

...NOT IN THISDAY STYLE? THEN YOU'RE NOT IN STYLE

THIS DAY

Style

SUNDAY, MARCH 23, 2025



OLUWATOYIN SAKIRAT MADEIN

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COVER NOTE



It's not every day that you sit down with a woman who has quietly but powerfully shaped the financial backbone of an entire nation. But Dr. (Mrs.) Oluwatoyin Madein, the just-retired Accountant-General of the Federation, is no ordinary woman. In fact, she's a legend in her own right — the kind of public servant who worked with grace, grit, and an unwavering moral compass, leaving a blueprint for excellence in financial governance.



Society

AS DAPO CLOCKS 60
Mr Adedapo Tunde-Olowu, SAN, FCI Arb, FCTI, Managing Partner of AELEX, was celebrated in style as he marked his 60th birthday. His wife hosted an elegant gathering, themed Dapo @ 60, bringing together close friends, colleagues, and well-wishers for an evening of festivities.

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EDITOR'S LETTER



EXECUTIVE EDITOR

Friend or Foe

I'll be honest with you—when AI started taking over timelines, conversations, and creative circles, I wasn't jumping up and down excitedly. As someone who's spent years refining my creative voice and who has lost sleep over the right phrasing, colour tone, or storyline, it was a little... unnerving to discover that now, some of those things could be generated in seconds. It felt like watching someone crash a dinner party you'd spent all day preparing for—waltzing in with store-bought food and still getting an applause. But here's the thing: while I wasn't particularly excited about the invention of AI, I've also always been one of those annoyingly tech-conscious creatives. I like to know what's new and next and what tools can help me do my work better. So, I gave it a chance. And truth be told—it has been a lifesaver in many ways. For the overworked creative, the burnt-out strategist, and the ideas-squeezed writer, AI has been the very thing that reminds us we don't have to always do it all the hard way. Still, it's not without its concerns. One of the biggest fears—and it's a valid one—is that AI will eventually come for our jobs.

Yup, I am aware that Nigeria has been slow to catch up with the AI wave. While the rest of the world is racing ahead, we're still figuring out how to integrate it into our daily lives. However, it's only a matter of time. And whether we like it or not, it is coming—slowly, then all at once. So the question is—are we ready?

There's a quote floating around that I find quite sobering: AI won't replace your job. But someone using AI might. That's it. That's the message. The real risk isn't the machine itself—it's choosing not to adapt. Whether or not you are in the creative industry, you should read the article, *Is AI Coming for Your Fashion Job? What Nigerians Should Know About Automation*. It unpacks exactly how AI is already shaping global fashion—and what that means for designers, stylists, content creators, and even the tailors in Yaba. It's a must-read for anyone looking to navigate this new landscape. Switching gears for a moment—can we talk about food influencers and how they've sneakily become some of the most influential voices in our society? I'm serious. From deciding where we eat to how we plate our own food at home to what "Sunday rice" looks like now, their impact is undeniable. In *Spice, Snap, and Share: How Food Influencers Are Transforming Nigeria's Culinary Scene*, we explore this rising cultural shift—one selfie-worthy jollof plate at a time. These creators have redefined dining habits, spotlighted hidden gems, and created new standards for what it means to eat well in Nigeria. It's fascinating stuff—and maybe a reminder to give your food some lighting before you dig in!

And before I sign off, how are you doing—really? It's been a fast-paced year, and sometimes, we forget to check in with ourselves amid all the hustling.

Wishing you a beautiful and fulfilling week ahead. Keep creating, keep evolving. I am rooting for you.

Love,
Konye

As Dapo Clocks 60

Mr Adedapo Tunde-Olowu, SAN, FCI Arb, FCTI, Managing Partner of AELEX, was celebrated in style as he marked his 60th birthday. His wife hosted an elegant gathering, themed Dapo @ 60, bringing together close friends, colleagues, and well-wishers for an evening of festivities.

The celebration took place recently at the Civic Centre, Victoria Island, Lagos, and was graced by esteemed members of the legal community and distinguished guests. Among those in attendance were the First Lady of Lagos State, Her Excellency Mrs. Ibijoke Sanwo-Olu, and one of AELEX's founding partners, Mrs. Funke Adekoya, SAN, Mr. Osagie Okunbor, Country Manager of Shell Companies in Nigeria and his wife, Suala, Mr Augustine Alegeh, a past President of the NBA and his wife, Lami adding to the significance of the occasion.



ADEDAPO TUNDE-OLOWU, SAN



OSAGIE OKUNBOR



SOLA SASORE



PRINCE RICHARD AHONARUOGHO, MRS. MOJISOLA AHONARUOGHO & ADESEGUN AKIN-OLUGBADE, OON



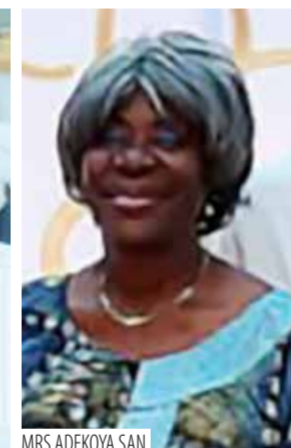
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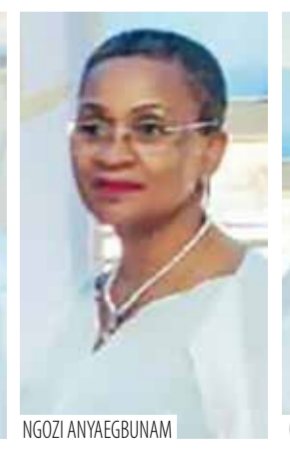
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MRS OLUWOLE



FESTUS OLUWEISE & DEJI OLUWOLE



NIKE AND ROTIMI ALADESANMI



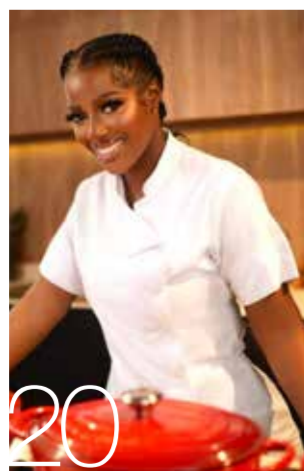
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THIS DAY **Style**

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Editor's Picks for Women's History Month

She inspires. She leads. She creates. This Women's History Month, we celebrate her brilliance with handpicked pieces to honour her journey.

Polo AVENUE



Dolce & Gabbana Long Floral-Print Corset Dress



Dolce & Gabbana Sicily Handbag



Rose Et La Roue 2.0



Dolce & Gabbana Raschel Tweed Midi Dress with DG Logo



Anna Karin Karlsson Black Crystal Sunglasses



Dolce & Gabbana Devotion Bag



Dolce & Gabbana Polished Calfskin Slingbacks with Leopard Print



Dolce & Gabbana 60mm Leather Slingback Pumps

Editor's Picks for Women's History Month

She inspires. She leads. She creates. This Women's History Month, we celebrate her brilliance with handpicked pieces to honour her journey.

Polo ...the reward for success



Chopard Happy Hearts Bangle



Ballon Bleu De Cartier Watch 36mm, automatic movement, rose gold, diamonds, leather



Messika Lucky Move Pavé PM Ring in Rose Gold and Diamonds



FOPE Solo Collection Ring with Diamond Pavé



Chopard Happy Hearts Flowers Ring



Force 10 Ring



FRED Pretty Woman Necklace



Flex'it Bracelet with a Double Rondel & Black Diamond Pavé



Piaget Limelight Gala Watch 26mm, quartz movement, rose gold, diamonds, mesh



Chopard Happy Sport Watch 30mm, automatic movement, ethical rose gold, lucet steel, diamonds



FOPE Panorama Collection Necklace with Diamonds



Chopard Happy Hearts Pendant



Messika So Move Bangle



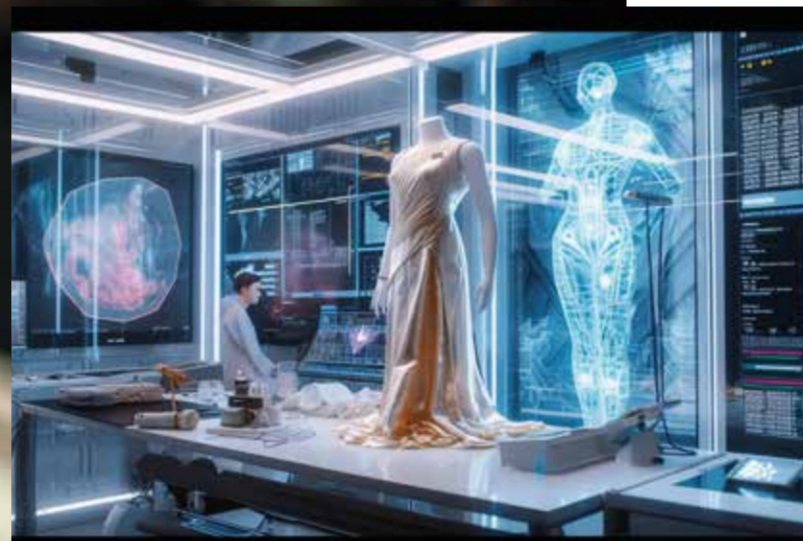
Messika Glam'Azone Double Ring



FOPE Lariat with Diamond Pavé



IS AI COMING FOR YOUR FASHION JOB? WHAT NIGERIANS SHOULD KNOW ABOUT AUTOMATION



The Nigerian fashion industry is a force—bold, expressive, and deeply rooted in culture. From the lively markets of Balogun in Lagos to the high-end boutiques in Abuja, fashion isn't just about clothing; it's identity, heritage, and a booming economic powerhouse. But as artificial intelligence (AI) tightens its grip on industries worldwide, the big question looms: Is AI coming for your fashion job? AI is undoubtedly shaking up the fashion scene, but it's not necessarily a job-stealing villain. Instead, it's a tool—one that can either elevate or disrupt, depending on how it's embraced. If you're a Nigerian fashion professional, knowing how to navigate this AI-driven shift is crucial to staying relevant.

AI IN FASHION: The Silent Revolution
AI isn't some sci-fi fantasy—it's already here, and it's making waves. Across the globe, brands are harnessing AI for trend forecasting, design, production, marketing, and even customer service. Algorithms now predict what styles will dominate next season, virtual stylists are replacing personal shoppers, and AI-generated designs are hitting runways. In Nigeria, where fashion thrives on human creativity and craftsmanship, the idea of machines taking over might seem far-fetched. But change is creeping in. Local designers are experimenting with 3D printing, e-commerce platforms using AI for personalised shopping experiences, and digital fashion shows are slowly becoming a thing. The shift is very slow, but it's happening.

WHAT THIS MEANS for Nigerian Fashion Professionals
AI isn't here to cancel creativity—it's here to redefine it. Here's what you need to know:
1. Creativity Remains King
AI can crunch numbers and generate designs, but it lacks the cultural depth and soul of Nigerian fashion. Our industry thrives on storytelling, individuality, and heritage—elements no algorithm can truly replicate. The designers, tailors, and artisans who continue to prioritise originality will always have a seat at the table.
2. Adapt or Get Left Behind
Repetitive tasks are being automated,

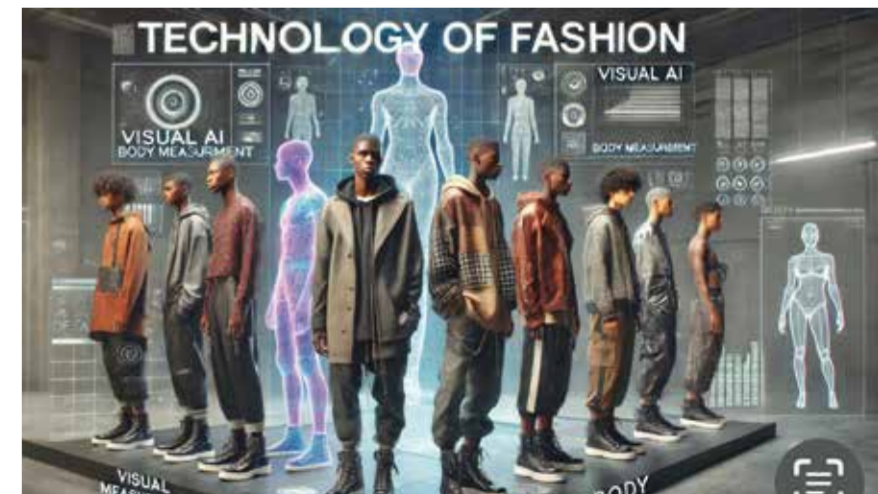
or a fashion entrepreneur using data analytics to identify their ideal customers. By working with AI instead of against it, Nigerian fashion professionals can unlock efficiency, reach new markets, and boost profitability.

NIGERIA'S UNIQUE CHALLENGES - and Opportunities
While AI has massive potential, Nigeria's fashion industry faces hurdles that could slow its adoption. Limited access to cutting-edge technology, erratic electricity supply, and a digital skills gap are real concerns. But within these challenges lie opportunities. Tech startups have a chance to develop AI solutions tailored to the Nigerian fashion ecosystem. Fashion schools can modernise their curriculum to include digital tools. Investments in infrastructure and digital literacy can bridge the gap, ensuring that Nigerian designers don't just keep up with the global industry but lead it.

THE FUTURE OF NIGERIAN FASHION in an AI-Driven World
This isn't a war between humans and machines; it's about how humans can use machines to thrive. AI isn't here to erase the artistry, passion, or cultural depth of Nigerian fashion. If anything, it's a tool that can amplify these strengths, taking the industry to new levels of global recognition. For fashion professionals, the secret

but that doesn't mean you should panic—it means you should evolve. Learning how to leverage AI tools for digital pattern-making, virtual fittings, and marketing analytics can set you apart. Nigerian fashion schools should be integrating technology into their training programs to future-proof the next generation of creatives.
3. AI Unlocks New Business Opportunities
Rather than taking jobs, AI is creating new ones. Think AI-powered personal styling apps tailored for Nigerian fashion, or digital platforms that match customers with bespoke designers based on their preferences. Entrepreneurs who tap into this fusion of fashion and technology will find themselves at the forefront of an exciting new era.
4. Collaboration, Not Competition
AI isn't your rival—it's your assistant. Imagine a tailor using AI software to optimise fabric cuts and reduce waste

to staying ahead isn't resistance—it's adaptability. Keep learning, stay curious, and embrace innovation. Whether you're a designer, tailor, marketer, or entrepreneur, the future belongs to those who evolve with the times. As Coco Chanel once said, "In order to be irreplaceable, one must always be different." In the age of AI, that difference lies in your ability to blend tradition with technology, creativity with innovation, and passion with purpose. The Nigerian fashion industry is stepping into the future—are you ready?



HOW TO SHOP LIKE A STYLIST

We all have that one friend who looks effortlessly put together no matter the occasion. The one who somehow finds the perfect pieces that fit like a dream, look twice as expensive as they actually are, and work with everything in their closet. They seem to have a secret sauce—an instinct for shopping like a professional stylist. But here's the truth: style isn't just about what you buy; it's about how you buy it.

If you've ever wanted to shop like a stylist—curating a wardrobe that's chic, functional, and uniquely you—without wandering aimlessly in a store (or doom-scrolling through shopping apps for hours), then you're in the right place. Consider this your no-nonsense, insider's guide to shopping like the pros.



Stylists Don't Shop for "Trends"—They Shop for Vibes

Ever noticed how the best-dressed people don't look like walking Zara mannequins? That's because stylists don't chase every passing trend; they curate an aesthetic. Instead of thinking, "What's trending this season?", ask yourself, "What's my personal style energy? Are you drawn to clean, minimal looks? Vintage-inspired pieces? Power dressing with sharp tailoring?"

Before you even set foot in a store (or open that shopping tab), spend time creating a visual mood board—Pinterest, saved Instagram posts, or even a folder of screenshots. This helps refine your style DNA so you're not swayed by the latest micro-trend that will feel outdated in three months.

Stylists Think in "Outfits," Not Individual Pieces

Amateurs shop for a cute top. Stylists shop for a complete look. Every piece they pick has to work with at least three outfits. Next time you're tempted by a gorgeous blazer, ask yourself:

Can I style this up for a dinner date?

Can I make it casual for errands?

Will it layer well with pieces I already own?

If it only works with one thing in your closet, it's a one-hit wonder—not worth the investment.

The 3-Word Formula: Shape, Shade, Statement

Stylists use a simple formula to create a balanced look:

Shape: Is the silhouette flattering? Does it drape well or cut at the right place?

Shade: Does this colour work with my wardrobe? Does it complement my skin tone?

Statement: Does it add personality? Even basics should have a little something—an interesting texture, a unique button, a subtle detail that makes it special.

Next time you shop, mentally run each item through this checklist. If it ticks all three, it's a winner.

Stylists Read Labels Like a Love Letter

Fabric matters. A high-quality cotton T-shirt will always look better than a cheap synthetic blend, no matter how trendy the cut is. Stylists flip the label before checking the price tag because they know a great material makes even the simplest pieces look luxurious.

Key fabrics to look for:

100% cotton (for tees and shirts)

Linen (for breezy dresses and summer staples)

Wool blends (for structured blazers and coats)

Silk or silk-like fabrics (for elevated basics)

Tailoring > Trends

Stylists know the power of tailoring. That's why an off-the-rack item rarely stays that way. A little nip at the waist, a hem adjustment, or even swapping buttons can turn a basic piece into something that looks designer-level. If you find something that fits almost perfectly, buy it and take it to a tailor.

Stylists Stalk the Men's and Kids' Sections

Want the perfect oversized shirt? The men's section.

Looking for a fun, trendy bag at half the price? The kids' section.

Stylists aren't afraid to explore unexpected sections of a store. Men's blazers, hoodies, and even trousers often have a better cut and quality than women's options. And kids' accessories? Some designer brands carry mini-versions of bags and belts that cost significantly less than their adult counterparts.

Stylists Don't Fear the Sale Rack—They Master It

Sales can be overwhelming, and brands know how to make you impulse-buy things you don't need. The trick? Ignore the discount and shop like the item is full price. Ask yourself: Would I still buy this if it wasn't on sale? If the answer is no, put it back.

Stylists Don't Buy It Unless They Love It

Here's a hard truth: If you have to convince yourself to buy something, you don't need it. Stylists develop a sixth sense for the right piece. They don't settle for "It's nice, I guess"—they go for "I can't wait to wear this." If it's not an instant yes, it's a no.

Stylists Invest Where It Counts

There are certain items that you should always spend a little extra on: A well-structured blazer, a classic handbag that works with everything, shoes that are comfortable and stylish, a great pair of jeans

These are the foundation of your wardrobe. Once you have them, everything else can be mixed and matched effortlessly.

THE SURVIVORS

By Dr. Kemi DaSilva-Ibru



Dear Reader,

Welcome to the WARIF Survivor Stories Series, a monthly feature where stories of survivors of rape and sexual violence are shared to motivate and encourage survivors to speak their truth without the fear of judgment or stigmatisation and to educate the public on the sheer magnitude of this problem in our society. The Women at Risk International Foundation (WARIF) is a non-profit organisation set up in response to the extremely high incidence of rape, sexual violence, and human trafficking of young girls and women in our society. WARIF is tackling this issue holistically, covering health, education, and community service initiatives.

WARIF aids survivors of rape and sexual violence through the WARIF Centre - a haven where trained professionals are present full time, 6 days a week, including public holidays, to offer immediate medical care, forensic medical examinations, psycho-social counselling, and welfare services, which include shelter, legal aid, and vocational skills training. These services are provided FREE of charge to any survivor who walks into the Centre.

A Story of Strength and Healing!

My name is Rukayat, and this story begins when I was 22. I am the only child of my parents. My mother and father separated when I was just six months old, following years of domestic violence. The final, brutal attack left my mother hospitalised and barely clinging to life. She never returned to the marriage; to this day, she is grateful to have survived.

My mother was relieved that my grandmother was still alive, so she moved back in with her, bringing me along. A few years later, she found love once more and remarried. My stepfather accepted me as his own, and together, they had three children, my half-siblings. For most of my childhood, I believed he was my biological father—until one day, while celebrating my WAEC exam success, a relative casually revealed the truth: the man I had always thought was my birth father was my stepfather.

I was both shocked and confused, so I confronted my mother. She broke down in tears and apologised, explaining that she and my stepfather had decided to keep the truth hidden because my biological father had never made any effort to reach out after their separation. She then shared the painful story of how, just months after I was born, he had brutally attacked her and tried to take me from her. By some miracle, she managed to save me, but the trauma of that incident was so severe that she had no choice but to flee for both her life and mine.

Despite my mother's reservations, I insisted on meeting my biological father. After much persuasion, she reached out to him through a relative. He agreed to meet, and when we finally sat down together, he apologised for his past actions and promised to take responsibility for me. My mother reminded him we were doing fine without him, but he continued pleading for a chance to make things right.

For two weeks, my biological father stayed in a hotel in town, visiting me regularly. He took me to movies, book clubs, and various recreational spots—activities my stepfather had always done with me and my half-siblings, so they didn't seem out of the ordinary. Before leaving, he asked me to visit his home and meet his wife and children. His wife even called me, expressing her desire for us to be a family. I agreed to visit them before heading abroad for university, where my stepfather had secured my admission and covered all my tuition and accommodation fees.

When I arrived at my father's home in Lagos, everything initially seemed fine. But soon, I discovered the truth: he had lied. He and his wife had no children. His wife worked as a civil servant, and he owned a small business, living in the same building where his office was located.

A week into my visit, my father began touching me inappropriately, excusing it as excitement at having me around. I felt uneasy but didn't dwell on it. That night, when his wife went to a church vigil, I had no idea about the horror that awaited me. He woke me from my sleep, gagged me with a cloth, forcefully removed my clothes and raped me. He did it three times that night and threatened to kill me if I told anyone.

Thereafter, my dad seized my phone, deleted all my contacts, and told me I would never see my mother, stepfather, or siblings again. I was

devastated and trapped. Whenever my mother called, he would stand beside me, forcing me to lie that I was happy and wanted to stay longer at his place. For weeks, I lived in fear and despair, locked in the house whenever his wife was away. He continued abusing me sexually until I lost count of the number of times he raped me. I desperately wanted to tell his wife, but she was always too busy to listen, and he monitored my every move. I became sad and afraid for my life, I even contemplated suicide at some point.

One day, he forgot to lock the door. I ran into the street and found a business centre where I called my mother. Whilst sobbing, I told her everything and gave her my location. She calmly instructed me to return home and tell no one we had spoken. That evening, she and my stepfather arrived with police officers. My father was arrested on the spot, my stepfather insisted that the case be charged to court so he would be held accountable for the crimes he committed against me.

At the police station, we were referred to WARIF Centre, where I received medical care, treatment, and psycho-social counselling services, all free of charge. My counsellor at the Centre was kind and compassionate. She reassured me that the abuse was not my fault. Through therapy sessions, I began my healing journey and regained my self-esteem and self-concept.

I also attended Group Therapy Sessions at WARIF, where I met other survivors and developed a new sense of belonging. I found comfort in knowing I wasn't alone. My life slowly regained meaning, and I learned healthy coping mechanisms to deal with trauma.

Years have passed since that dark chapter in my life. I am studying Engineering in my second year at a university abroad. Despite the distance, I continued my counselling sessions online, which is one of the unique services WARIF Centre offers to all their clients who cannot come to the Centre due to distance. This has contributed significantly to my academic success and emotional stability.

I am stronger, mentally, psychologically and emotionally stable, and hopeful for the future. None of this would have been possible without the support of the medical team at the WARIF Centre.

Thank you to the incredible team at WARIF Centre! You saved my life.

**Real name of the survivor changed for confidentiality*

Dear survivor, please know that you are not alone and it is not your fault. Help is available. If you have been raped or you know someone who has, please visit us at:

**The WARIF Centre
6, Turton Street, off Thorburn Avenue, Sabo, Yaba or call our 24-hour confidential helpline on 0800-9210-0009
For questions or more information please contact: info@warif.org**

WHAT YOUR FAVORITE NIGERIAN FASHION BRAND SAYS ABOUT YOUR PERSONALITY

Fashion is more than just clothes; it's an unspoken language, a way of telling the world who you are without saying a word. And in Nigeria, where fashion is bold, expressive, and deeply rooted in culture, your favourite fashion brand might just reveal more about you than you think. From the

ultra-glamorous to the effortlessly cool, Nigerian fashion brands have carved out distinct personalities in the industry, attracting a loyal following of style enthusiasts. So, what does your go-to brand say about your personality? Let's take a look.



LISA FOLAWIYO
- The Art Collector



SISIANO
- The Free Spirit



BANKE KUKU
- The Luxe Bohemian



TIFFANY AMBER
- The Epitome of Timeless Elegance



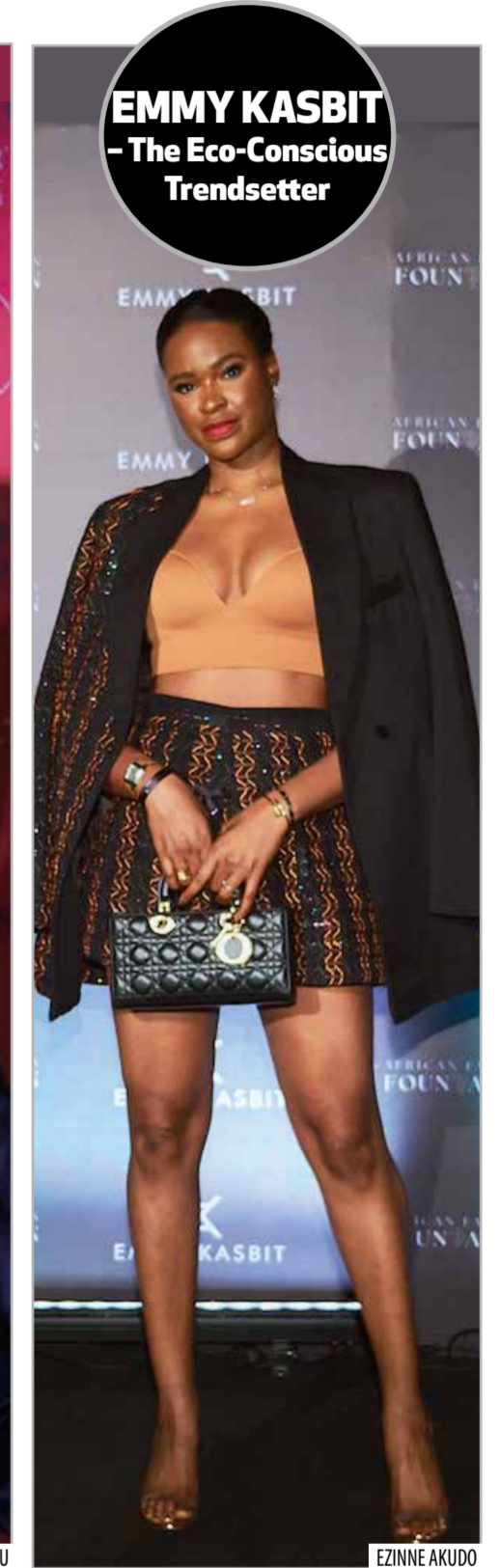
MAI ATAFO
- The Sophisticated Socialite



ISALE EKO FROM DERIN
- The Life of the Party



LANRE DA SILVA AJAYI
- The Queen



EMMY KASBIT
- The Eco-Conscious Trendsetter

If you're drawn to Lisa Folawiyo, you're probably the kind of person who appreciates the finer things in life. You have an eye for art, culture, and intricate details. Just like the brand's signature embellished Ankara pieces, you are a mix of tradition and modernity—rooted in heritage but always looking ahead. You don't just follow trends; you set them. Your Instagram feed is a visual delight of museum visits, well-curated outfits, and exclusive events. People describe you as sophisticated, elegant, and effortlessly chic.

If you swear by Sisiano's gender-fluid, unconventional designs, you're a nonconformist. You believe in self-expression and embrace individuality with an open heart. Your personality is vibrant, artistic, and full of depth. You're the type who listens to indie music, loves a good spoken-word session, and supports every social justice cause that speaks to you. The world sees you as daring and unapologetic, and your wardrobe is as bold as your beliefs.

Those who love Banke Kuku's lush silk prints and dreamy loungewear are drawn to effortless luxury. You have an appreciation for comfort but never at the expense of style. You're the type who hosts Sunday brunches on a terrace filled with scented candles and oversized pillows. People describe you as warm, cultured, and just a little bit mysterious. You travel frequently, own at least one pair of statement sunglasses, and love a good fusion of African and Western aesthetics.

If Tiffany Amber is your brand of choice, you are the embodiment of a modern power woman. You carry yourself with confidence, effortlessly commanding attention in any room. Whether leading a team, running a business, or making strides in your career, you believe in the power of dressing with sophistication and a hint of femininity. Your friends and colleagues look to you for guidance, as you radiate wisdom, poise, and an unwavering sense of self-assurance. Tiffany Amber's designs reflect your refined taste—luxurious, flowing fabrics paired with bold, striking colours that exude both strength and grace.

For those who love Mai Atafo's sharp tailoring and impeccable designs, you are a perfectionist with a keen eye for detail. You understand the importance of dressing the part and always look like you stepped out of a magazine spread. Whether you're wearing a custom tuxedo or a breathtaking gown, you exude confidence, charm, and undeniable elegance. You're the one who gets invited to exclusive events, and when you show up, you turn heads. You believe in making a statement, but always with class.

If you love Isale Eko from Derin, you're vibrant, full of life, and always the centre of attention. Known for bold prints, unconventional cuts, and playful designs, the brand speaks to those who embrace fun and creativity. You're the one who never misses a wedding, knows the latest dance trends, and lights up every room you walk into. People love your energy, and your outfits are always a topic of conversation. You don't just wear fashion—you embody it.

Those who adore Lanre Da Silva Ajayi are nothing short of regal. You have a deep appreciation for vintage aesthetics, luxurious fabrics, and a touch of drama. You carry yourself with an air of sophistication and refuse to blend in. You love old Hollywood glamour, extravagant sleeves, and anything that makes you feel like royalty. People admire your poise, and your presence alone is enough to command respect.

If Emmy Kasbit's sustainable fashion speaks to you, you're someone who cares deeply about the planet and the future of African fashion. You believe in ethical consumerism and prefer slow fashion over fast trends. Your style is effortless yet impactful, and you enjoy telling a story with your outfits. You have a love for culture, craftsmanship, and authenticity. People see you as thoughtful, intentional, and ahead of your time.



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more than banking



OLUWATOYIN SAKIRAT MADEIN

LIFE AFTER SERVICE

It's not every day that you sit down with a woman who has quietly but powerfully shaped the financial backbone of an entire nation. But Dr. (Mrs.) Oluwatoyin Madein, the just-retired Accountant-General of the Federation, is no ordinary woman. In fact, she's a legend in her own right — the kind of public servant who worked with grace, grit, and an unwavering moral compass, leaving a blueprint for excellence in financial governance.

As she marks her 60th birthday and takes her final bow from public service, we catch her in a rare moment of reflection — and celebration. For over three decades, she climbed the rungs of Nigeria's civil service, from her humble beginnings at the Raw Materials Research and Development Council to becoming the first female professional Accountant-General of the Federation.

With an impressive career that spans 32 years, Dr Madein championed landmark reforms that brought transparency and accountability back to public finance. From strengthening the Treasury Single Account (TSA), Integrated Personnel Payroll Information System (IPPIS), and Government Integrated Financial Management Information System (GIFMIS) to establishing the internationally recognised OAGF Library and stalling cash revenue collections that bred corruption, her legacy is nothing short of transformative. She didn't just manage Nigeria's money — she managed to inspire confidence, fairness, and trust in a system long burdened by inefficiency.

A Fellow of the ACCA, a Doctor of Business Administration (Honoris Causa), and a Ph.D. holder in Management Finance from Walden University, Dr. Madein is proof that intelligence paired with integrity can, in fact, move mountains. And if you ask anyone in the Ministry of Finance or among the ranks of Nigeria's civil service, they'll tell you — Oluwatoyin Madein moved more than mountains. She moved systems, people, policies, and mindsets.

In this exclusive interview, we speak with the woman of numbers, nerve, and national impact to talk about life after service, her groundbreaking achievements, turning 60, and what it truly means to lead with heart and purpose.

Your career in the Federal Civil Service spans over 30 years. What inspired you to pursue a career in finance and accounting, and how did you maintain your passion throughout the decades?

Several factors drew me in. Accounting was a high-demand profession, and I knew those skills could take me anywhere. It offered job stability and variety—from auditing to financial analysis. There were also clear paths for growth, even the option of starting my own practice someday. As for sustaining the passion, it took focus and continuous development. I took courses, pursued higher education, learned new skills. That kept the work fresh. And in tough moments, I reminded myself why I chose this path. That sense of purpose never left.

As the first female Accountant-General of the Federation, how has your journey been breaking barriers in what has traditionally been a male-dominated field?

Challenging but rewarding. From the start, I had to believe in myself, even when I was the only woman in the room. I built a strong network and

worked both hard and smart. At times, I faced scepticism or outright bias. But I didn't let it discourage me—instead, I used it as motivation to deliver results. With time, my work began to speak louder than any doubt. I've also been deliberate about encouraging more women to step forward. Every challenge I overcame, I saw as an opportunity to pave the way for others.

Navigating through various ministries and roles, what were some of the biggest challenges you faced as a woman in leadership, and how did you overcome them?

One major challenge was dealing with outdated mindsets. Some people believed women shouldn't be in top leadership roles. Sometimes, the bias was subtle, sometimes not. I constantly felt the need to prove I belonged. I overcame it with resilience and by delivering consistent results. Allies and mentors—both male and female—were instrumental. Their support reinforced my confidence. Over time, as my performance spoke for itself, scepticism turned into respect. It wasn't easy, but it was worth



it. And I hope it made the road easier for those coming behind me.

Your journey from a middle-level officer to an influential leader in the civil service is truly inspiring. What qualities do you believe were crucial in helping you advance in your career?

Lifelong learning, perseverance, adaptability, and networking. I never stopped learning—attending trainings, earning certifications, and improving my skills. I built relationships across and outside my field, which opened doors. I also stayed patient during slower periods and adjusted easily to new environments and responsibilities. Mentorship played a big role too. I learned a lot from those ahead of me, and mentoring others also sharpened my leadership. Self-reflection helped me improve continually; of course, hard work and passion were the foundation of everything.

In today's world, many women struggle with self-doubt and imposter syndrome. Did you ever face moments of doubt, and how did you convince yourself to keep pushing forward?

Absolutely. That little voice saying, "Can you really do this?" has visited me many times—especially when I took on bigger roles.

Some people believed women shouldn't be in top leadership roles. Sometimes, the bias was subtle, sometimes not. I constantly felt the need to prove I belonged. I overcame it with resilience and by delivering consistent results. Allies and mentors—both male and female—were instrumental.

But I learned to acknowledge those feelings rather than ignore them. Then, I'd counter them with facts: past successes, feedback, and my hard-earned experience. I'd talk to people I trust—family and close friends who'd remind me of my strengths. I also celebrate even small wins to build confidence. And I've embraced a growth mindset—viewing challenges as learning opportunities, not as proof that I'm not good enough.

How do you think women's representation in finance and government has evolved during your career?

There's been a real shift. When I started, very few women held top finance or government roles. Today, we see more women as directors, commissioners, even ministers. This change came through persistent advocacy

and women proving their competence. Organisations are now beginning to understand that diversity brings real value—not just for optics. We're not there yet, but we've come a long way. And I'm proud to have played a part in that progress.

What message would you like to send to women who aspire to hold leadership positions in their respective fields?

Believe in yourself and invest in yourself. Keep learning. Don't

wait for opportunities—seek them or create them. Use your unique strengths—whether it's empathy, creativity, or analysis—to lead authentically. Communicate effectively. Set goals, maintain balance, and don't let fear hold you back. Remember: you belong in every room you walk into. And when you get there, don't forget to pull others up with you.

You have achieved incredible academic and professional milestones. What role did education play in your career success, and how did you balance those pursuits with work and family life?

Education was foundational. My degrees and fellowships set me apart and deepened my understanding of finance and ethics. They also expanded my network and opened doors. Balancing all that with work and family took planning and support. I communicated with my family, created schedules, and set boundaries. I sacrificed leisure, but I made time for rest and family. Support from my husband and kids helped immensely. I also practiced self-care—because if you burn out, everything else suffers. Looking back, it was tough but absolutely worth it.

Work-life integration is a challenge many women face. As a wife, mother of four, and accomplished professional, what strategies did you use to maintain balance and harmony in your personal and professional life?

Planning, communication, and clear priorities. I live by my calendar! Family events go on it, just like work meetings. I plan ahead to avoid conflicts and communicate any busy periods with my husband and children. We maintain family routines—dinners together, Sunday outings, vacations. I also protect emotional connection—if I miss something important, I acknowledge it and make it up. And I never forget that my role at home is just as important. Whether it's managing finances or helping with homework, being present matters. It's not always perfect, but with structure and love, we've made it work.

As someone who was a pioneer staff of the Family Economic Advancement Programme (FEAP) and the National Poverty Alleviation Programme (NAPEP), how did those experiences shape your perspective on economic empowerment, particularly for women?

Those roles were life-changing. I saw how small interventions—like microloans or training—could transform lives, especially for women. I worked directly with women's groups in rural communities and saw their resilience and resourcefulness. Many had little formal education but were running thriving small businesses. These experiences reinforced my belief in grassroots empowerment. It also inspired me to start an NGO focused on women and children. When you empower women, you uplift entire communities. That lesson has stayed with me throughout my career.

What role did mentorship play in your career, and what advice would you give young women looking for mentors in their respective fields?

Mentorship was crucial. I had mentors who gave me practical

advice and supported me through transitions—whether it was managing budget meetings or motherhood. They helped me avoid mistakes and grow faster. I now mentor others, and I find that just as fulfilling. My advice? Don't be afraid to ask. Identify someone you admire and respectfully reach out. Once you have a mentor, be open to feedback and keep them updated on your progress. And mentor others, too, no matter where you are on your journey. That chain of support is powerful.

With your demanding career and multiple roles, how do you prioritise your health and wellness to maintain peak performance and mental clarity?

Health is non-negotiable. I rest whenever I can—sleep is vital. I eat balanced meals, stay hydrated, and keep sweets in moderation. I exercise lightly—walks, stretches, and simple routines at home. And I prioritise mental and spiritual health through prayer and quiet reflection. I schedule wellness like I schedule meetings. It's what allows me to stay sharp and effective, both at work and at home.

As a seasoned accountant with decades of experience, what is the best financial advice you have to offer?

My best financial advice is simple: always have a solid plan and stick to it. Whether you're managing a personal budget or the finances of an entire nation, discipline is key. Create a roadmap and follow it. Of course, life is unpredictable—you may need to adjust occasionally—but do it cautiously and in a limited way. Be flexible, yes, but stay disciplined. That's how you achieve financial stability and meet your goals.

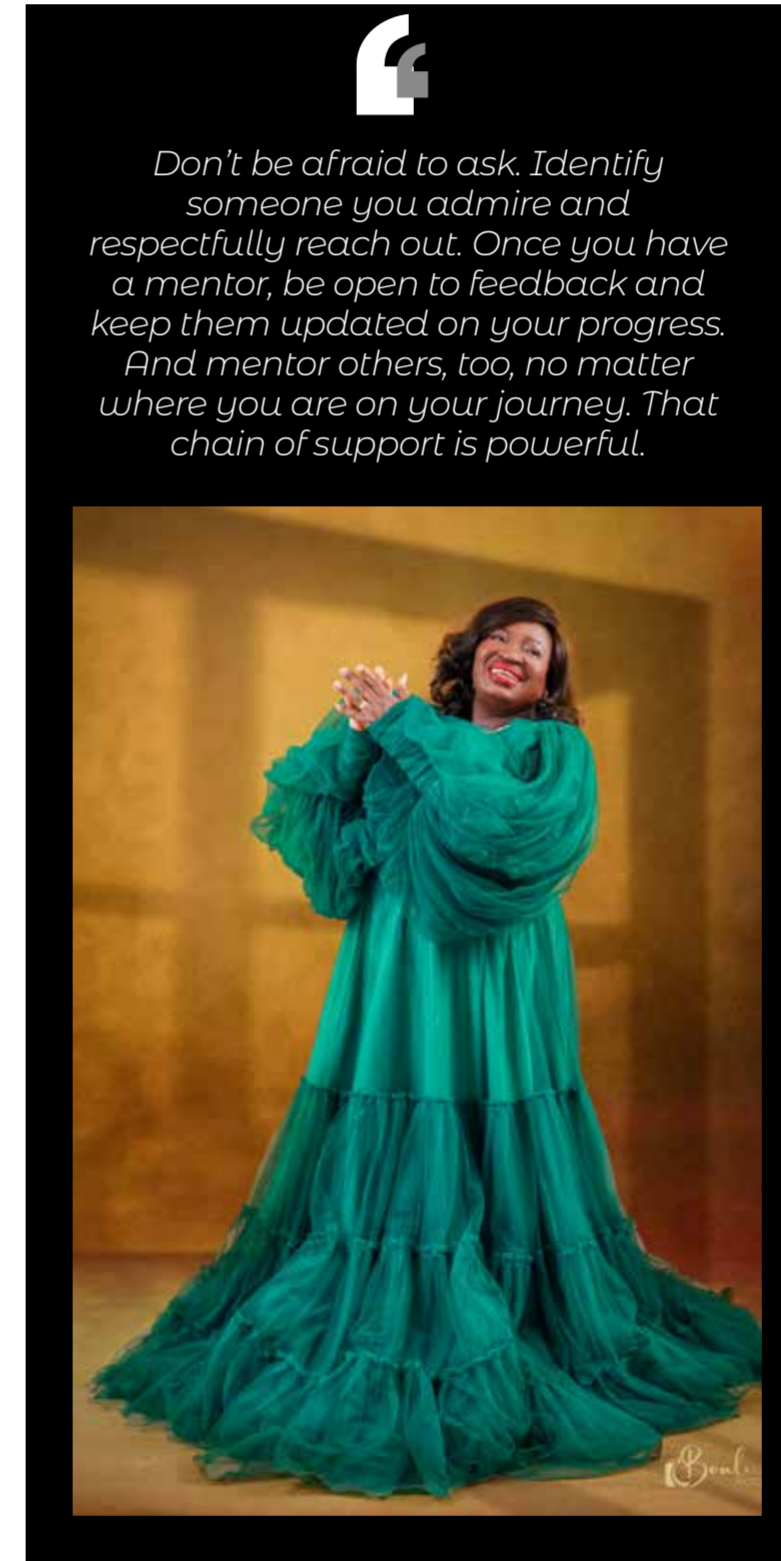
Your leadership and financial expertise have undoubtedly impacted many lives. How do you envision your legacy, and what message would you like to leave for the next generation of women leaders?

I hope to be remembered for my values—integrity, empathy, and dedication—and for lifting others as I climbed. I want people to say, "She cared, she helped, she inspired." I've contributed to reforms that I hope will outlive me, but it's the people I've mentored, supported, and encouraged that matter most. To

young women: define success on your terms. Lead with empathy. Be firm, but kind. Don't lose your voice trying to fit in. And always leave the door open for others. That's the kind of legacy that truly lasts.

Finally, what is the one piece of advice you would give to young women who aspire to break barriers and reach the highest levels of their careers, just as you have?

Be bold and stay resilient. Don't let the fact that something hasn't been done stop you from doing it. Equip yourself—learn, work hard, speak up. Create your own opportunities. Yes, you'll face setbacks and self-doubt, but don't give up. And when you break that barrier, hold the door open for others. Your victory won't just be yours—it will be a beacon for others following your path.



Don't be afraid to ask. Identify someone you admire and respectfully reach out. Once you have a mentor, be open to feedback and keep them updated on your progress. And mentor others, too, no matter where you are on your journey. That chain of support is powerful.

SIGNS IT'S TIME TO CALL IT QUILTS IN YOUR RELATIONSHIP

Every relationship requires effort, compromise, and understanding. But sadly—some just aren't meant to last. Whether you've been together for a few months or years, there comes a point where you have to ask yourself: Is this really working?

The truth is, love alone isn't enough to sustain a relationship. It should uplift you, not drain you. If you're constantly feeling uneasy, questioning your happiness, or ignoring glaring red flags, it might be time to walk away. Here are some telltale signs that it's time to cut your losses and move on.

By Funke Babs Kufeji

1. You Feel More Drained Than Energised

A relationship should feel like a safe haven, not a war zone. If you're constantly emotionally exhausted—drained from arguments, walking on eggshells, or feeling more anxious than happy—it's a big red flag. Relationships are supposed to add to your life, not suck the energy out of you like an emotional vampire. If joy has been replaced with dread, it's time to take a step back and assess why.



2. Trust and Respect Are MIA

Trust and respect are non-negotiables in any relationship. If you constantly question your partner's honesty or feel disrespected, it's a sign that something is fundamentally broken. Whether it's repeated lies, cheating, or feeling belittled in conversations, you shouldn't have to beg for the basics. If your values and boundaries are consistently ignored, the relationship is failing you, not the other way around.

3. You're Growing, But Not Together

A healthy relationship should encourage growth, not stunt it. If you feel like you're evolving while your partner remains stagnant—or worse, they're holding you back—it's a problem. Maybe your goals, values, or interests no longer align. Maybe you feel unsupported in your ambitions. Whatever the case, if the relationship is hindering your personal development instead of fueling it, it might be time to move on.

4. Communication Feels Like a Battlefield

Are your conversations more like boxing matches? If every attempt at communication turns into an argument, or worse—if important issues get swept under the rug—it's a major red flag. Constant misunderstandings, defensiveness, and avoidance create a toxic dynamic. If you feel unheard, dismissed, or like you're talking to a brick wall, the relationship isn't serving you.

5. You've Lost Respect for Each Other

Respect is the glue that holds relationships together. Without it, things fall apart fast. If name-calling, insults, and dismissive behaviour have become the norm, consider it a flashing warning sign. Once respect is gone, it's nearly impossible to rebuild. If you wouldn't tolerate the way your partner treats you from anyone else,

why accept it in your relationship?

6. The Same Toxic Patterns Keep Repeating

Breakups, makeups, rinse, repeat. If your relationship feels like an endless cycle of fighting, breaking up, and getting back together without resolving anything, it's a sign you're stuck in an unhealthy loop. If the highs are high but the lows are unbearable, that rollercoaster isn't love—it's emotional turmoil. And no, it doesn't have to be this way.

7. Your Needs Are Constantly Ignored

A relationship should be a two-way street, not a dead-end where your needs go to die. If you're always the one compromising, giving, or trying to make things work while your partner puts in minimal effort, it's time to ask yourself: Is this fair? Love isn't about sacrificing your happiness. If your needs—whether emotional, physical, or mental—are consistently dismissed, it's a clear sign the relationship is unbalanced.

8. You Feel Like You're Settling

Staying in a relationship out of convenience or fear of being alone is a disservice to yourself. If you have doubts but ignore them because it's "easier" to stay, you're settling. If you keep making excuses for your partner's behaviour or suppressing your true desires, it's time for a reality check. Love should feel fulfilling, not like a consolation prize.

9. You're Losing Yourself in the Relationship

A relationship should complement your life, not consume it. If you've started neglecting your passions, hobbies, or friendships just to keep the peace, take a step back. You should never have to shrink yourself or change who you are to make a relationship work. If you look in the mirror and barely recognize yourself anymore, it's time to reclaim your identity.

10. You're Just Not Happy Anymore

At the end of the day, the most important question is: Are you happy? If the answer is no, that's all the clarity you need. Love shouldn't feel like an obligation or a drain on your emotional well-being. If you feel lonelier in the relationship than when you're alone, it's time to move forward—without them.

HOW TO LOOK EXPENSIVE WITHOUT BREAKING THE BANK

Looking expensive isn't about how much money you spend—it's about how you put yourself together. With a keen eye for detail, smart shopping, and an understanding of what makes an outfit look polished, you can easily exude luxury without emptying your wallet. The truth is, style is about perception, and with the right tricks, you can achieve that effortlessly elegant look on any budget.



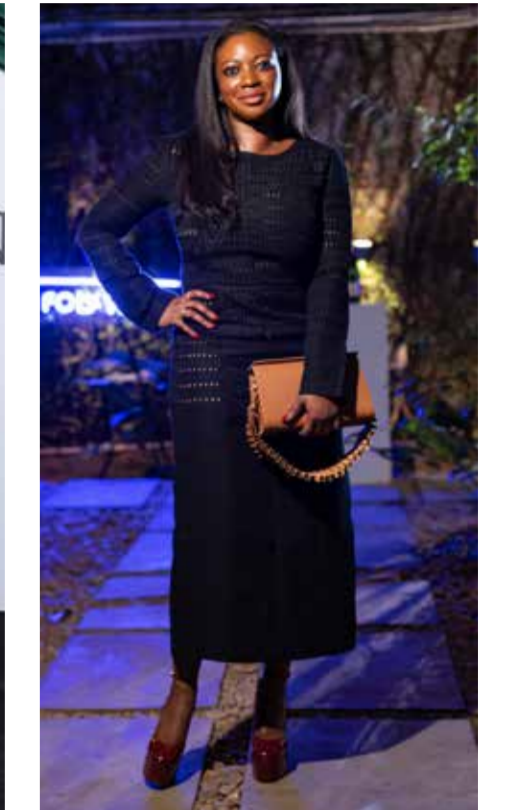
MIMI ONALAJA



ELIZABETH ELOHOR



VIMBAI MUTINHIRI



1. Exes Are Off Limits—Always

Master the Art of Fit and Tailoring

One of the fastest ways to elevate your outfit is by ensuring that your clothes fit like they were made for you. Baggy, ill-fitting clothing instantly cheapens your appearance, while well-tailored pieces scream sophistication. The trick? Buy affordable clothing and take them to a tailor. A few stitches to cinch the waist of a blazer or shorten the hem of trousers can make even the most budget-friendly items look designer.

Invest in Quality Over Quantity

Instead of buying five mediocre dresses, buy one high-quality, versatile dress that you can style differently. The key to looking expensive isn't about owning a massive wardrobe—it's about curating a collection of timeless, well-made pieces that can be worn in multiple ways.

Look for classic silhouettes, neutral colors, and fabrics that don't wrinkle easily. Cotton, wool, silk, and structured blends give off a rich vibe, while flimsy polyester can look cheap.

Stick to a Neutral Palette

Nothing says luxury like neutral colors—black, white, beige, camel, navy, and gray. These colours look effortlessly chic and make your outfit appear more refined. Bright neon or overly trendy patterns can sometimes cheapen a look, so opt for classic tones that make mixing and matching easier. Monochrome outfits (dressing in one colour from head to toe) always appear polished and well-thought-out.

Elevate Your Look with Accessories

Accessories can make or break your outfit. Instead of piling on a dozen cheap rings and bracelets, go for one or two statement pieces that look sophisticated. A structured handbag, sleek sunglasses, or minimalist gold jewellery can instantly elevate even the simplest outfits.

Pay Attention to Grooming

Your outfit could be flawless, but if your grooming isn't up to par, it can ruin the entire look. Well-maintained hair, clean nails, and a fresh, polished face add to the perception of wealth. You don't need an expensive salon visit—just keep things neat. A sleek ponytail or a classic bun can instantly make you

look put together. Neutral or well-kept nails (even without polish) look more sophisticated than chipped manicures.

A spritz of a fresh, subtle fragrance always adds a touch of luxury.

Choose the Right Shoes

Shoes can easily make an outfit look expensive or cheap. Instead of overly embellished, trendy styles, opt for classic pumps, sleek flats, or elegant strappy heels in neutral tones. Patent leather, suede, or well-maintained faux leather can look high-end if chosen wisely.

Confidence is Your Best Asset

No matter how much you spend on an outfit, if you don't carry yourself with confidence, it won't matter. The most stylish women in the world exude confidence in whatever they wear. Stand tall, walk with purpose, and own your look.

Keep Your Wardrobe Well-Maintained

Wrinkled clothes, loose threads, and faded fabrics make even expensive pieces look cheap. Taking care of your clothes is essential to maintaining a polished, put-together look.

Use a steamer or iron to ensure clothes are crisp.

Store handbags properly so they retain their shape.

Keep whites bright by washing them separately.

Use a lint roller to remove fuzz or hair from dark clothing.

A well-pressed, clean outfit automatically looks expensive, even if it costs very little.

Avoid Overly Trendy Pieces

While trends are fun, they don't always scream sophistication. Classic, timeless fashion choices always look expensive, while overly trendy or flashy pieces can sometimes appear cheap. Instead of jumping on every fashion trend, pick and choose wisely—opt for trends that align with classic elegance.

Mix High and Low Fashion

One of the best-kept secrets of stylish women is mixing high-end with affordable fashion. Pair a luxury accessory with a well-tailored, budget-friendly outfit, and no one will ever guess how much you spent.



DAMI OLUKOYA



SPICE, SNAP, AND SHARE:

How Food Influencers Are Transforming Nigeria's Culinary Scene



SISI YEMMIE



ENIOLUWA ADEOLUWA

You open Instagram, and there it is—golden plantains sizzling in hot oil, glistening with caramelized edges. The next clip? A rich, steaming efo ro being spooned over a mound of fluffy pounded yam. Instantly, your stomach rumbles. You can almost taste it through the screen. This is Nigeria's new food culture, powered by influencers—regular people with smartphones and a love for good food—who are changing the way we eat, cook, and even choose restaurants. From lunch-time cravings to weekend outings and home-cooked experiments, these digital tastemakers are at the heart of a culinary revolution.

Think about it—how many times have you tried a new dish or visited a restaurant simply because you saw it on social media? The days of asking ten different friends for the best fish pepper soup spot are long gone. Now, a quick scroll through Instagram or TikTok can lead you to a hidden amala joint in Ibadan or the trendiest sushi bar in Abuja. All thanks to a well-placed review or drool-worthy food post from a trusted influencer.

Social media has made food an experience, not just a necessity. Instagram turned #foodporn into a phe-

nomenon, with high-definition shots of steaming jollof rice and perfectly plated seafood platters. TikTok has added a new flavour—fast-paced recipe hacks, funny food challenges, and engaging storytelling. And then there's YouTube, where creators like Sisi Yemmie serve up in-depth recipe vlogs infused with humour, cultural commentary, and real-life moments. Together, these platforms have made Nigerian cuisine more visible, accessible, and downright exciting.

The Game-Changer for the Food Industry

But food influencers aren't just making us hungry—they're shaking up the entire restaurant industry. A single shout-out from the right Instagram reviewer can pack a restaurant overnight. A hidden buka can go from empty to overflowing just because a food blogger raved about their smoky ofada stew. Business-savvy restaurant owners now invite influencers for exclusive tastings, hoping for a glowing review that'll drive crowds to their doorstep. Even high-end chefs are plating dishes with extra care, knowing that a well-framed shot on social media can make or break a dish's popularity.

In many ways, these influencers are now the new food critics. A thumbs-up from them can put a restaurant on the

map, while a funny but brutal TikTok review of bland, overpriced pasta can push an eatery to step up their game. They offer free publicity, instant feedback, and a direct link to potential customers. Smart businesses are paying attention.

Bringing the Restaurant Home

It's not just about dining out—food influencers have changed the way Nigerians cook at home too. While our mothers might still insist on their secret jollof recipes, they are even sneaking onto YouTube for new tricks. Home cooking is now trendy and interactive. One viral TikTok on how to make the fluffiest puff-puff? Thousands of home cooks are trying it by the weekend. A YouTube tutorial on a healthier egusi soup? Suddenly, people are rethinking how they use palm oil.

And it's not just about the recipes—it's about the personalities behind them. Take Sisi Yemmie, for example. Her warm, humorous style makes cooking feel like a friendly chat rather than a complicated chore, which is why she boasts over a million subscribers. On Instagram, Chef Tolani of Diary of a Kitchen Lover and Ify Mogeke (Ify's Kitchen) have perfected the art of making complex Nigerian dishes look easy with their beautifully shot, bite-sized videos.

Then there's Enioluwa, aka "Lip Gloss Boy," who adds a fresh, pop-culture spin to food content. His playful, expressive taste-tests of Nigerian and African dishes keep Gen Z hooked. And if you're into brutally honest reviews, Opeyemi Famakin's no-holds-barred takes on restaurant food have

built him a massive following. His verdict? The difference between a packed restaurant and an empty one. And let's not forget Hilda Baci, who went from breaking a world record for marathon cooking to inspiring Nigerians everywhere to step into the kitchen with confidence.

Keeping Tradition Alive While Embracing Innovation

Beyond entertainment, food influencers are preserving Nigeria's rich culinary heritage while giving it a modern twist. They ensure traditional recipes don't get lost in time. A YouTuber might teach you how to cook ogbono soup just like your grandmother did, while an Instagram chef could be reimagining suya as a taco, sparking excitement (and debate) in the comments.

Their influence extends beyond the screen—if a major influencer declares that cocoa yam swallow is the next big thing for health-conscious Nigerians, you can bet supermarkets will see a spike in sales. Brands have caught on, frequently partnering with these creators for product launches and promotions, knowing that their endorsement translates directly into real-world demand.

At its core, this movement is about more than just food—it's about culture, connection, and community. Through their photos, videos, and stories, these influencers remind Nigerians of the pride and joy in our cuisine. They shape what we eat, how we cook, and even how the food business operates while also making sure our culinary identity stays celebrated—one delicious post at a time.



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Social media has made food an experience, not just a necessity. Instagram turned #foodporn into a phenomenon, with high-definition shots of steaming jollof rice and perfectly plated seafood platters. TikTok has added a new flavour—fast-paced recipe hacks, funny food challenges, and engaging storytelling. And then there's YouTube, where creators like Sisi Yemmie serve up in-depth recipe vlogs infused with humour, cultural commentary, and real-life moments.

HOW TO BUILD YOUR POWER CIRCLE



If there's one thing that can make or break your journey in life, it's the people you surround yourself with. We live in a time when social media has made connections more fleeting than ever, leaving many feeling isolated despite having thousands of followers. But true empowerment isn't about how many likes you get or how many people are in your contacts—it's about having a solid, authentic inner circle that uplifts you, pushes you to grow, and stands by you through life's ups and downs.

Your power circle isn't just a social network; it's your emotional, mental, and even professional support system. These are the people who challenge you, inspire you, and remind you of your worth when you forget. They celebrate your wins, stand by you in tough times, and hold you accountable when needed. Simply put, they make sure you never walk alone.

So, how do you find and cultivate these kinds of friendships? Here's your guide to building an empowering circle that truly has your back.

By **Funke Babs-Kuféji**

1. Start with Yourself

Before you go looking for a power circle, ask yourself: Who am I? What do I value? What kind of friendships do I want? Self-awareness is the foundation of meaningful relationships. When you're confident in who you are, you'll naturally attract people who respect and appreciate you for your authentic self. You set the standard for the kind of energy you want around you.

2. Define What You Want in Friendships

A true power circle isn't just about people who always agree with you. The best friendships challenge your thinking, encourage you to level up, and offer a safe space for honest conversations. Do you want friends who inspire you to chase your dreams? Who listen without judgment? Who push you to be your best self? Getting clear on what you want will help you attract like-minded individuals.

3. Seek Out Like-Minded People

You won't find your power circle by staying in the same old routines. Put yourself in spaces where ambitious, uplifting, and empowering people gather. Attend industry events, join book clubs, sign up for fitness classes, or network at professional seminars. Shared interests create natural connections, and when you engage with passionate, driven people, the right friendships will fall into place.

4. Be the Friend You Want to Attract

Want supportive, inspiring, and reliable friends? Be that

person first. Show up for people, celebrate their wins, and offer encouragement when they need it. Friendships are a two-way street, and the energy you give is what you attract. If you embody the qualities you seek in others, you'll naturally draw those kinds of people into your life.

5. Prioritise Quality Over Quantity

Having a hundred acquaintances is nice, but having a handful of real ones is priceless. A power circle isn't about numbers; it's about depth. Focus on nurturing friendships that are built on trust, mutual respect, and unwavering support. It's far better to have three friends who truly see and support you than twenty who barely scratch the surface.

6. Surround Yourself with Positive Energy

Your circle should radiate positivity—even in the face of challenges. Look for friends who uplift, encourage, and inspire you to see possibilities instead of obstacles. The right people will make you feel like anything is possible, and their energy will push you to become the best version of yourself. Protect your space from negativity and toxicity—it's not worth your peace.

7. Communicate Openly and Honestly

The best friendships thrive on honesty and trust. If you're struggling, lean on your friends instead of bottling it up. Likewise, be there for them when they need support. Create a space where you can talk about successes, failures, and everything in between without fear of judgment. Vulnerability strengthens connections.

8. Celebrate Each Other's Successes

In a true power circle, there's no room for jealousy—only celebration. Real friends root for each other and genuinely want to see one another win. Whether it's a career milestone, a personal victory, or even a small breakthrough, be the kind of friend who claps the loudest. Empowered people empower others.

9. Let Go of Toxic Relationships

Not every friendship is meant to last forever—and that's okay. If a relationship feels draining, unsupportive, or toxic, give yourself permission to walk away. Your power circle should consist of people who bring out the best in you, not those who make you question your worth. Prioritize your peace and well-being.

10. Be Patient

Building a strong, empowering circle doesn't happen overnight. Genuine friendships take time to grow and deepen. Instead of rushing to form connections, allow them to develop naturally. Trust that the right people will find their way into your life at the right time.



- And Here's How to Wear Them with Confidence

Bold lip colours are having a moment—again! From classic red pouts to daring purples and deep berry hues, statement lips are reclaiming their place in makeup routines everywhere. If you've been hesitant to try them or unsure how to pull them off effortlessly, now is the time to dive in. With the right approach, you can rock bold lips with confidence any day, anywhere. Here's how:



1. Find Your Perfect Shade

The secret to nailing a bold lip lies in choosing the right shade for your skin tone. If you have warm undertones, go for reds with orange or coral bases. Cooler undertones pair beautifully with blue-toned reds and deep purples. Medium and darker skin tones can easily pull off vibrant hues like fuchsia and rich berries, adding an irresistible pop of colour.

2. Balance Your Makeup Look

A bold lip is a showstopper, so let it be the star of the show. Keep the rest of your makeup minimal—neutral eyeshadows, soft blush, and well-groomed brows will create a

polished yet balanced look. The key is letting your lips do the talking without overwhelming your face with too much colour.

3. Line for Definition and Longevity

Lip liner is your best friend when wearing bold lipstick. Not only does it define your lips, but it also prevents feathering and helps the colour last longer. For an even more intense, long-wearing finish, fill in your lips with the liner before applying lipstick. This trick creates a smooth base and enhances the vibrancy of your chosen shade.

4. Experiment with Different Finishes

The magic of bold lips isn't just in the co-

lour—it's in the finish, too. Matte lipsticks offer a modern, sophisticated look, while glossy finishes add a playful, youthful vibe. If you prefer something in between, satin textures provide the perfect balance of comfort and polish. Play around with different finishes to find what suits your mood and the occasion.

5. Confidence Is Everything

The real secret to pulling off bold lip colours? Confidence. These shades are made to stand out, so wear them with conviction. Whether you're experimenting with a fiery red, a striking plum, or a daring orange, own your look. Bold lips don't just turn heads—they empower you.

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