because they will. Preparedness allows you the bandwidth to know what to do when opportunities are presented—you will possess the knowledge and the confidence to walk into a room, stay in the room and eventually own the room. Get ready and stay ready!



#TIWLC2022

Farayi Mangwende

Group Marketing and Strategy Executive, First Mutual holdings Zimbabwe

In life there are experiences which change you, refocus your energy, and also give you clarity regarding your purpose in life. TIWLC was one such experience for me – truly reflective of the fact that your journey is more important than the destination. From the time my friend Tara Fela-Durotoye invited me, I knew I had to attend. I have an inordinate amount of respect for her, and for her to insist I attend, I knew in my spirit that this would be life changing. The conference enriched me spiritually, professionally and emotionally. The biggest inspiration for me was Leymah Gbowee's exhortation to find your space within your purpose. This has resulted in me kick-starting a journey professionally where I was appointed to champion the diversity agenda and empowering women. On a personal level, it has galvanised me to elevate my mentoring programme to greater heights. Sola David-Borha said one cannot advance beyond one's mind-set, and this is a key tool for playing to win which I will and have embraced. We all carry the mantle for change as was aptly put by Leymah Gbowee, and this has inspired me to the change I want to see, and I will be doing so through my mentoring programme and diversity champion role, inspired by the building tribes session where the importance of networking and having your tribe was shared. The OJA tribe values of Support, Respect, Trust and Growth resonated with me and will be a pillar for my own initiatives. Spiritually, I was uplifted by the testimonies of God's power when Mrs A opened the conference. Being asked to be a panellist on the boardroom session was an amazing opportunity where I had the opportunity to share my experiences. This was the cherry on top for me.



#TIWLC2022

Kemi Onabanjo-Joseph

Associate Partner, McKinsey & Company

The International Woman Leadership Conference (TIWLC) was different from any other conference I have attended (and I have attended quite a number locally and internationally). I spent some time thinking about what made it remarkably different. It's not just one thing; it is the powerful combination of an inspiring and intentional convener in Mrs. Ibukun Awosika, a highly representative group of speakers, a well-curated program, a very diverse group of delegates all united in their quest for knowledge and practical skills to advance their leadership journeys.

I have so many things I learnt from the conference because every single session spoke to me in one form or the other – either helping me glean wisdom from a past season, giving me wisdom for a current season or preparing me for future seasons. It will be tough to summarise these lessons, but I will share three that are still top on my mind weeks after the conference ended.

First, authenticity is a super-power. As Leymah Gbowee (Liberian peace activist & Nobel Prize winner) spoke and shared her lessons truthfully, including moments of failure and weakness, she demonstrated to me that you don't have to change your personality to be a purposeful change agent. It is one thing to hear that you should stay true to yourself, it is a whole different thing to see it in action. It was extremely empowering.

The session with Yewande Sadiku (Former Executive Secretary & CEO of Nigerian Investment Promotion Commission) on leadership in public service (which I aspire to someday) felt like an 'equipping' workshop. I learnt that value-based leadership in the public sector is possible, and that complete knowledge of the rules and processes is a strong defence. Knowing the rules and ensuring that you are always 3 steps ahead with the various interpretations of the law is non-negotiable. This is applicable to all sectors and industries – knowledge is a defence.

Finally, Paul Polman (Author, Businessman & Former CEO of Unilever) made a powerful statement about leadership – 'being a good leader starts with being a good human being'. Becoming a manager or leader does not suddenly bestow you with the empathy, kindness and humanity needed to be a great leader. If anything, power/position can actually amplify your weaknesses. Today is the best time to begin to do the work required to be a decent/good human being, so that when you do attain position and influence, you are not at the mercy of your weaknesses.

I left Dubai with a heightened sense of possibilities and with my leadership toolkit equipped with resources and connections to accelerate me on my journey to fulfilling purpose. I can't wait for TIWLC 2023!



#TIWLC2022

Omolara Michael-Nwadu

General Manager, Financial Planning, MTN Nigeria Plc

“**M**ind Spa!” When I reflect on my experiences being at the TIWLC Dubai 2022, this is the caption that comes to mind. A gathering of legends, brilliant minds like Mrs Sola David-Borha, Mrs Yewande Zaccheus, Leymah Gbowee, Chief Mrs Nike Akande, Mrs Ibukun Awosika coming together to release the essence of their experiences was soul-lifting aromatherapy.

Key takeaways for me were:

Mrs David-Borha's opening statement “You cannot advance beyond your mind-set”. I found this similar to a sports massage, hard knocks but good for you. She shared her experience of not liking cocktails but she changed her mind-set to see them as a way of advancing her career. I have since identified a few things to change, it's not easy embracing change in those areas but I am making progress.

A common denominator across the speakers was the matter of integrity. This was my pedicure, reminding me to put my best foot forward by being true to myself and speaking the truth without fear. Integrity is built over time but can be quickly destroyed by one incident. So always do the right thing.

To crown it all was the relaxing massage and sugar scrub of networking during tea breaks, lunch and the gala night.

Thank you Mrs Awosika for creating this Mind Spa. My mind is rejuvenated and I am confident to take giant strides.



#TIWLC2022

Omon Odike

Founder/CEO U-Connect and Gr8jobsng

In January 2022, I stumbled upon an awareness post about the International Women's Conference, as convened by Mrs. Ibukun Awosika. I follow and respect Ibukun Awosika as a female pace-setter in Africa and was part of her 360 women in leadership session last year, it was transformational and was held in Lagos.

At first, I thought to myself, why Dubai? But my experience eventually answered that and I will say why shortly. Upon arrival, our official first event was the welcome dinner. It was at the dinner that I began to appreciate the value of coming out all the way. I ran into so many female leaders who are making a mark in their various chosen professions and businesses, yet they took out time to be there, void of any distractions.

The conference attracted high-quality participants who are at the top of their leadership journeys or emerging, but all needed to be more. I met participants from Barbados, South Africa, Ghana, Uganda, Kenya, Tanzania, and I mean locals of these nations.

Day 2 came and every session left me impacted be-

cause the speaker line-up were very solid. Noble Laureate Leymah Gbowee was one of the speakers. She said something that stood out to me, 'Do not serve others what you cannot take'. This for me was a call to replicate excellence as I lead, excellence in experience, no matter what.

Then came day 3 where everything sort of peaked. I have never really seen the value in building peer to peer female connections but day 3 was all about that, it was all about building a community of like minds who are unified by a common goal, by growth, but challenged with the-same demons such as lack of parity in the C-Suite, family blockers, and even inhibitions that they have placed on themselves. As women, we need to do better than catching up over dinner and social conversations, we need to be deliberate in finding and growing our tribe, we need to be structured in the way that we are committed to that tribe. The morning session was followed by a breakout session that delivered some more positive personalised experiences.

The conference came to an end with a gala night at the Waldorf Astoria Palm Jumeriah Dubai. It was an evening of colour as true African glam came to life. It was a beautiful end to a beautiful experience.



#TIWLC2022

Rebecca Kamwine

Founder, Zenliving Interiors Uganda

As the only Ugandan female to have had the opportunity to be part of The International Women In Leadership Conference, I came beyond eager to learn and connect with likeminded women. For a long time, I deeply admired Mrs Tara Durotoye and Mrs Ibukun Awosika amongst others, and I had fallen in love with Nigeria as a whole because of these inspiring women.

Attending TIWLC was easily the best learning experience for me. It all started when I walked into the hotel to register and within 5mins of my arrival, there was the amazing Mrs Tara who was so warm and kind (To meet your role model and they carry such humility is something I can't put in words).

A few minutes later, I got talking with a fellow interior designer Mrs kaothar Agbaje who was quick to share from her wealth of experience in the industry. We talked in depth about how to handle and build trust with clients and managing personal finances. This was day-one and I certainly had light bulb moments.

I consider myself to be in the early years of my career, so I noted some of Mrs Sola Borha-David's points:-

- It's important that we learn extensively
- Professionalism is key
- Team work (Learn how to work and engage with people)
- Leverage on other people's strength.

"The journey is more important than the destination"

Mrs Leymah Gbowe's talk stood out for me because just

like her, I strive to be part of social change. Below is what I took away from her talk:-

- Your anger is tied to your purpose
- Where do I fit in this social movement? (Find your position and guard it)
- Selflessness is a value that spurs us to move and make social changes
- Your anger should be poured into doing good

I have truthfully and quietly reflected on the questions Mrs Awosika asked us to ponder on:-

- I know how I picture my life at 40
- I have an idea of how I envision my Legacy
- I know what is standing between me and where I want to be

The Oja tribe is definitely a force to reckon with and I learnt that if I need and want to build big and deep, I must build with a tribe.

There was a lot I took away from TIWLC and I am applying it to my personal and career life.

As a partial introvert who struggles to mix and make new friends, I still don't believe how easy it was to connect, laugh and share with the ladies. TIWLC felt so safe.

I made a promise to myself and to God that I will not come back as the only Ugandan female, I will bring my sisters along next year.

God bless you Mrs Awosika for bringing us together.

God bless all the speakers who were willing to pour into all of us and share from their fountain of knowledge.



#TIWLC2022

Sade Alonge

Regional Executive, Lagos & Corporate Banking, Heritage Bank

The International Woman Leadership Conference with Ibukun Awosika 2022, simply put was an All-Practical Hands-on Life Sessions with extremely relatable experiences.

I am rejuvenated with a “Play to Win” mindset. A strong learning point for me was that I cannot commit to a change without a seed. To this end, I have chosen not just to dream bigger but also create a space to express the ‘authentic me’ even while acknowledging my limitations.

Scenarios on how to engage, explain and make a case for resolutions still resonate on my mind from one of the presentations. I have been constantly reminding myself to take decisions based on facts and not emotions as the best of women do.

The conference charged me to be accountable and to be a value-based leader who is ready to embrace change and yearning to gain more knowledge.

I was inspired to embrace an ideology of ‘ticking the box, then, thinking outside the box’. This will foster my understanding of any process thereby creating an awareness to improve on it.

I left the conference making a pledge to always ‘seek to be the first to serve and last to be served’. The event afforded the opportunity to meet a network of awesome women willing to provide a support system and formidable tribe.



#TIWLC2022

Selassie Esther-Laudis Tettey

Cluster Marketing Manager (Congo Brazzaville, Ghana & LPG Business) Puma Energy

Aside the rivalry between Ghana jollof and Nigerian jollof, I have always wondered why Nigerians keep getting my attention in all my global engagements. The International Women Leadership Conference 2022 with Ibukun Awosika Leadership got me applauding for Nigerian women in multiple ways.

Everyone of them I encountered personally had a GOOD DIGITAL PRESENCE.

It had nothing to do with the number of followers or likes but the consistency and value that was oozing from their social media pages. It runs through all ages, from those in their 60s to their late 20s. My opinion on personal branding just went up a notch higher. In one sweep, you could tell who they were and what they stood for. I was like "Selassie you are playing on these streets in Ghana"

APPEARANCE is everything. They were well put together from hair to make-up, clothing to shoes to accessories. See eh! It was not overdone. Appropriate look for the appropriate activity. It was how they made a conscious effort

from the conference days to the gala night to all the extra curriculum group activities.

They were truly GENUINE, showed interest and kindness at any given opportunity. They listened attentively and if they had further questions or thoughts, they will ask to catch up in person or via WhatsApp or any of the social media channels. These Nigerian women never hesitated to give a compliment to a delegate or a speaker. It was just the boldness of how they executed the compliments. It came to them naturally.

Let's talk about creating MEMORIES. These women knew the essence of picture documentation and were unapologetic about the agenda. Even the video reels were premeditated. Their pictures showed synergy, ownership and the pride of being associated with the conference.

I hail all the Nigerian Women at The International Woman Leadership Conference 2022 for being intentional and showing me the way. In the words of the Nigerian singer Chike "I will be running running to you."



#TIWLC2022

Solace Fiadjoe

Head, Financial Institutions Division, GTBank Ghana

Participating in the maiden International Women Leadership Conference #tiwlc with Mrs Ibukun Awosika is a self-development investment decision worth taking. It offered a great opportunity to meet, interact and share insights with women of all conceivable professional backgrounds and impacting the continent of Africa and beyond.

I had the exposure of a wider network with women of influence, power and varied experiences. My key take outs were from Achie Ojany-Alai of Kenya, Yewande Zaccheaus and Pearl Esua Mensah on stepping out of comfort zones. Achie mentioned that we should not look for perfect opportunities to step out, else great opportunities are missed in an attempt to tick all the boxes before applying for higher roles. They stressed the need to dare and face realities, knowing that in the corporate world, only the brave seize opportunities to change job roles. We should not be scared of failure and rerouting. One's failure at rerouting may even inspire others. I have decided to reinvent myself and not live a life of regret.

As a Senior Relationship Manager in the Financial Institution space in Ghana, working with financial regulatory bodies i.e., BoG, SEC and the NPRSA means that I need to understand all policies within the regulatory

frameworks under which my portfolio operates. In order not to risk the loss or revocation of the operating license of a range of stakeholders in the industry, Yewande Sadiku's caution that "tick all regulatory boxes before thinking outside the box" resonates very well with me.

Few points that also stuck with me in aspiring to higher roles are:

Learning to manage power and acting out with grace.

Upgrading my technical skills on the role, in effect I have enrolled for a certification course in Securities and Investment.

I need to be ambitious, bold and courageous to take the hard decisions that will get the results.

I learnt that every next level requires a different version of me and that is why I have decided to learn and build a stronger and supportive network of women as mentors. My biggest moment that TIWLC gave me was finding a mother and mentors to look up to. I will encourage ladies to join the next session in 2023.

To join the session, Follow #tiwlc on IG and Twitter for details of the next conference.



#TIWLC2022

Stephanie Obi

Online Course Business Coach

Don't do life alone.

This was my biggest lesson from The International Women in Leadership Conference with

Ibukun Awosika.

This message hit me at my core because I realized that I had built the habit of doing things by myself and not asking for help because I was afraid of getting rejected.

I had a lot of individual friends, but I didn't have a tribe who were always looking out for me to support, share their wisdom, strategize and even go to war with me and so when I faced different crisis situations, I found out to my dismay that I was alone.

As I listened to the different speakers in the conference share their experiences about building a tribe, I realized that I had not been intentional about building this type of relationship. When I saw other people who had tribes, I just thought they were lucky and something must have brought them together and kept them together. It never occurred to me that they made a deliberate decision to nurture healthy and supportive female relationships.

Mrs Ibukun Awosika invited different tribes to speak to

us such as the Oja Tribe, the Aseju Tribe,

Gaia and the Ambassadors tribe. They were all different but some of the things that I found was common among all of the tribes is that they knew what their objectives were, they knew that the tribe was a safe space, they were intentional about how often they would meet and how they would meet, they were intentional about celebrating themselves, they were intentional about integrating their lives, and most importantly, they were intentional about resolving their conflicts.

I watched the different members of the tribes on stage and off stage and noticed the healthy camaraderie and I made a decision to build my own tribe.

I'm happy to say that I've teamed up with 4 lovely women and we now have a tribe. We meet every Sunday and already I feel such a strong sense of love, support, respect and trust.

A recurring theme I hear about being a successful female leader is that it gets lonely at the top, but after attending The International Women in Leadership Conference with Ibukun Awosika, I learnt that it does not have to be lonely.

We can all grow together!



#TIWLC2022

Temilola Adepetun

MD, SKLD Integrated Services Ltd.

Atending the recent TIWLC in Dubai left me with some reflections I would like to share. After 22 years of entrepreneurship, I am in the process of handing over executive leadership to the dynamic leaders in our team and refocusing the next phase of my journey towards creating a platform to impact the next generation of transformative leaders.

Listening to the panelists share their unique perspectives of their leadership journeys in various sectors was both relatable and inspiring. From experiences of moving from corporate to business, entrepreneurship transitions and diplomatic service and public sector appointments; the possibilities were endless and exciting. The sessions were insightful and enhanced by the candor of speakers who shared their stories to encourage women to strive to be the absolute best in their fields without compromising their authenticity and smashing through self-imposed limitations and fear.

My biggest takeaway was that to blaze the trail, you need to identify and build your 'tribe' as a support system - a group of other women who would coach, advise, mentor and lift you up in your life's journey. This was embodied in the presentation by OJA Tribe - birthed as a support group of four accomplished women (working in the UK) who advise and support each other to achieve career goals and tackle life's issues. The impact they had on each other inspired the formation of similar women tribes in the UK and is such an astonishing way for women to build themselves up as leaders, while serving as a platform to create real social impact within their communities.

The TIWLC left me inspired and determined to collaborate with others to build a tribe or a platform capable of lifting women to take on leadership positions in public, private and political sectors to enable them take their 'seats at the table'.



#TIWLC2022

Yvonne Chioma Ofodile

CEO OF Zetile Oil and Gas Ltd

Atending the International Women in Leadership Conference by Ibukun Awosika became for me a personal development work and life retreat I never knew I needed.

One session that has till this moment left me in awe was the keynote delivery by Madam Sola David-Bora, she brought so much illumination and mind shift as regards professional work and life generally. She mentioned that in order to pivot, you must first have a change of mindset which would involve two highlights.

1. Embracing change
2. Confronting our fears

She spoke on the 3 phases of work life cycle which include:

1. Early Career Phase which has learning, professionalism and great team work as key ingredients. No one makes it on their own entirely, be a good sport man, manage relationships, growth on this level is about partnership, collaboration and leveraging on teams' strength.
2. Mid-Career which has opportunity, integration and challenges as major ingredients here. Take up opportunities as they arrive, walk through doors as they

open not necessarily knowing the answers, you will deal with obstacles as they come. Work and life may never balance so pace yourself, integrate as much as you can, prioritise consciously, and get great support system that works for you. You would face challenges as you go, knowing who to call especially because calling the wrong person can put you in bigger trouble. Never let problems immobilise you.

3. C-Suite has governance, legacy and grace. Purpose is about the greater good and positive impact, be able to retrieve without blemish. Lead with empathy, patience, less judgment, learning and many more.

The conference was of great value than we invested and I'm truly glad I was in the room filled with future forward, leading women within corporates, top CEO's of successful businesses and top women in the politics.

Networking across the room was seamless as one could really feel the love for their fellow woman and everyone could not wait to meet each other. I personally connected with great women and aunties that I have admired greatly from afar for years with ease and also my peers, young leading, industrious women. I formed new relationships, joined a tribe of amazing global leading women and resolved to deepen existing relationships after the trip. I am definitely looking forward to coming next year.

360 Executive Master Class, Cohort 1

KEMI AJUMOBI



This is a group of powerful women executives across different industries put together by Ibukun Awosika. They were actively involved at the #TIWLC2022 conference.

Here, they share on vision, evolution, intentionality, personal development, family, conflict management, changing the narrative, being replicable, grace and eyes on the goal.

VISION

Mrs. Ibukun Awosika believes that women are capable, but work in silos, so we need a support system to galvanise them. This birthed the 360 executive master class and as the first cohort, we ran with the vision.

TARA FELA-DUROTOYE, CEO House or Tara

EVOLUTION

We went through the typical team formation stages - forming, storming, norming. The intentionality of the group helped us to move quickly from storming to morning.

ESTHER AKINNUKAWA, CHRO MTN

INTENTIONALITY

A common theme you will hear across our stories is the intentionality of purposing to make this work. We put structures in place to make that happen. Monthly meetings, a very active WhatsApp platform, scheduled zoom meetings, and impromptu zoom sessions when one of us has a challenge or matter requiring all of our inputs. We were intentional about celebrations - promotions, wins, birthdays and we huddled together for rough times too.

FOLAKE SOETAN, CEO Ikeja Electric

PERSONAL DEVELOPMENT

Early on, we had a group training session

on strength finder, facilitated by one of us, Foluso Gbadamosi, a certified gallop strength coach. We knew whose strength to leverage at different times. We knew who to gravitate to as a sounding board.

ROLAKE AKINKUGBE, Chief Commercial Officer, Mixta Africa

FAMILY

Some of the bias issues we discuss today quickly narrow to the question on how boys and girls were raised.

We therefore intentionally wanted to leverage our collective strength to support our families. Exposing our girls to us as powerful women to inspire them, raising our boys to be the 'HeforShe' of their generation and creating a grand tribe of this group that will pay it forward.

BUNMI ADENIBA, Marketing Director, The Coca-Cola Company

DEALING WITH CONFLICT AS A GROUP

There is a Myles Munroe quote that says when the purpose (the why) of a thing is not known, abuse is inevitable! As we all know, conflict is a part of life, and we didn't assume we wouldn't have any. However, the purpose of the group, the WHY behind us coming together, always serves as an anchor and a check for us to resolve conflict and more.

We also have an understanding of each person's personality, as we discussed that early on. This helped in getting to know each other better. We have been very intentional in building, never forgetting the WHY of the group and using it as an anchor.

Amazing things happen when people are INTENTIONAL and focus on the WHY!

FOLUSO GBADAMOSI, Designation & Organization - Executive Director, Junior Achievement Nigeria

CHANGING THE NARRATIVE

I now know women love and support

each other. You do not have to be in any clique within the group to get help when you need it. I get love from everyone. The group allows me to see amazing women at their best and consistently reminds me that there is a lot more to do.

UWA MICHAEL-OKAFOR, Group Chief Human Resources Officer(CHRO)

REPLICABLE

To form a tribe, we believe this is a model that can be replicated in different forms. The first step is to galvanise your existing relationships or just find a group of truly committed people with the same agenda; then, clearly define your goals.

CHICHI NWOKO, CEO, THE WHAT NETWORK

GRACE

"We cannot deny the divine hand of God in how the group came about and stays together.

There was a deep yearning for a new tribe by some of us and fervent whispered prayers for the same by others. This was manifested when this tribe came together through the 360 executive program by Mrs. Awosika.

We pray with and for each other. We have even prayed for people we did not know simply because that person was important to one of us. We believe it's a divinely selected group and we treasure it as such.

TEMITOPE ILUYEMI, Senior Director, P&G

EYES ON THE GOAL

We do not walk away from our daily jobs because of the personalities of our colleagues, because our purpose is to get the job done and not to change the personalities of our colleagues. So to apply the same rules in building our tribe, we focus on the purpose and actively leverage the positive personalities of everyone.

EMI IBISIKI, Company Secretary/Legal Adviser Heritage Bank Plc.

Pictures of guests at Ibukun Awosika's International Woman Leadership Conference in Dubai







Just Let It Go!

BY GLADYS AGWAI

“Whatever you are attached to is not yours.”

When your emotional pain prevents you from healing, it signals that you may have been too attached. And when you attach yourself to something, you suffer when it goes away refusing to let go and holding on to any sliver of the past. Letting go means that you have the courage though scared to let your situation or relationship go even though letting go is killing you inside. However, most people cannot let go and remain attached to their past even when it was hurtful and long after the situation or relationship has ended. According to the Dalai Lama, “Attachment is the origin, the root of suffering.” Being too attached is the basis of all your struggles becoming frustrated, angry, sad, worried, or grief stricken. You want it your way. Let it go!

What are your specific attachments that you must let go? Some examples are below.

- Toxic or unsatisfying relationships.
- Habit that no longer serves you well or is detrimental (smoking, overeating, alcohol).
- Job or business that creates stress.
- A dream you had for your future that is not achievable in this moment.
- Old way of thinking about yourself or the world.
- Guilt of nonachievement.

Letting go is not easy. According to Elisabeth Kubler-Ross, Psychiatrist, there are five stages of letting go. They are denial, anger, bargaining, depression, and acceptance. You must get through to the last stage acceptance and learn to accept a) whatever might happen when you give your best; b) that people are beautiful flawed human beings; and c) uncomfortable action is required when doing something that matters.



Understand that your attachment is only a story, narrative, or dream that you can reframe. You become bigger than your story when connecting with others demonstrating compassion as you pray/meditate/wish for your story of suffering to end along with the suffering of others and a desire for all to be happy. You realize your suffering is the same and you are not in it alone but interdependent. Your attachment to your own story becomes less important through your connection and compassion. Again, accept it as it is. It does not have to be ideal, but you know it will be all right. One of my favorite scriptures is "ALL things work together for my good." Not some but all things. I repeat it when I notice attachment to having it my way. This expands your mind when focused on the story you keep telling yourself and you look for the bigger picture in your story.

My friend, Nailah Beraki, authored a book called "Fear is a Good Thing." To let go, you must understand and reframe your fears and your relationship with the past that is causing your fear. You must let go and:

- Stop losing yourself to your past.
- Allow your emotions.
- Create physical distance as needed.
- Ensure authentic and trustworthy relationships.
- Take risks.

- Learn from failure.
- Live in the moment.
- Forgive and trust yourself.
- Forgive and trust others but verify.
- Focus on what you can control – you.
- Do not let your problems or others define you.
- Get help as you need it.

When you acknowledge and accept the trials and tribulations that come your way, notice you are too attached, and it is causing you pain. Set an intention to take the steps mentioned and required to let it go. It will result in your contentment with your present situation, better and greater relationships, less procrastination and distractions, and a more fulfilling and productive life. Do not cheat your life and the life of those around you by getting bogged down with past experiences that hurt you. Do not allow yourself to live on autopilot in fear and worry driving your existence while destroying your happiness, health, and well-being. Have your better life by living your life with purpose, meaning, and direction. Your life should be based on your own beliefs and convictions. Leverage your personal talents and skills to live up to your potential. Manage your life situations well ensuring positive relationships. Accept yourself. It is your choice and decision to let go or not!

"Insanity is holding onto things you cannot change. Let it go!"



Gladys Agwai spent 30 years as a corporate executive leader within IBM in the US, Nigeria, Ghana, and Kenya. Her leadership experiences spanned across multiple functional areas, such as, Sales, Marketing, Financial, and Operations, key industries in Public Sector, Banking, Telecommunications, and Small Medium Enterprises, and cultures. She received multiple top leadership and

sales awards throughout her career. She was sought out for an IBM Executive Loan program where she spent seven years working with the Committee for the Olympic Games with game changing thought leadership on its resource strategy that was implemented for future Olympic games. She is the Founder & CEO of Ignite Within.

Gladys Agwai can be reached at ignitewithin.org.



DOES THE LEADER KNOW BEST?

DR. AGILITY OBI-IHESIE

Donald looked out of his 17th floor office window in despair. It had been a rough six months for his company and he had run out of options. Well, not that he had explored many options to begin with, but he trusted his methods and they had always worked. He was the best business development executive in his region and the company had recorded many successes under his leadership. He was also in charge of his department where he oversaw 50 staff, but he didn't know most of his subordinates. They rarely had departmental meetings and seriously, he thought that was too much of a bother. He did not have the patience or emotional bandwidth to engage that number of people at once. He did not want to be accused of shouting or talking down at them so he just avoided meetings. Instructions were simply issued via email to the staff and everything was dealt with on the mail trail.

John had joined the company as an intern 2 years prior to this time. He was an intelligent proactive guy who had a lot of value to offer. He was self-driven and able to work well with very little supervision. He got on well with his seniors and contemporaries alike, as he was easily approachable and ready to help. John worked under Donald and he often saw how much his boss struggled even though he often kept a brave facade externally. Donald's brilliance was legendary and it had been his dream to work with him; he'd been so excited when he got the internship position. However, since his resumption there he'd only interacted with Donald twice, as he would get to learn that Donald was more comfortable with mails than in-person meetings.

Donald remembered an executive leadership retreat his company had held a year earlier where they had been encouraged to ask for help as leaders, and how strong people ask for help. He did

not really agree with the training consultant because to him, generating answers was the job of the leader. It would sound somehow that the bright ideas came from someone else especially since he was the head. He decided to give the advice a try and send for one of the young executives that worked under him.

John was shocked when he received the short, terse mail. "See me in my office now D." His mind started racing and double-checking his work as the elevator ascended quietly to the 17th floor. Donald's secretary showed him in and even though he was nervous, he took in the beautiful ambience of the office as well as the breath-taking view. His boss walked toward him and held out his hand for a firm handshake. Ok, things had started off rather well, he thought to himself.

"I invited you here for a brainstorming session. You are aware of the challenges we have had since the start of the year and I'd like to hear your ideas on how we can move ahead", Donald said. John could not believe his ears, but kept his calm as he listened to the different options that Donald had tried. He could easily pick out the flaws in the strategies but waited for his boss to finish. Since his boss had given him permission to speak freely, he methodically deconstructed the strategies and proffered new alternative solutions that he thought would work. As he spoke, Donald connected the dots and could see how John's solutions could work. He could not believe that he had been sitting on this talent all this while and he just wondered what else his other subordinates had to offer.

Over the next six months, the company seemed to take on a new lease of life as John's ideas were implemented. Donald started holding regular brainstorming sessions with his staff whose morale was at an all-time high as contributions were acknowledged and implemented. Donald also had more time for family and leisure as he delegated more and supervised. He finally understood that leader-

ship was not about having the brightest ideas, but about creating the right environment for bringing the best out of other people.



Dr Agility Obi-Ihesie (Dr Purejoie) is a Consultant Pathologist, Entrepreneur, Life and Personal growth strategist, and wholesome living advocate. She is the Founder of Dr Purejoie Skincare, a safe ethical skincare brand in Nigeria, and Dr Purejoie Consulting where she helps individuals gain clarity and develop strategies for personal growth, relationships, and healthy wholesome living.

She holds a MBBCh degree from College of Medicine University of Calabar, a FMCPATH Fellowship in Pathology from National Postgraduate Medical College of Nigeria, a Certificate in Project Management in Global Health from University of Washington and a Certificate in Entrepreneurial Management from Enterprise Development Centre, Pan-Atlantic University (CEM51 Class). She can be reached at agility.obiiesie@gmail.com.

Mistaken identity palaver

BY LONGJOHN DEBORAH

Could this day be any worse?! First there was the drunk driver who almost ran me through but then ended up splashing water all over my newly made senator outfit. If I was walking, they'd say "You don't wear white and trek", I wasn't! I only wanted to cross over to the other side of the road to buy the fresh mangoes that looked so good. Honestly, I believe I could hear that mango call me by name, well, I'm an angry man that's a bit hungry at the moment, so yeah, you can ignore me.

Second, I had to deal with the usual Lagos traffic. I know it's expected, but tell me why I had to spend two hours, forty-seven minutes and ten seconds on the road to a place that would normally take me thirty minutes and an hour at most if there's traffic to get to. Yes, I kept count, I was that pissed!!! I don't even know if it was my fuel that was wasting, the annoying honks from the cars behind me, or the fact that when I got to the cause of the traffic, it was a man and a lady arguing about who hit who and who needs to fix the other's car that pissed me more. So I stayed through this traffic because some uncultured Lagosians just decided to quarrel on the road? Na wa!

Now, I'm here trying to explain to this lady that I'm not the person she thinks I am. Wetin concern me concern oyibo? How can I be somebody's husband and father and not be aware of it. Even if I were betrothed, I would have at last known somehow. Then how can I father a child and not be a part of the process? No be juju be that? As if what she's saying is

not already annoying, she's now trying to make it worse. "Under arrest ke?! Who? Why? For what? It's like you're not okay abi? Forget this suit and tie o, you go collect! I dey speak English dey try reason with you no mean say I no get sense again o. This woman, be careful. I go commot person teeth for here now" By this time I was way past livid. What nonsense is this?! I came here to have a drink and cool off from the hazard of today only to encounter this madness.

Her phone rings and even though it wasn't on speaker I could hear the person from the other end of the line. "Gina, you won't believe it, we've caught him" was what I heard. Then there was this confusion on her face, followed by a frown as she turned to me, staring at me so intently you'd think she was performing a scan with her eyes, then almost immediately to her phone. She then calls back and was like "Sir, you must be mistaking, I have him here." "Gina don't be ridiculous. The man I have here fits the description perfectly, and he's in Radisson Blu as was our information. He's even confessed to the crime" The person continued. "Okay, let me say I believe you, what's the name of the guy you've got?" He asked. That was when she realised her mistake. She didn't even know my name! Apparently, my face matched the face of the criminal, plus I was in Radisson. So, she just pounced on me with interrogations without confirming my identity. She was supposed to arrest a guy that I later realised looked exactly like me at Radisson Blu, but I was at Radisson Hotel. At this point, I couldn't pick which part of the day was the worst for me. "I would have just sat at home" I

thought to myself. The work that brought me out was even cancelled. The client had an emergency and she had to reschedule after I had left home. I couldn't just reverse and go home because I had already passed my turn at Anthony on Ikorodu road so I had to get to Maryland to make a turn. Then, I figured, why not just call my guy that was logged at Radisson. That was how we wound up at the bar. This mistaken identity saga ensued after he stepped out to receive a call.

After what seemed like a heated argument, the lady walked up to me with what looked like a smile. Was I dreaming? One minute, she was about to handcuff me, now she's smiling. If not that she was a cop I would have said the hormones were at work. But again, what do I know? I'm only a tired, hungry, angry now exhausted Lagosian who just wants to have a good time, since he can't go home yet... *Sigh*



LongJohn Deborah A. is from Bonny, Rivers state. She is a Teen mentor and an Emotional Intelligence enthusiast. She is passionate about the next generation and is always elated whenever she gets any opportunity to share life changing experiences with teenagers. She believes she is blessed to bless others and her greatest goal in life is to live an impactful life and leave a lasting legacy when she exits this world.



Tweets FROM TWITTER STREETS

It is very obvious that anything Mo Abudu touches turns to gold. If not, how best can you describe how Twitter is buzzing with tweets from her latest work? It is Netflix's first Nigerian original series, a Netflix and EbonyLife studios production. It is a crime drama series set in Nigeria and it features Nancy Isime, Ini Dima-Okojie, Kate Henshaw, Ramsey Nuoah and many more major Nigerian stars. We share with you tweets on views about the series.



'Odun Udom @ab_udom · 8h
The highlight of 2021 was working on the set of **#BloodSisters**. When I got the call, I almost ran mad lol. I'd just graduated film school and BOOM! NETFLIX?! Ei God! 🥰 The testimony is plenty but for now go and watch our film.

#BloodSisters is now streaming on @NetflixNaija



Kate Henshaw @HenshawKate · 2d
This is me looking at all of you that have not renewed your Netflix subscription so you can watch our limited series **#BloodSisters** coming out on May 5th!
🥰🥰
Don't be left out o... ehen
#NetflixNaija
#NollywoodIsOurs
#OurStoriesByUs
#EbonyLifeStudios



Netflix Nigeria @NetflixNaija · 8h
In Sarah's world, Kola makes all the decisions. What happens when she finally stands up for herself?
#BloodSisters is now streaming 🔥



15.7K views

26 263 807



Uche Jombo Rodriguez @uch... · 8h
Let's go 🙌🙌🙌 **#BloodSisters** is Live!!!! @NetflixNaija



Waju Akin-Emmanuel @meett... · 4h
I just finished the second episode of **#BloodSisters** and I just want to take out time to appreciate the cast and crew of this beautiful work of art
@EbonyLife_TV created magic and @biyibandele directorial genius was evident.
Aunty Kate @HenshawKate @deyemi and co...thanks a lot!



Idowu Olajide @lajideidowu · 4h
Replying to @HenshawKate
We can say we got one thing right, not ASUU on strike, not bad fuel, not grids collapsing, train attacks, not 1000 and still counting "Presidential Aspirants" but **#BloodSisters**. I'm proud that one good thing came out of Nigeria at such a time. Kudos to all the crew. Amazing 🙌



DeyemiTheActor @_deyemi · 7h
After you pipu have watched **#BloodSisters** can you now agree that I can change price??? 🤔🤔🤔 #Alist



Netflix Nigeria @NetflixNaija · 18h
Everybody. Ate. Period 🥰🥰🥰
#BloodSisters



Adesua Etomi-Wellington and 7 others

4 17 206



Uche Jombo Rodriguez @uch... · 4h
Glad you loved **#BloodSisters**

JustMe @Marcfasting · 4h
@uchejombo I no even understand why this woman does not grace our screen as much as possible. I would pay millions to watch her everyday. Amazing character in **#BloodSisters**...



@naitinine · 1h
#BloodSisters This has to be one of the best performances ever by Kate Henshaw. She embodied the different sides of her character excellently. 10/10 for me..



Uche Jombo Rodriguez @uc... · 10h
A beautiful **#BloodSisters** morning to you with these Uche jombo vs UCHENNA Duru shots We are live at 9am!!!!!! @NetflixNaija



ojo olayinka @homolola · 3h
When you Big , you are Big,
When you are Large ,you are in Charge
@HenshawKate
#BloodSisters dropping on Netflix today.
Beautiful outfits Momma♥️



APROKO BAKER @RealDaniel... · 3h
2 Episodes in and I'm completely blown away !! 🤩
I just dey shout Qmọ since morning 🤩
I had high hopes and so far I've not been disappointed !!
See my faves killing them roles like damn !
I recommend 100
If you're not streaming this you dey miss on God
#BloodSisters



Denrele Edun @DENRELE_EDUN
Who's watching Nigeria's first ever @netflix series?
Had so much fun shootin this project!
Crazy part; For my scenes, we had to block a length of 3rd Mainland bridge plus we shot some scenes right beside the Cathedral on Lagos ISLAND at 2am!
@ebonylifefilms TUAILE!
#BloodSisters



EbonyLife Studios @EbonyLif... · 7h
In Sarah's world, Kola makes all the decisions. What happens when she rebels? **#BloodSisters** is now streaming.
#BloodSistersNetflix
#NollywoodIsOurs
#OurStoriesByUs
#NetflixNaija
#EbonyLifeStudios



Fash @temitope_fash · 2h
#BloodSisters no cap..... I'm overwhelmed and nollywood is taking over. We no dey joke again o!!! Chai!!! Great storyline and well plotted. Kudos to the cast and crew. **@gabbyluccill** **@HenshawKate** **@_Nancylsime** and others Thank you all for your gifts♥️



@yourpersonalhypegirl @Halim... · 2h
This is **@genovevaumeh** appreciation post; Timeyin (her character in **#BloodSisters**)...You're Extremely Talented!!! 🤩🤩🤩
What???? You Interpreted Your Role Excellently!!! Thank you 🤩 Cheers to more roles & awards 🤩
standing ovation 🤩🤩🤩



Ifunanya @ifunanyaah
Kemi is just a survivor. She's practical. She's being real. It's just lie she told Sarah "we are no longer good girls-we are now fugitives and murderers". Which of course is the truth, after doing everything they had to do to survive,

oge @cutieoge · 3h
I just finished **#BloodSisters**, whoever dressed **@HenshawKate** did a good job.
NA 🤩🤩🤩 Live. Laugh. Love @... · 1h
Love the BLOOD SISTER accolade to Kate, Uche Jombo, Nancy, Ini dinma, Ramsey Noah. Guys go watch it,they did amazing job on the movie. It was worth it on Netflix. So proud of u two **@HenshawKate** **@uchejombo**. confident 🤩🤩 **#BloodSisters**
The Souvenir Whisperer 🤩🤩🤩 · 3h
Started **#BloodSisters** already, Deyemi is MEAN!!!! **@HenshawKate** Mami, you're fine 🤩🤩🤩🤩

Code Ninja @immatechy · 2h
I just finished seeing **#BloodSisters** They all killed the role🤩 my heart goes to **@uchejombo** She played the role of African mother so well 🤩🤩🤩



ADELÉ

Adele is about creating timeless pieces for the modern day woman.

Simple stunning styles that are easy on your skin and fits to perfection.

Their outfits can serve as corporate and corporate casuals, depending on how you want to style it.

A little tweak can upgrade your look with the use of appropriate accessories from corporate to dinner-ready!

Have a nice time shopping with them, where I know you will get value for your money.





























**MEALS
TO ENJOY**
By ImmaculateBites

Quiche Lorraine

Quiche Lorraine - the queen of all savory tarts made with a combination of flaky pie crust and an egg custard filling with bacon, cheese and a hint of heat from Creole seasoning. An amazingly easy and delicious breakfast or brunch that comes ready in no time. Serve it hot or cold!

INGREDIENTS

- 1 pie crust
- 1-2 tbsp (14g-28g) unsalted butter
- 8 oz (224g) bacon, chopped and cooked
- ½ cup (57.5g) diced onion
- 1 tsp (5g) minced garlic
- 3 large eggs
- 3 large egg whites
- 1 cup (240g) heavy cream
- ½ cup (120ml) milk
- ¼ cup (28.75g) green onions, sliced

- 1 cup (113g) Gouda cheese, shredded
- ½-1 tsp (2g-4g) salt-free Creole seasoning
- salt and pepper to taste

INSTRUCTIONS

- Preheat oven to 350 °F.
- If using a prepared dough, let it thaw from the freezer for 30 minutes and roll out onto the tart pan. Bake for 5 minutes, or until edges are slightly brown. Remove and set aside.
- Heat a large skillet with butter over medium heat. Move the bacon on the skillet and saute for at least 6-7 minutes, or until the bits have decreased in size and are completely brown. Remove using a slotted spoon and place on a paper towel-lined plate. Discard bacon fat - leave about 1-2 tablespoons.
- Add onion and garlic to the pan, saute for about 2-3 minutes, remove - set

aside with the bacon.

- In a large mixing bowl, mix together sauteed onions and garlic, bacon, eggs, egg whites, heavy cream, milk, green onion, gouda cheese, creole seasoning, salt, and pepper together until combined. Pour mixture into the prepared tart pan.

- Bake for 40 minutes or until quiche is thoroughly brown. It can be tested with a fork or toothpick to make sure it comes out clean. Let cool for 10 minutes before serving.

TIPS & NOTES:

- You may use unbaked homemade pie crust or store-bought.
- Nutrition is based on per 1/8 slice of the quiche.
- Please keep in mind that nutritional information is a rough estimate and can vary greatly based on products used.





Sweet Potato Soufflé



This Sweet Potato Soufflé with mashed sweet potatoes is made light and fluffy with eggs and sweetened up with sugar and spices. A little vanilla doesn't hurt, either. It's so versatile it can make either as a side dish or dessert.

INGREDIENTS

Sweet Potato Puree

- 2 pounds sweet potatoes, peeled and cut into inch cubes
- Salt to taste

SOUFFLE

- ½ cup brown sugar
- 6 large eggs, separated
- 1 teaspoon vanilla extract
- ½ cup evaporated milk or whole milk
- ½ cup unsalted butter, melted
- ½ cup all-purpose flour
- 2 teaspoons baking powder
- 1-2 teaspoons salt
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg (optional)

INSTRUCTIONS

Sweet Potato Puree

- Rinse, peel, and cut the sweet potatoes into chunks, then add to a medium saucepan. Water should cover the potatoes at least an inch. Add salt to taste.
- Bring to a boil over high heat and then reduce the heat. Cook until tender, and potatoes can be easily pierced with a fork—about 12 minutes or more depending on the size of the potatoes.
- Drain water and simmer for about 1 minute or until water has evaporated.

Sweet Potato Soufflé Base



- Preheat oven to 350°F/177°C.
- Separate the egg yolks and whites, set the whites aside.
- Place in a large mixing bowl. While sweet potatoes are still hot, add the brown sugar, egg yolks, vanilla extract, and evaporated milk. Thoroughly mix using a handheld mixer. A stand mixer works just as well.

- Add melted butter and mix. Follow with the flour, baking powder, salt, all-spice, cinnamon, and nutmeg. Continue mixing until smooth and thoroughly blended.

Assembly

- In a medium bowl, beat the egg whites until they form stiff, glossy peaks. This helps soufflé from being too dense. Do not overbeat.

- Gently fold in a third of the egg whites to the sweet potato mixture using a large spatula. This initially lightens up the mixture and prepares the batter for the remaining egg whites.
- Add the remaining egg whites all at once and gently fold them until barely any white streaks remain. Stop folding.

Baking Instructions

- Spray a 13×9-inch baking pan (or 3½- to 5-quart casserole or divide it in ramekins). In this recipe, I split the sweet potato soufflé in half. One half I baked in a casserole (about a 2-quart casserole dish) and the rest in ramekins.
- Bake 25 to 30 minutes or until well puffed and slightly brown on top. Do not open the oven door for at least 20 minutes to prevent cold air from collapsing the soufflé. The soufflé will deflate slightly when removed from the oven.
- Serve immediately. Enjoy!

TIPS & NOTES:

- To double the recipe, double all the ingredients. If baking in a larger baking dish, add 20 minutes to the baking time.
- While common sense tells us that a recipe with beaten egg whites is not good for a make-ahead, this one defies all logic. Go ahead, make the recipe all the way up to right before you bake it. Then wrap it up and keep it in the fridge. It will last a few hours, at least giving you time to have it ready to bake later that day or in the morning for breakfast.
- You can even freeze the unbaked soufflé for up to three months. Cover it well with plastic wrap after it cools and put it in the freezer—Thaw it for about eight hours or overnight in the fridge and bake.
- Leftovers will last in the fridge for three or four days in an airtight container.
- If you want to freeze leftovers, they should last frozen for about a month in an airtight container.
- Please keep in mind that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

GLAM & GENUINE

FASHION PIECES



ACCESSORIES | BAGS | DRESSES | JACKETS | SHOES | SKIRTS | SUITS | TROUSERS

NITAS

SHOP QUALITY & AFFORDABLE FASHION PIECES AT
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