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BUSINESS DAY

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AISHA AUGIE

multifaceted force influencing
Nigeria's creative, digital landscape

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Editor's note



We are thrilled to bring you another edition of Women's Hub again! On our cover this week is Aisha Augie. Aisha is the current Director General for the Centre for Black and African Arts and Civilisation (CBAAC). With almost two decades of experience in media and communication in both the private and public sector, Aisha is one of Nigeria's most celebrated creative artists, photographers, filmmakers and communication specialists leading various development initiatives for the advocacy of youth and women empowerment across Nigeria. She has received various accolades both locally and internationally. She is indeed a multifaceted force influencing Nigeria's creative, digital landscape.

Here are other articles in this edition:

- How to dance with fear.
- Diversifying your income streams in four simple steps.
- Resilience in stride: overcoming joint pain through perseverance.
- Presence over presents: what children really need.
- SEC's bold move: Quidax and Busha become Nigeria's first official crypto exchanges.
- Get to know about 'The Good Wife Syndrome' In Marriage.

A visit to our fashion page will show who 3&4 Fashion is and what they stand for. From bridals to custom made wears, 3&4 Fashion offers truly unique, custom-made garments for discerning clients. The fashion line embraces the art of tailored perfection, creating one-of-a-kind pieces that reflect the individual style and preferences of each customer.

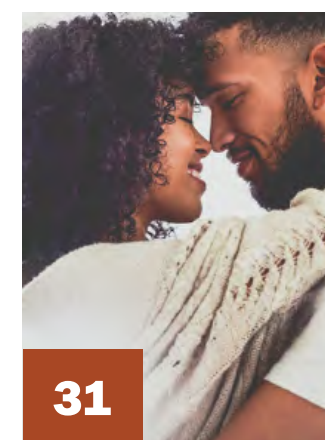
On our food section, we teach you how to use plantain in two different ways. Pionono (Stuffed Fried Plantain) and Pastelon (Plantain Lasagna). You will love it.

Looking forward to seeing you next week for another interesting edition.

Bye for now!

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**AS DG CBAAC,
I AM WORKING
ON A TOURING
EXHIBITION
SHOWCASING THE
RICH CULTURAL
HERITAGE OF
AFRICA THROUGH
ART, MUSIC, AND
PERFORMANCE**

AISHA AUGIE

**multifaceted force influencing
Nigeria's creative, digital landscape**

BY KEMI AJUMOBI



**WE PLAN TO HAVE
AN AFRICAN
ARTISTS' RESIDENCY
PROGRAMME,
PROVIDING
OPPORTUNITIES
FOR EMERGING
ARTISTS TO DEVELOP
THEIR SKILLS AND
SHOWCASE THEIR
WORK GLOBALLY**



Aisha Augie is the current Director General for the Centre for Black and African Arts and Civilisation (CBAAC). Prior to this, she was the Special Adviser on Digital Communications Strategy to the Honourable Minister of Finance, Budget & National Planning, Zainab Shamsuna Ahmed. Aisha was the Senior Special Assistant to the Governor of her home state, Kebbi State, Nigeria. She was the CEO of the 1960 Company, a leading media and communications company. With almost two decades of experience in media and communication in both the private and public sector, Aisha is one of Nigeria's most celebrated creative artists, photographers, filmmakers and communication specialists leading various development initiatives for the advocacy of youth and women empowerment across Nigeria. She has received various accolades both locally and internationally.

Aisha has spoken at over 200 events both locally and internationally, raised awareness and advocated for different causes in her speaking sessions and has spoken on her experiences, learnings, challenges and solutions to enable younger ones have the opportunity to learn, especially because it wasn't as easy as it could be today in her earlier days.

She has trained thousands in photo journalism, learning through travel, documentary photography and photography for social change amongst other topics. She recently picked up moderating and commenced an interview style podcast titled "I love your work with Aisha Augie" which has over 68 countries represented amongst her listeners.

Over the years, Aisha has founded/Co-founded various companies within the Media & Communications Space. Some are Pixel & Paper, Meermaad Network (now The 1960 Media & Company as CEO) and Amateur Heads Productions. The companies focus on public relations, filmmaking, photography, merchandising, data collection, marketing and communications strategy. She has also partnered with traditional and new media houses, marketing and PR firms and more with a focus on achieving her clients' goals.

Using her experience and strong social media following, she has been able to personally support and train over 110 Small & Medium Enterprise (SMEs) and a high number of young creative individuals to boost their visibility and sales, support them in designing and implementing their brand identity. Aisha strongly believes in job creation through skill acquisition and value creation. #ChooseNigerian #ChooseAfrican.

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**WE ARE WORKING
ON CREATING AN
ONLINE PLATFORM
TO PRESERVE AND
MAKE ACCESSIBLE
AFRICA'S CULTURAL
HISTORY AND
HERITAGE**



As the Director General of the Centre for Black and African Arts and Civilisation (CBAAC), what are some of the key initiatives or projects you are currently working on to promote African arts and culture?

As the Director General of CBAAC, some key initiatives I am currently working on to preserve and promote African arts, culture and civilisation include a touring exhibition showcasing the rich cultural heritage of Africa through art, music, and performance especially with our archive of over 20,000 items from over 56 countries and many black nations kept in trust at the Centre received during FESTAC 77. We have a cultural exchange programme that allows us a collaborative initiative with international cultural institutions to promote cross-cultural understanding and exchange. The centre receives researchers from all over the world focused on Africa and its history. We also receive students, young and old with a focus on teaching them about who we are as a people. We plan to have an African Artists' Residency Programme, providing opportunities for emerging artists to develop their skills and showcase their work globally.

CBAAC is not represented properly online, yet. We are working on creating an online platform to preserve and make accessible Africa's cultural history and heritage. Our annual celebration of African music, dance, theatre, and visual art through the Festival of African Arts and Culture continues to promote job creation and understanding within the African context. We have an African Cultural Heritage

Preservation Project working with local communities to preserve and protect Africa's cultural heritage sites, indigenous skills and traditions. We will soon be launching the Pan African Indigenous Skills Development Programme (PAID) to develop the next generation of African artists, artisans, creative and cultural leaders with a focus on job creation, technological integration and impact across Africa. These initiatives aim to promote African arts and culture, foster cultural exchange, and preserve Africa's rich cultural heritage for future generations.

CBAAC is charged with the responsibility of promoting and propagating Black and African cultural heritage in its totality. If you stood in front of a sea of people curious to know about Nigeria in this context, what would you say?

I stand before you today as the Director General of the Centre for Black and African Arts and Civilisation (CBAAC), with the privilege and commitment of sharing the rich cultural heritage of Nigeria and the African diaspora.

Nigeria, with over 250 ethnic groups, is a microcosm of Africa's diversity. Our cultural heritage is a treasure trove of traditions, customs, and art forms that have

been shaped by our history, geography, and resilience. From the Nok terracottas to the

Benin bronzes, to the walls of Zaria, Kano and Benin, our ancient civilisations have left an indelible mark on human history. Our music, dance, and art have influenced generations of artists globally.

At CBAAC, we are dedicated to promoting and preserving this cultural heritage, not just for Nigeria, but for the entire African diaspora. We believe that our culture has the power to unite, to heal, and to inspire. We are harnessing the power of our culture to build a brighter future for ourselves and for generations to come.

The recent renovation of the National Theatre by the Bankers' Committee, what does this milestone mean for CBAAC and you?

Officially, as the DG CBAAC, I can say that the renovated National Theatre serves as a cultural hub, enhancing CBAAC's capacity to promote and showcase African arts and culture through collaborating with the newly named Wole Soyinka Centre for Culture and Creative Arts (National Theatre). The upgraded facility enables CBAAC to host diverse cultural events, festivals, and exhibitions, fostering greater engagement with local and international audiences especially since our headquarters is based in Lagos, Nigeria, host to the theatre. This collaboration with the bankers' committee demonstrates the power of public-private partnerships in driving cultural development, helping to solidify CBAAC's role as a cultural catalyst.

Personally, witnessing the National Theatre's renovation is a source of pride, as it aligns with my vision for CBAAC to lead Africa's cultural renaissance. I was once on the stage performing at the theatre as a child in primary school, so this is a dream come true for me to witness its re-emergence. This milestone motivates me to

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**IT IS CRUCIAL FOR NIGERIA AND NIGERIANS TO
RECOGNISE THE VALUE OF ARTS BEYOND ITS
CULTURAL SIGNIFICANCE, AS IT ALSO HOLDS
SUBSTANTIAL ECONOMIC POTENTIAL**

continue innovating cultural programming and advocacy, ensuring CBAAC remains at the forefront of Africa's cultural landscape. I am thankful to the bankers' committee for their investment in cultural infrastructure and to our team at CBAAC for their dedication to the preservation and promotion of African arts and civilisation. In 2027, FESTAC 77 will be 50 years old. Walking into CBAAC to see all documents, communiques, art/artefacts, photographs, sound, video and music from the month long festivities in 1977 was super inspiring. I knew I got the right job because of the inspiration I felt learning from our African history.

How important is it for Nigeria to see the value of arts to the extent that it also carries economic value aside oil that we have focused on through the years?

It is crucial for Nigeria and Nigerians to recognise the value of arts beyond its cultural significance, as it also holds substantial economic potential. The creative and cultural sector can diversify the economy, reduce dependence on oil exports and explore alternative revenue streams. It is an avenue to employ opportunities and create jobs in areas such as music, film, visual arts, and performance. It also promotes tourism, showcasing Nigeria's rich cultural

heritage, attracting tourists and generating foreign exchange. The sector encourages innovations, it drives entrepreneurship, leading to the development of much needed products and services. Showcasing Nigerian talent globally enhances our global reputation and it improves the country's international image while preserving our cultural heritage. We must protect and preserve Nigeria's cultural legacy for future generations.

By acknowledging the economic value of arts, Nigeria and Nigerians can invest in arts education and infrastructure, provide support for artists and creative industries, develop policies promoting arts-driven economic growth and encourage public-private partnerships in the arts sector. By doing so, Nigeria can unlock the vast economic potential of its amazing creative and cultural sector, contributing to a more diversified and sustainable economy. I am a product of the creative and cultural sector, I have earned and survived through it and I am sure that millions of Nigerians can benefit from it too.





As former Special Adviser on Digital Communications Strategy to the Honourable Minister of Finance, Budget and National Planning, what were some of the key focus areas and challenges in this position?

As former Special Adviser on Digital Communications Strategy to the Honourable Minister of Finance, Budget and National Planning, some key focus areas included developing and implementing a comprehensive digital communications strategy to enhance the Ministry's online presence and engagement. We leveraged social media and digital platforms to promote the Ministry's policies, programmes and initiatives, providing real-time updates on budget and economic developments to stakeholders and the general public. We

collaborated with other government and development agencies to ensure consistency in digital communications, thus enhancing transparency and accountability through digital channels.

The challenges faced in this position included limited digital literacy and infrastructure within the Ministry. It was also hard to balance the need for transparency with sensitive information. Misinformation, fake news and negative narratives on social media was a huge challenge to manage. It was a 24-hour job just to manage this. My team and I contended with a high level of stress due to this. These

focus areas and challenges required strategic thinking, creativity, and collaboration to effectively communicate the Ministry's work and policies to diverse audiences.

Given your experience in the media and communications sector, both in the private and public spheres, what are some of the notable changes or trends you've observed over the years in the industry in Nigeria?

Based on my experience, some notable changes and trends in Nigeria's media and communications industry include the shift from traditional print and broadcast media



I AM A PRODUCT OF THE CREATIVE AND CULTURAL SECTOR, I HAVE EARNED AND SURVIVED THROUGH IT AND I AM SURE THAT MILLIONS OF NIGERIANS CAN BENEFIT FROM IT TOO

to online and social media platforms. More Nigerians have access to information via online platforms. Social media has empowered individuals to become news sources and influencers. Audiences now expect real-time information, interactivity, and personalised content. They now play a significant role in shaping public opinion and marketing strategies. More private-owned media organisations have emerged, increasing diversity in perspectives and coverage. Economic pressures, advertising decline, and funding constraints affect media outlets' viability. Nowadays, the government's effort to regulate social media and online content raises concerns about press freedom and censorship. There has been an increased focus on local content, with emphasis on promoting Nigerian stories, talent, and cultural heritage. These changes reflect the evolving media landscape in Nigeria, presenting opportunities and challenges for practitioners, policymakers, and consumers.

You've mentioned that you've founded and co-founded various companies within the media and communications space. Can you elaborate on the core focus and objectives of these companies, and how they've evolved over time?

I've founded and co-founded several companies and organisations in the media and communications space and also non-for-profit organisations in the past, each with its unique focus and objectives.

As a media and communications professional, it was important to have firms and support others that focused on problem solving solutions through strategy. One I am particularly proud of is the Centre for Art and Creative Talent (C-FACT). A non-profit I founded in 2012, focused on bridging the gaps between talent, financing and intellectual property law after my experiences as a photographer and creative artist. I felt the younger generation didn't have to make the same mistakes like I did and many have become successful in their own endeavours.

On supporting and training over 110 Small & Medium Enterprises (SMEs) and young creatives, what has been the impact of these initiatives, and how have you been able to leverage your platform to empower others?

The impact of supporting and training over 110 Small & Medium Enterprises (SMEs) across Nigeria and thousands of young creatives in my lifetime has been profound. I've supported them with skills and knowledge in business management, marketing, and creative production. In also includes connecting them to my vast network while helping them to grow. I realised through my photography and social media that I had a voice and what I shared increased value. Everyone who knows me knows I patronise Made-In-Nigeria and Africa products. Sharing with followers while also supporting some of the entrepreneurs behind the scenes has been fulfilling. I stay in touch as much as I can, ready to mentor and support young people and women because I've always felt I lacked the support I needed when I commenced as an entrepreneur. The beauty of it all is that I also get to learn from them while constantly being

reminded of why I have a passion for the creative and cultural sector.

Throughout your career, you've had the opportunity to work in various capacities, from the private sector to the public sector. What are some of the key lessons or takeaways that you've learnt, and how have they shaped your approach to your work?

Throughout my career, I've learnt valuable lessons that have shaped my approach to work. The easy blend across sectors (private, public, developmental and entrepreneurial) has allowed me build bridges that didn't exist before. Creative integration is needed regardless of sector focus. I am able to support change and be flexible in a rapidly evolving environment. My network globally is phenomenal and sometimes I ask myself how this all came to be. Being able to work across sectors has given me a chance to experiment because that's what we do as creatives. Getting paid to do what I love doesn't feel like work and I am happy that I've remained committed to storytelling, narrative building and communications as part of my work flow.

These lessons have shaped my approach by embracing a collaborative and adaptable mindset, fostering innovation and creativity. It has helped me prioritise empathy and understanding because most people tend to see things from their own perspective and/or experiences. I think in the long-term now, patience is now a habit. I am a lifelong learner, my background in communications with an appreciative and investigative approach has ensured I never see things from a single perspective. By applying these lessons, I strive to make a positive difference in my work and contribute to meaningful change.



SOCIAL MEDIA HAS EMPOWERED INDIVIDUALS TO BECOME NEWS SOURCES AND INFLUENCERS. AUDIENCES NOW EXPECT REAL-TIME INFORMATION, INTERACTIVITY, AND PERSONALISED CONTENT



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**NOWADAYS, THE
GOVERNMENT'S
EFFORT TO REGULATE
SOCIAL MEDIA AND
ONLINE CONTENT
RAISES CONCERNS
ABOUT PRESS
FREEDOM AND
CENSORSHIP**



How did your love for photography begin? As DG, are you still able to flame your flair?

My love for photography began as a hobby, a way to capture moments and beauty around me. I was fascinated by the power of images to tell stories, evoke emotions, and preserve memories. As a photographer, I've had the privilege of capturing diverse subjects, from portraits to landscapes, to weddings and documenting cultural heritage. Photography allows me to see the world from different perspectives, appreciate its complexity, and find beauty in unexpected places.

As DG of CBAAC, my role is demanding, but I still make time for photography and art creation. In fact, it helps me relax and recharge. I believe that having a creative outlet outside of work enriches my perspective and enhances my leadership.



THE IMPACT OF SUPPORTING AND TRAINING OVER 110 SMALL & MEDIUM ENTERPRISES (SMES) ACROSS NIGERIA AND THOUSANDS OF YOUNG CREATIVES IN MY LIFETIME HAS BEEN PROFOUND

While my schedule may not allow for as much photography as I'd like, I still pursue some longer term projects and collaborations that align with my passions. I've even incorporated photography into my work at CBAAC, using it as a tool for cultural documentation and storytelling. My love for photography continues to burn bright, and I'm grateful to have it as an integral part of my life and work.

You've mentioned your work in training thousands of individuals in areas like photojournalism, documentary photography, and photography for social change. What inspired you to focus on these particular areas, and how have you seen the impact of this training on the participants?



My inspiration for focusing on photojournalism, documentary photography (still and motion), and photography for social change as training topics stems from understanding the power of visual storytelling. I believe in the ability of images to tell powerful stories, evoke emotions, and drive change. I wanted to equip individuals, especially from underrepresented communities with skills to share their stories and perspectives. Their stories matter, just as much as ours. I aimed to contribute to positive social change by training photographers and journalists to document and address critical issues.

The impact of this training via getting feedback from participants who have gained confidence in their abilities, embracing



MY LOVE FOR PHOTOGRAPHY BEGAN AS A HOBBY, A WAY TO CAPTURE MOMENTS AND BEAUTY AROUND ME. I WAS FASCINATED BY THE POWER OF IMAGES TO TELL STORIES, EVOKE EMOTIONS, AND PRESERVE MEMORIES

their own unique perspectives, has been amazing to experience. Many have developed strong technical and narrative skills, enhancing their visual storytelling techniques while earning a living through these

skills. Witnessing the growth and impact of these individuals has been incredibly rewarding, reinforcing the value of empowering others through training and sharing my life's story.

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**I BELIEVE WE HAVE
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Given your focus on job creation through skill acquisition and value creation, can you share more about some of the specific initiatives or programmes you've been involved in to support youth and women empowerment in Nigeria?

I've been involved in several initiatives supporting youth and women empowerment in Nigeria and Africa including but not limited to skill acquisition programmes, mentorship initiatives, women empowerment and gender workshops, youth entrepreneurship schemes, digital literacy

programmes, creative and cultural industry development and advocacy, scholarship schemes, intellectual property law awareness programmes, community outreach programmes and health awareness initiatives. These initiatives aim to equip youths and women with skills, knowledge and resources to thrive in their chosen fields, supporting economic growth and social progress in Nigeria and Africa. I believe we have all it takes to get Africa back on top as a continent that can thrive especially with our growing youth population.

What is next?

As I continue to evolve and grow, I'm excited to explore new opportunities and challenges most especially in leadership. I have stopped waiting for others to help us, why not us? The more we focus on problems, the less solution we will actualise. I ask myself these questions, what value can I add to make things easier? What partnerships and collaborations are possible to make dreams a reality? I am a dreamer who has had the chance to live many lives regardless of all the challenges that have come my way. The future holds endless possibilities, and I'm eager to embrace new adventures while making a lasting impact.

Concluding words

As we conclude, I'd like to say that empowering others through arts and skill acquisition, mentorship, and creative expression has been a rewarding journey. I'm proud of the impact made so far and excited for the future. I am particularly

grateful to all my mentors (many I will not have the chance to list out) that have given me the opportunity to serve my nation. From President Bola Ahmed Tinubu, to the Minister of Arts, Culture and Creative Economy, Hannatu Musawa, to United Nations DSG Amina Mohammed for being a great inspiration. From the former Minister of Finance, Budget and National Planning, Zainab Ahmed, to the former Governor of my home state, Kebbi, the now Minister of Budget & Planning, Sen. Abuba-

kar Atiku Bagudu. Without their input, I would not know what it means to be a true Nigerian. Travel and photography allowed me to explore 32 states and counting, but working in the public space has opened up my eyes to issues that I never would have imagined. Let's continue to uplift and support one another, fostering a culture of growth, inclusivity, and positive change. Together, we can create a brighter, more inclusive world. A united Nigeria and Africa, regardless of race, tribe or religion is one I envision for my children and I am elated to be able to contribute my quota.



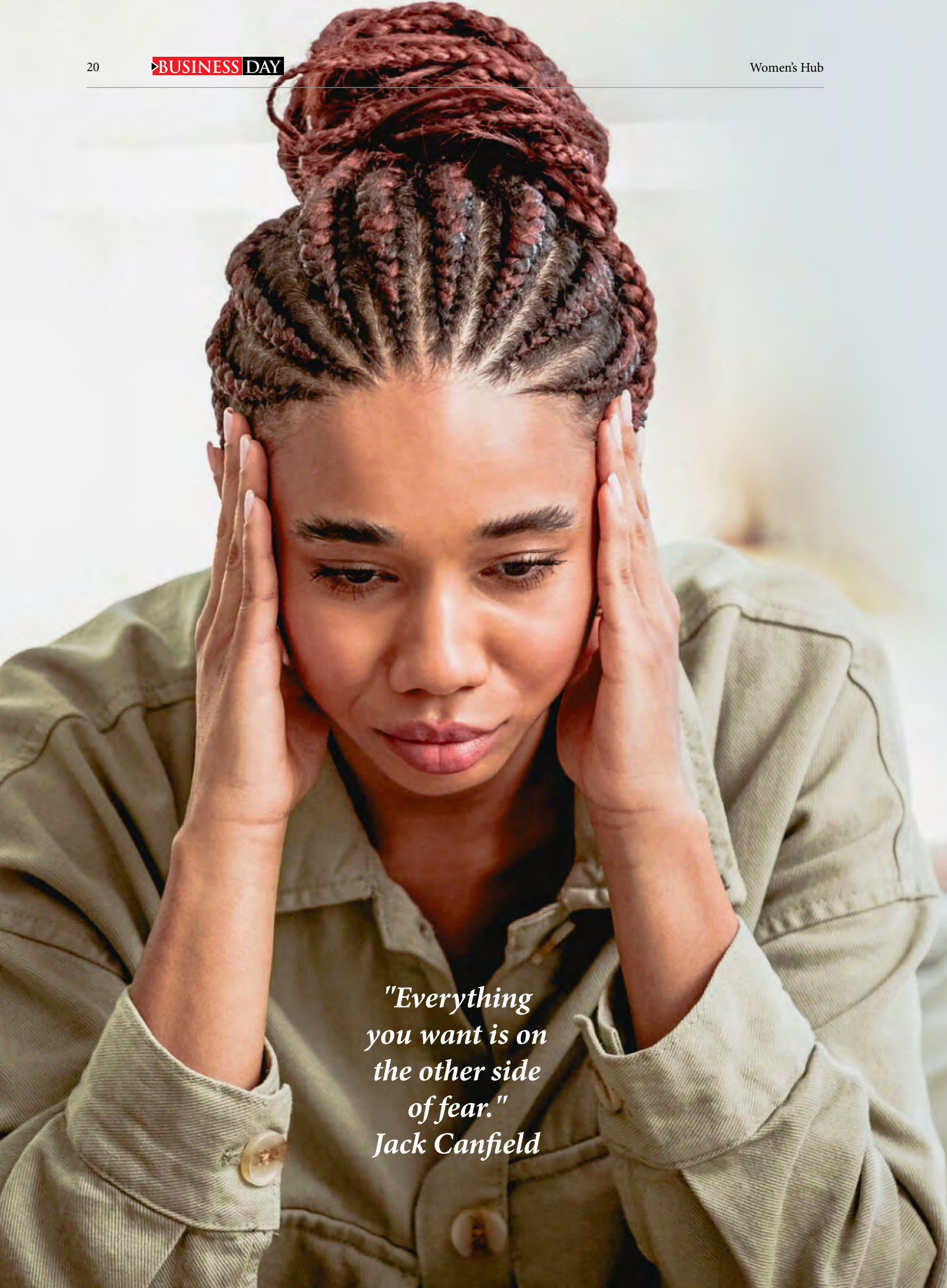
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**I AM A DREAMER
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REGARDLESS OF ALL
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THAT HAVE COME MY
WAY**





*"Everything
you want is on
the other side
of fear."
Jack Canfield*

HOW TO DANCE WITH FEAR

GLADYS AGWAI

Fear is one of the most powerful and primal emotions known to humanity. It has been a guiding force in the evolution of humans, driving you to avoid danger, make cautious decisions, and seek safety. It has been essential to our survival as a species. However, in the world today, fear manifests in complex ways, influencing your decisions, behaviors, and overall well-being. The physiological response to fear, such as, increased heart rate, adrenaline rush, and heightened senses, prepare you for the "fight or flight" response, enabling you to respond swiftly to threats. Today you experience fear in situations where you 'perceive' a threat to your safety, well-being, or social standing.

One of the most significant impacts of fear on your life is its ability to limit your potential through:

- Fear of failure preventing you from pursuing your dreams, taking risks, or stepping outside your comfort zone. Failure leads to regret, dissatisfaction, shame, disappointment, sense of unfulfilled potential, or loss of self-worth. You choose to play it safe, avoiding challenges that lead to personal success.
- Fear of rejection holding you back from forming meaningful relationships or expressing your true self. Society places a high value on acceptance and belonging leading to the paralysing fear of being judged or ostracized. This leads to

self-denial, conformity, and a reluctance to take social risks. You miss out on meaningful connections leading to loneliness and isolation.

- Fear of the unknown arising from uncertainty and the inability to predict or control future outcomes. It leads to anxiety, indecision, and a preference for the status quo making you uncomfortable in your comfort zone.

When fear becomes overwhelming, it has a significant impact on your mental and physical health. Chronic fear or anxiety leads to stress-related conditions, i.e., high blood pressure, heart disease, and weakened immune function affecting your ability to live a full life.

When managed effectively, fear can serve as a powerful catalyst for growth and transformation. One example is "fear-setting." Fear-setting identifies and confronts the fears that are holding you back systematically addressing them to reduce their power over your life (public speaking). Those who confront this fear by practicing and gaining experience often find that their confidence grows, and fear diminishes over time. Fear also drives creativity and innovation. The fear of failure or falling behind can push you and organisations to explore new ideas and take bold actions. The fear of being outperformed or not measuring up can drive you to work harder, prepare more thoroughly, and strive for excellence. However, excessive fear can lead to burn-out, perfectionism, and a lack of work-life balance. When fear becomes your primary driver of success, it creates a cycle of anxiety and stress that ultimately undermines your well-being. Strike a balance between using fear as a motivator and managing it in a way that does not compromise your life.

The fear of judgment, rejection, or ostracism is a powerful force that shapes your behaviour within groups and communities. This type of fear leads to conformity, as you seek to avoid the negative consequences of going against the norm. Fear-based messaging from the media or political systems is a common tactic used to sway voters, shape public policy, and drive consumer behaviour. While this can be effective in achieving short-term goals, it leads to increased polarisation, mistrust, and social division. Understanding this fear is crucial for making informed decisions and resisting manipulation. Find shared fears to foster a sense of solidarity and collective action inspiring cooperation and strengthened social bonds.

Here is how you dance with fear:

- Focus on and observe the present moment without judgment reducing its intensity.
- Identify, challenge, and reframe irrational or unhelpful thoughts replacing them to reduce its power.

- Gradually expose and confront your fears in a controlled and systematic way building confidence.
- Visualise positive outcomes and rehearse success in your mind to reduce fear.
- Share your fears with trusted friends, family members, or a therapist for emotional support.
- Let go of your need for certainty. Control what is in your control – you.

Fear is neither inherently good nor bad but rather a complex emotion that can have both positive and negative effects on your life. By understanding and embracing fear, you can navigate it more effectively and use it to your advantage. Allow fear to be a reminder of your humanity. It is a signal that you care about something deeply, whether it be safety, relationships, goals, or values. By coexisting with fear, using it as a guide, and viewing it as a teacher, you transform fear from a barrier into a bridge for a richer life experience.

"Courage is not the absence of fear, but the triumph over it." Nelson Mandela



Gladys Agwai is the Founder of Ignite Within and an International Author, Speaker, Life Coach, and Trainer. She transitioned as a business owner in 2014 after spending 30 years as a global corporate executive within IBM in the US, Nigeria, Ghana, and Kenya. She is the author of *Dumped! NOT Dumped On! How to stop reliving the negative impact of rejection in your life, business, and career!* and *IMPOSTER: Five Strategies to Your Authentic Self*. Gladys helps professionals and leaders who want to make organizational, career, and life transitions gain the clarity and right mindset required to take uncomfortable actions to achieve sustainable success. She can be reached at ignitewithin.org

PERSONAL FINANCE



Diversifying your income streams in four simple steps

SOLA ADESAKIN

The economic situation in Nigeria and indeed around the world has been a cause for concern. With inflation on the rise, disposable income shrinking, and financial pressures mounting, many are finding it difficult to maintain their standard of living.

The uncertainty of the times makes it clear: relying on a single source of income is no longer enough. To survive and thrive in

this challenging economic climate, diversifying your income streams is crucial.

But how do you go about this? The answer lies in a simple, practical framework I refer to as last:

- Learn a Skill
- Apply the skill
- Scale the Skill
- Tech-the Skill (Automate It)

This approach not only helps you build financial resilience but also opens up new opportunities for growth. Let's break down each step and see how you can implement them in your life.

1 Learn a Skill

The first step to diversifying your income is to learn a new skill, preferably one that is in high demand. The key is to identify a skill that intersects with what people need right now. For example, digital marketing has become a vital tool for businesses as more companies shift online. If you're already familiar with marketing, consider expanding your knowledge into areas like social media management, search engine optimisation (SEO), or content creation.

Where can you learn it? The good news is that there are countless online platforms offering courses on almost any skill you can think of. Websites like Coursera, Udemy, and LinkedIn Learning provide affordable and sometimes free courses taught by industry professionals. You can also explore local workshops or community centres offering training sessions. You can also learn directly from someone who understands the skill you intend to learn.

Skills you can learn are not limited to digital skills. You can learn catering, makeup artistry and more.

2 Apply the skill

Learning a skill is one thing; applying it is another. The moment you gain proficiency in your new skill, find ways to put it into practice. Start small—perhaps by offering your services to friends or small businesses at a discounted rate. This not only gives you practical experience but also begins to build your portfolio.

For instance, let's say you've learnt graphic design. You can begin by creating designs

for local businesses or start a small freelance operation. The key here is to get your foot in the door and start making that skill work for you.

3 Scale the Skill

Once you've applied your skill and gained some traction, the next step is to scale it. Scaling means increasing your skill's impact and reach, which in turn increases your income potential. How can you do this? You can achieve this by broadening your client base, raising your prices in line with your growing expertise, or diversifying your offerings.

Continuing with the graphic design example, scaling could involve taking on larger projects, hiring other designers to work under you, or creating digital products like design templates that you can sell to a wider audience. The goal is to move from one-off projects to a more sustainable and lucrative business model.

4 Tech-the Skill (Automate It)

Finally, leverage technology to further scale your skills and income. This involves automating parts of your business or using technology to reach a larger audience with less effort. For example, if you're into digital marketing, you can use automation tools like Buffer for social media scheduling or Mailchimp for email marketing campaigns.

In the case of our graphic designer, automation might involve setting up an online store to sell pre-made design templates, using platforms like Etsy or Shopify. You can also create an online course teaching others how to master graphic design, allowing you to earn passive income.

Practical Example: From Skill to Income Stream

Let's consider a practical example: teaching. Suppose you have a knack for makeup, and you have also learnt how to teach the art.

You can also learn the skill of creating educational content around it and start by offering tutoring services locally or online through platforms.

As you gain students and positive feedback, you scale by creating a series of courses or educational materials that cater to a larger audience. Eventually, you can automate parts of your business by setting up an



Sola Adesakin (FCA, FCCA CPA MBA) is a Personal/Business Finance Coach and Chartered Accountant with over 20 years of hands-on experience. She is passionate about helping people understand the "make-manage-multiply money" message, maximize their resources, achieve their crucial financial milestones and build true wealth through the concept of financial planning. As a financial enthusiast, Sola is an advocate for SDG5 and SDG10, with a firm belief in achieving gender equality and reducing inequality via financial literacy and access to funding. Sola is the author of currently eight (published books and several unpublished articles in the public domain. She has recently been admitted into the Forbes Coaching Council, as she continues to leverage global alliances and partnerships to amplify the money message around the world.

online platform where students can access your materials at any time, providing you with a steady stream of passive income.

Remember, it's not about how much you make from one source, it's about how many sources you can create. Expenses are multiple in nature, after all.

So, ask yourself: What skill can I learn today that intersects with people's needs? Where can I learn it, and how can I apply, scale, and tech it? The answers to these questions could be the key to your financial survival and success in these uncertain times.



PERSONAL
HEALTH

Maya, 56 years old, was known for her lively spirit and infectious laughter, but behind her bright smile, she battled with chronic joint pain. It started subtly, a slight ache in her knees after a long day of training for a marathon with her friends. But soon, the pain became more pronounced, creeping into her wrists, elbows, and ankles, like an unwelcome guest overstaying their welcome.

At first, Maya tried to ignore it, brushing off the discomfort as the result of her active lifestyle. But as the pain intensified,

it began to seep into every aspect of her life. Simple tasks like tying her shoelaces or lifting a book became excruciating challenges. Her once vibrant energy dwindled, replaced by fatigue and frustration.

As people age, their joints undergo natural degenerative changes, leading to an increased prevalence of joint pain. Cartilage, the protective tissue that cushions the ends of bones in the joints, may wear down over time, causing discomfort and stiffness. Additionally, chronic conditions like osteoarthritis, rheumatoid arthritis, and gout become more common with age, further exacerbating joint pain.

Lifestyle factors, including decreased physical activity and previous injuries, also contribute to the likelihood of experiencing joint discomfort in older age. While joint pain is not exclusive to older adults, the cumulative effects of aging, coupled with other health issues, often make it more prevalent among this demographic.

Training for marathons such as Maya does involve rigorous physical activity, including long-distance running and high-impact training, which can put significant stress on the joints. While regular exercise is beneficial for overall health, excessive training without adequate rest and recovery can increase the risk of joint pain and injury in several ways.

The repetitive nature of long-distance running can result in overuse injuries, where tissues like tendons and ligaments become inflamed and irritated. Additionally, the

high impact of running, especially on hard surfaces, subjects the joints, particularly the knees and hips, to repeated stress, potentially leading to conditions like runner's knee or hip bursitis.

Determined to reclaim her life, Maya embarked on a journey to overcome her joint pain. She sought guidance from doctors, who diagnosed her with a form of arthritis. Armed with knowledge, Maya delved into research, eager to find ways to manage her condition. She discovered the importance of gentle exercise to strengthen her muscles and improve flexibility, as well as the benefits of a balanced diet rich in anti-inflammatory foods like fruits, vegetables, and omega-3 fatty acids.

The most significant discovery for Maya was the power of self-care and mindfulness. She learned to listen to her body, recognizing when it needed rest and when it could push a little further. Through meditation and relaxation techniques, Maya found solace from the relentless grip of pain, discovering moments of peace amidst the chaos.

As days turned into weeks and weeks into months, Maya's perseverance paid off. Though the joint pain never fully disappeared, she learned to manage it with grace and resilience. With newfound strength and a deep appreciation for her body's resilience, Maya learned how to manage what had become a burden to her.

Joint pain can be a formidable adversary, affecting millions of people worldwide. Whether caused by arthritis, injury, or other underlying conditions, managing joint pain requires a multifaceted approach.

First and foremost, it's essential to seek professional medical advice for an accurate diagnosis and tailored treatment plan. Depending on the cause and severity of the pain, doctors may recommend medications, physical therapy, or other interventions to alleviate symptoms and improve joint function.

In addition to medical treatments, lifestyle modifications can play a crucial role in managing joint pain. Gentle exercise, such as swimming, yoga, or walking, can help strengthen muscles and improve flexibility without putting undue stress on the joints. Maintaining a healthy weight is also important, as excess weight can exacerbate

joint pain, particularly in weight-bearing joints like the knees and hips.

Furthermore, adopting an anti-inflammatory diet rich in fruits, vegetables, whole grains, and healthy fats can help reduce inflammation and support overall joint health. Foods high in omega-3 fatty acids, such as salmon, flaxseeds, and walnuts, have been shown to have anti-inflammatory properties and may help alleviate joint pain.

Self-care and stress management techniques, such as meditation, deep breathing exercises, and mindfulness practices, can provide relief from the emotional toll of chronic pain and promote a sense of well-being.



Dr. Maymunah Yusuf Kadiri (Aka Dr. May) is popularly referred to as "The Celebrity Shrink." She is a multiple award winning mental health Physician, advocate and coach. She is the Medical Director and Psychiatrist-In-Chief at Pinnacle Medical Services, Nigeria, 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 Consultant Neuro-Psychiatrist 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.

Resilience in stride: overcoming joint pain through perseverance

DR. MAYMUNAH
YUSUF KADIRI

BLOCKCHAIN

SEC's Bold Move: Quidax and Busha become Nigeria's first official crypto exchanges

OGE ANENE



Nigeria's Securities and Exchange Commission (SEC) has officially recognised Quidax and Busha as legally sanctioned cryptocurrency exchanges. This milestone represents a significant shift in the Nigerian crypto landscape, marking a new era of regulation and legitimacy for the industry.

The Significance of SEC's Approval

The SEC's approval of Quidax and Busha is more than just a simple acknowledgment. It's a strong sign of support for the growth of cryptocurrency in Nigeria. This move signifies that the Nigerian government is not only aware of the growing demand for digital assets but is also ready to support the market by finally providing a legal framework for the operation of cryptocurrency exchanges. This development is a crucial

step toward integrating cryptocurrency into the mainstream financial system.

What This Means for Investors and Users

For investors, this approval brings a new level of security and confidence. With legal recognition, Quidax and Busha can now operate under a regulatory framework, reducing the risks associated with unregulated exchanges. This could lead to increased investor participation, as concerns over legality and security are addressed.

For everyday users, the recognition means access to services that are now backed by the SEC, ensuring that their transactions are conducted in a legally safe environment. It could also pave the way for more robust consumer protection measures, such as dispute resolution mechanisms and regulatory oversight.

Impact on the Broader Blockchain Industry in Nigeria

The legal recognition of Quidax and Busha could serve as a catalyst for broader adoption of blockchain technology in Nigeria. It sends a clear signal to other blockchain and crypto companies that the Nigerian market is open for business, provided they adhere to regulatory standards. This could potentially attract much needed foreign investment, boost innovation, and lead to the development of more blockchain-based solutions in the country.

Setting a Precedent for Other Crypto Companies

The SEC's decision sets a precedent for other cryptocurrency exchanges and blockchain companies seeking legal recognition in Nigeria. It shows that with proper compliance and transparency, crypto companies can achieve legitimacy and thrive within the Nigerian financial ecosystem. This move could encourage other exchanges to follow suit, leading to a more regulated and secure crypto market in Nigeria.

The SEC's recognition of Quidax and Busha as legal crypto exchanges is a ground-breaking step forward for the Nigerian cryptocurrency market. It not only legitimises the industry but also opens the door for increased innovation, investment, and adoption. As Nigeria continues to embrace blockchain technology, the future looks promising for both investors and users in the rapidly evolving world of digital finance. As these legal frameworks continue to evolve, the Nigerian crypto industry is poised to become a key player on the global stage.



Oge Anene is a lawyer, called to the Nigerian Bar in 2012. As a blockchain lawyer, at the forefront of blockchain tech investments, she plays a pivotal role as a consultant to companies entering the world of blockchain and asset tokenisation. Oge is committed to unraveling the emerging opportunities within blockchain, with a specific focus on real-world asset tokenisation. Through executive training and workshops, she is part of a team that paves the way for this innovative venture to thrive in Africa. Oge is a certified NLP practitioner and holds a certificate in cognitive behaviour therapy.

BLOCKCHAIN

Presence over presents: what children really need

DR AGILITY
OBI-IHESIE

George stared blankly at the wall in front of him, completely absent and lost in deep thought. The last couple of weeks had been revelatory and deeply discombobulating for him. For the first time in his adult life, and as a parent, the full weight of his actions had come back in full force to haunt him. He was seated outside the Intensive Care Unit (ICU) in the spot that had become his usual spot, praying for a miracle, for God to restore his 14-year old son back to full function.

His sober reverie was broken by a loud scream from his wife, Blossom. "Nurse, please come quickly. Temilade just said something". George rushed into the room and wept silently as he watched his son's eyes open for the first time in three weeks. The nurse came in and asked them to leave the room and as he went out, the tears of joy and gratitude wouldn't stop flowing. He knelt down in the corridor, sobbing quietly as his wife cradled him in her arms. God had heard his prayer and brought his son back to life.

George had always considered himself a great parent who worked hard to give his children the best that life had to offer. He had grown up in a deprived background and had vowed that his children would not lack anything, and providence had smiled upon him. His excellent grades after graduation had landed him automatic employment in a multinational Oil and Gas company. Being the excellent networker that he was, he transited to entrepreneurship after 10 years as an employee. Within that time, he met and married his wife. Life was good and he couldn't complain.

They were blessed with a son and a set of twin girls that were his world. Their naming, baby dedication ceremonies, and birthday parties were the talk of the town. He had promised that he would give them everything he didn't enjoy as a child. Everything was lavish and people had so much fun that it became a goal to attend the Georges' children parties.

As the children grew, the cracks in the relationship started to show. After registering the children in the best schools, he didn't understand why they still needed him to help them with homework, talk with them or play with them. That was his wife's job and besides, he didn't remember his own father ever sitting to gist with him. How? Whenever any of the kids came to him, he'd cut them short and tell them to go and meet their mother. He had done his own part as their father, which was to provide for them.

Temilade George was envied by all the children in his school who wished their fathers were like his. Whenever they expressed this, he'd smile yet he grew bitter and resentful daily because he had no relationship with his father beyond the generous presents. As he grew, he began to think there was something wrong with him, so he started looking ways to impress his father. His academic performance was great, and he was such an obedient child at home. But his father's response was for him to try harder.

It wasn't long before some bad boys in the school took advantage of him and introduced him to drugs, and on one of those occasions, he overdosed and had a heart attack. Blossom George had told her husband many times over the years that the children needed him, and encouraged him to relate more with them, but he assured his wife that he was doing well.

Whenever he saw his wife reading books on parenting or attending parenting conferences, he'd scoff. It was when Temilade had been found unconscious in his room that he wondered for the first time if he really had been the good parent that he thought he was. It was then that he collected all his wife's parenting books and started devouring them, finally seeing how his actions had driven his son to compensate for his unavailability via drug use. He had promised himself that if his son lived, he would make amends and be present for him. God had given him another chance.



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.obii-hesie@gmail.com.

RELATIONSHIPS

Get to know about 'The Good Wife Syndrome' in marriage

NIKE FOLAGBADE

Marriage is a journey filled with growth, understanding, and sometimes challenges that can seem impossible. I want to share a personal experience that significantly impacted my marriage and how I learned to navigate it with God's guidance.

The Struggle with Perfectionism

I carried a "good girl" and perfectionist mindset for many years. Coming from a humble background, I genuinely believed that striving for perfection in my thoughts, actions, and beliefs ensured the best outcomes for my home. However, this mindset didn't yield the positive results I anticipated—instead, it became a barrier in my relationship with my husband.

When my husband pointed out something I did wrong, especially if his tone was harsh, I immediately felt attacked. I took his feedback as an indictment of my

worth as a wife. This led to defensiveness, as I didn't want to be seen as a bad wife. Our interactions became tense, and I often found myself wishing he could understand me better, that he'd ask questions first, or consider that my intentions were never malicious.

The Impact on Our Marriage

Over time, I saw that this perfectionist mindset was doing more harm than good. It made me proud, resistant to feedback, and ultimately unable to truly honour my husband. The disconnection it caused was palpable, and I knew something had to change.

Here's what I did differently:

1 Confronting the Perfectionist Mindset: The first step was acknowledging that no one is perfect—not me. Accepting this truth allowed me to be more gracious with myself, recognizing that mistakes are a natural part of life and growth.

2 Seeing Mistakes as Learning Opportunities: Rather than seeing mistakes as failures, I began to view them as opportunities to learn and grow. This shift in perspective was crucial in helping me let go of the need to be perfect.

3 Becoming an Active Listener: I consciously listened to my husband's feedback without immediately becoming defensive. By focusing on understanding rather than reacting, our communication improved significantly.

The Transformation in Our Marriage

As I worked on these areas, I noticed a positive change in our marriage. The lost connection began to return, and we both became more open and understand-

ing of each other. My husband felt more respected, and I felt more at peace, knowing that I was contributing to the health of our relationship rather than undermining it.

In many marriages, certain mindsets can inadvertently create disconnection. Whether it's perfectionism, pride, or something else, recognizing these patterns is the first step towards healing and restoring your relationship. I hope my story encourages you to reflect on any similar challenges you might be facing and to seek ways to address them.

Remember, marriage is a partnership that requires continuous growth, patience, and understanding. We can revive and strengthen our relationships by confronting our shortcomings and striving to improve. How good are you at receiving counsel or corrections from your husband?



Nike Folagbade is a family life coach and counsellor. She is the founder of Nike Folagbade International.

She's a Master Practitioner of Neuro-Linguistic Programming and Results Coach; an Associate of Family Systems Engineering and a certified emotional intelligence and anger management coach. Equally, she's a SYMBIS facilitator, who helps engaged and married couples prepare for the 'before and after' of their marriages.

Nike has written over seven books including 'Get The Ring', 'Untold Secrets That Wreck Marriages', to mention a few. Her signature course, Warrior Brides Network, has created a movement of single and married women (in over 10 countries) please visit her website www.nikefolagbade.com

She is also the founder of the 'Love and Life Hub' platform that equips singles and married with the right knowledge on love, dating, marriage and purpose.



MEALSTOENJOY
By ImmaculateBites

PIONONO

Pionono (Stuffed Fried Plantain) -savory plantain rolls stuffed with a tasty beef filling – Picadillo. An out-of-this-world Puerto Rican snack that'll remind you of sunshine and the blue sea. Truly a delectably sweet plantain and savory beef combo rolled into one!



INGREDIENTS

Plantains

- 3 ripe plantains
- 2 eggs lightly beaten
- tooth picks

Picadillo

- 2 tablespoons canola oil
- ½ medium onion chopped
- ½ pound ground beef
- ½ cup tomato sauce
- ½ tablespoon smoked paprika

- 1 teaspoon cumin
- ½ small green or red pepper
- 2 tablespoons cilantro
- 2 tablespoons green onion
- 1 teaspoon oregano
- 1/2 cup olives chopped
- 1 packet Sazon to taste or use beef or chicken bouillon

Instructions

Picadillo

- Add about 2 tablespoons oil in a skillet followed by onions, garlic,



cumin, smoked paprika, cayenne, oregano, sweat for about a minute.

- Then add bell pepper, tomato sauce, bring to a simmer, add ground meat , potatoes (if using potatoes) and cook for about 7-10 minutes or more , while stirring frequently to prevent burning burn add about broth or water as needed. Until potatoes is soft and tender .
- Season with salt, chicken bouillon or sazón.
- Finally add olives , green onions and cilantro, adjust for seasoning. Remove and set aside.

Plantains

- Using a sharp knife cut both ends off the plantain. This will make it easy to grab the skin of the plantains. Slit a shallow line down the long seam of the plantain; peel only as deep as the peel. Remove plantain peel by pulling it back. Slice the plantains horizontally into 4-5 pieces depending on plantains. You may either fry or bake the plantains. I prefer frying.

Frying Method

- Heat up a large skillet or cast iron with oil up to ½ inch- medium-high heat until hot but not smoking.
- Fry the plantain in batches, turning once, until lightly brown, about 5 minutes. Do not overcrowd the pan (it will make the plantains to be soggy and absorb excess oil)
- Use a slotted spoon, transfer the fried plantains and drain on paper towels.

Baking method

- Spray a baking sheet and place plantains on them in a single layer; spray lightly over the plantains using the canola oil spray and bake at 400 degrees F, turning over slices, after 8 minutes for about 12- 20 minutes or till plantains turn slightly brown.

Assemble Pionono

(Method 1) Use if frying only

- Form the plantain into a pinwheel – it should be loose. Then secure with a toothpick. Now cover the bottom of the pinwheel with about 3 toothpicks. Just like in the pictures. This prevents the meat from falling off.
- Fill each piononos with about ¾ of the beef filling, press down. Repeat until all the plantains and beef have been used up.



- Now drizzle or spoon beaten eggs on over the piononos, this helps keep it together.
- Heat up a large skillet or cast iron with oil up to ½ inch- medium-high heat until hot but not smoking. Fry the plantain Pionono in batches, turning once, until golden brown, about 5 minutes. Do not overcrowd the pan (it will make it too soggy.)
- Use a slotted spoon, transfer the pionono on to a plate , line with paper towels . Let it cool for about 5 minutes, serve warm.

Method 2 (cooking in a muffin pan)

- Place plantain around each ring in the muffin tin. If the plantain is too long, you can trim off the ends to make it fit, place the rest at the bottom of the pan.
- Fill each piononos with about ¾ of the beef filling , press down. Repeat until all the plantains and beef have been used up.
- Now drizzle or spoon beaten eggs on over the piononos , this helps keep it together.
- Preheat the oven to 400 degrees Fahrenheit. Grease a regular sized muffin tin with oil or cooking spray.
- Bake for 15-20 minutes, until plantains is heated through .Run your knife around the edges and carefully scoop your pionono out with a fork, Remove toothpicks and serve warm with some avocados.

PASTELON (PLANTAIN LASAGNA)

Pastelon – This Latin-style (Puerto Rican) plantain lasagna combines sweet and savory flavors with spiced beef sandwiched between layers of plantains and topped with cheese and eggs. It's an absolutely incredible meal for special days or even just a regular week-night dinner.

Ingredients

- 3-4 large ripe plantains
- 1 medium onion, chopped



- 3 teaspoons (15 g) garlic, minced
- 1 teaspoon (2 g) cumin
- 1 teaspoon (2g) smoked paprika
- ½ -1 teaspoon (1-2 g) cayenne pepper
- 1 teaspoon (1 g) dried oregano or thyme
- ¼ teaspoon (0.5 g) ground coriander
- 1 red or green bell pepper, chopped
- 2 tomatoes, chopped or 1 cup tomato sauce
- 1 pound (453 g) ground beef or chicken
- 1 16-ounce can black beans, drained and rinsed
- 3 tablespoons (45 ml) water
- ½ teaspoon (2.5 g) salt
- 1 packet sazón (or 1 tablespoon chicken bouillon)
- ½ teaspoon (1 g) freshly ground black pepper
- ¼ cup olives, sliced
- 2-3 green onion, chopped
- 2-3 tablespoons parsley, chopped
- 2 cups (470 g) shredded cheese
- 2-3 large eggs

Instructions

- Using a sharp knife cut both ends off the plantain. This will make it easy to grab



Making the Filling

- Next add about 1-2 tablespoons of oil in a skillet followed by onions, garlic, cumin, smoked paprika, cayenne, oregano, coriander and sweat for about a minute.
- Then add bell pepper, tomatoes or tomato sauce, bring to a simmer. Add ground meat, beans and cook for about 7-10 minutes, while stirring frequently to prevent burning burn. Add about 3 tablespoons of broth or water as needed. Season with salt, chicken bouillon or sazón and black pepper.
- Finally add olives, green onions and parsley, adjust for seasoning. Remove and set aside.

Assembling

- Spray a deep 8x8 pan with cooking spray or rub with butter/oil.
- Line the bottom of the baking pan with the fried plantain. Make sure there is no space between the plantains.
- Add enough of the beef mixture to make a layer, just like you would prepare lasagna. Alternate rows of plantains and meat until both are used up. Add cheese in between, if desired.
- In a mixing bowl, whisk the eggs and pour over the Pastelon. Making sure to cover the entire thing.
- Add cheese if desired, or only use cheese.
- Bake at 350 degrees F for 25-30 minutes, or until all the egg has cooked through and the cheese are bubbly.
- Let it cool then serve warm.

Tips & Notes

- If you choose to fry your plantains, don't overcrowd the pan. This will cool the oil too much and result in soggy plantains because they'll absorb too much oil before they cook.
- I like to use moderately ripe plantains for this recipe. They don't fall apart or soak up tons of oil, making them just right for layering.
- To keep your filling from burning while you cook it, add a small amount of broth or water as needed.
- If you want some heat in this recipe, just add more cayenne pepper to taste. You know I always like the option to make things spicy!
- Please keep in mind that nutritional information is a rough estimate and can vary greatly based on the products used.

the skin of the plantains. Slit a shallow line down the long seam of the plantain; peel only as deep as the peel. Remove plantain peel by pulling it back. Slice the plantains horizontally into 4-5 pieces depending on plantains. You may either fry or bake the plantains. I prefer frying.

Frying Method

- Heat up a large skillet or cast iron with oil up to ½ inch- medium-high heat until hot but not smoking.
- Fry the plantain in batches, turning once, until lightly brown, about 5 minutes. Do not overcrowd the pan (it will make the plantains to be soggy and absorb excess oil).
- Use a slotted spoon, transfer the fried plantains and drain on paper towels.

Baking Method

- Spray a baking sheet and place plantains on them in a single layer; spray lightly over the plantains using the canola oil spray and bake at 400 degrees F, turning over slices, after 8 minutes for about 12- 20 minutes or till plantains turn slightly brown.



3&4 FASHION

From bridals to custom made wears, 3&4 Fashion offers truly unique, custom-made garments for discerning clients. The fashion line embraces the art of tailored perfection, creating one-of-a-kind pieces that reflect the individual style and preferences of each customer.

Their commitment to exceptional craftsmanship and personalised attention is evident in each design. Their outfits consists of a range of meticulously crafted garments that blends modern innovation with timeless elegance and clients can choose from an extensive palette of luxurious materials that are not only visually stunning but also supremely comfortable and long-lasting.

By offering this level of personalisation, 3&4 Fashion empowers individuals to express their unique style and personality through their attire. Are you attending that event or seeking to make a bold statement? Customers can trust that their pieces will be the pinnacle of sartorial excellence, crafted to perfection and tailored to their exact specifications.

Experience the unparalleled craftsmanship and exclusivity of 3&4 Fashion where the art of custom fashion reaches new heights of sophistication and personal expression.





















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