

Our WOMEN'S EDITION



WIN
AMAZING
PRIZES

INSIDE
THIS
ISSUE

COMPANY UPDATE

A Goodwill message from
the New Ag.MD

LIFESTYLE

Women's Health
Advice.

HUMANS OF KEYSTONE

A group of amazing
ladies



Dear Readers,

We didn't just come up with the idea of celebrating women in March — history did. The International Women's Day was first celebrated on March 8, 1914, in Germany; a day dedicated to women's right to vote. History also has it that President Woodrow Wilson proclaimed May 9, 1914, the first Mother's Day. He asked Americans on that day to give a public "Thank you" to their mothers and all mothers. The United Kingdom which we emulate commenced Mother's Day celebration in March in the 16th century.

Whichever the origin or myth, nothing takes away the fact that women are worth celebrating and if it were possible, I would have declared one day every month to celebrate these super amazing beings. This year's theme for IWD is #EachforEqual, which beckons to everyone to extend a supportive hand towards ending gender discrimination, whilst advocating for gender collaboration. No gender is inferior to the other and we have to collectively work to achieve this goal in the way we raise our children and the opportunities we avail women in the work place. I am particularly glad about the strides taken at Keystone Bank to create gender parity and the noble PINK initiative which is tailored towards empowering women customers through various value additions.

It is on this note that we have made our March gazette a women's issue — focused on recognizing and honoring women's contributions in Keystone Bank and the world at large.

I must say, I am head over heels with what my creative team cooked up in this edition - the laughter, fun, hugs and commendations that flowed as we selected only a few from the hundreds of exceptional women at Keystone Bank to grace our "Glamour & Lights Session" for the Humans of Keystone section. Here is a peek at some of the inspiring Keystone women featured: the ever amiable customer centric Tosan Ozoro, then there is Rita Ohikhuare who I like to describe as the life of the party, my amazing self, our very stylish & go-getter Josephine Onwuocha and the queen of MSMEs, the powerhouse Helen Nwelle, who I personally pulled into the shoot. Helen is currently running the "Race to N7bn" project; see why I call her a powerhouse?

Finally, I celebrate all the women at Keystone Bank —sisters, nieces, daughters, wives, friends etc - motherhood is innate in us all, we are SUPER STARS! I love you and appreciate your pure resilience. Cheers to all the men who stand by us!

Izore Bamawo

**Editor-in-Chief
KEYSTONE GAZETTE**

COMP ANY

UPDATE



Olaniran Olayinka
Ag. Managing Director

Dear All,

My appointment by the Board of Keystone Bank Limited at the 52nd Meeting that held on Thursday, 19th March, 2020 is no longer news. This was duly communicated to all of us by the Company Secretary/-General Counsel.

I begin by giving glory to the Almighty God – the creator of heaven and earth, and the only repository of ultimate power who has shown mercy by giving me this opportunity to lead this institution at this time. I am delighted to use this forum to formally introduce myself and address you.

I use the word “delighted” advisedly because we are presently in a time of stunning ironies where Corona Virus pandemic that begins with the word Corona – a melodious and beautiful name has, paradoxically, dismantled humanity from its high horse of triumphalism.

I do not need to bore you with the negative consequences of the pandemic. But it is important to let us know that the International Labour Organisation (ILO) has projected that about 25 million jobs could be lost worldwide consequent upon this COVID – 19 pandemic. Massive malnutrition, increased crime rate worldwide are some of the other expected consequences.

The harsh realities of this pandemic on health and the economy are here with us on a daily basis as staff of Keystone Bank Limited. But I come with this message of hope from my colleagues at EXCO and I that we are abreast of the issues at stake and what is required to address them.

I therefore seek your continued cooperation as we pursue the goals and aspirations of the institution.

Working together with my EXCO colleagues and other relevant units of the bank, we will update you at regular intervals on things we all need to do to ensure our safety and that of our loved ones.

As we individually adopt better hygiene practices to remain safe, please be informed that numerous measures that will further assist us in achieving this are being looked into and will be rolled out as they become necessary. One of such initiatives is the work-from-home initiative that some institutions have adopted. You will all be apprised of such measures as they become necessary.

It is very important, however, that we stay close to our customers to ensure excellent rendition of services and, more importantly, to retain our share of their wallets. There is no dropping the ball!

This institution is blessed with an abundance of talents. I like to draw from such talents as we commence this journey.

I hereby solicit positive ideas from each and every one of you. Such ideas and suggestions should be channeled directly through my cell phone number 08033545330 (WhatsApp only). No one is exempted however junior.

As I close, permit me to acknowledge the bank's EXCO ably led by Yemi Odusanya for steering the affairs of the bank in a positive trajectory since July, 2019. I am confident that with the support of all, we will achieve greater things.

I thank you all.

INDUSTRY

OVERVIEW

Increase in Cash Reserve Ratio (CRR) by 500 basis points to 27.5%; Reasons and Impact.

The MPC members vote to increase the CRR by 500 basis points. A move to tighten the liquidity surfeit in the economy by utilising CRR which has been considered to be the most potent measure to achieve price stability. Is it not strange! The bank that moved loan to deposit ratio (LDR) to 65% to stimulate investment and growth in the real sector and the MSMEs of the economy is constraining banks' liquidity as a result of increasing inflation that has continued to rise for the fourth month. This policy may not be sustained as the market is expected to respond accordingly by adjustments in the interest rate.

In the light of increase in VAT, constrained liquidity that translates to reverse credit expansion agenda of the CBN, fall in the oil revenue as a result of coronavirus outbreak, border closure among other issues, one would have expected the apex bank to pursue expansionary outlook to stimulate increase productivity in the economy. In future, there is need to harmonise both the monetary and fiscal policies to achieve a common goal of economy growth and improve welfare of the people.



Coronavirus: Financial Market and Exposures

The Wuhan virus, Coronavirus, outbreak that started in China in December last year has not only infected over 110,000 people and killed more than 4000 persons across over 100 countries in the world but has succeeded in impacting activities of human negatively. Economic activities across diverse of sectors including manufacturing, oil and gas, production, consumption, sport have been constrained there by aggravating human suffering and causing major economic disruptions.

Major economies including China, US, France, Germany and their counterparts in the emerging and developing economies have taken drastic measures towards curbing the inflammable spread of coronavirus. Measures observed including restricting peoples' movements by imposing travel ban, modifying human interactions by closing some public spaces and increase expenditure to support economic activities in order to limit the outbreak's negative effects on the economy.

Financial market is not spared as stock markets across the globe experience plunging stock prices and bond yields. The oil and gas sector also responds to the crisis badly. The Opec basket oil price has declined from its average of approximately \$64.05 in 2019 to as low as \$34.25. The fall in oil price aside from the outbreak of Coronavirus is also traced to the Russia disagreement to go with oil production cut proposal of OPEC, this resulted to at least 10% decline in the oil price this year.

Nigeria as a country that depends almost solely on oil revenue, her economy is highly sensitive to fluctuation in the oil market. This has affected economic activities and create uncertainty in the financial market and further makes withdrawal of foreign investor from the market as investors do not favour uncertainty and have to move to safety. However, this market sentiment is not peculiar to Nigeria as we observed that many countries, including US that cut its rate, are now managing their economies against further plunging in the fortune of the economies.

The fluctuation put pressure on our foreign reserve and foreign exchange market, this makes way for speculation on the currency and this causes depreciation of naira. Although, the CBN is taking measure to give confidence on the comfort of the foreign reserve to service all FX demands for genuine and legitimate businesses. The Apex bank did not fail to give warning of imposing sanction on market players that might try to sabotage the efforts of the bank to achieve stability in the FX market.

Conclusively, at this trying period, characterized with uncertainty across board, the economic tools (fiscal and monetary) should be consciously deployed to serve the purpose of economic sustenance and stability so that the economic will not be exposed to shock that could lead to crashes in economic activities and economic recession.

CORNER

MSME DIVISION

The Corner, is our little space where each division shares critical success factors that would drive business and organizational growth. In The Corner, everyone has a voice.



This edition of the corner, Pink Network has this to share with us.

The Pink network is a financial and lifestyle initiative specifically designed to empower women of all classes with the right skills through capacity building and networking programs, as our goal is to improve the skills of women, making them bolder, stronger, healthier and financially independent.

The Pink network focus

- The career woman
- Entrepreneurs (HNIs, middle class and grassroots)
- Students

However, there are 2 products designed to cater to the banking needs of women: The Pink Purse and the Pink Current account. The Pink purse is a hybrid savings account with an operating balance of N5000 the benefits of 4.05% Credit interest per annum, payment of cheques and dividend, zero withdrawal charges

Target market

Individuals and Unregistered businesses

The Pink Current account is for SMEs with registered businesses, with an operating balance of N20,000, payment of cheques and dividend, zero withdrawal charges and an SME starter pack (Access to the exclusive and discounted services from business to business service providers)

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Registered businesses

Objectives

- Support the advocacy of women empowerment and growth in the society
- Increase the market share of female customers in the bank
- Competitive advantage in the women banking space
- Enhanced brand awareness
- Revenue growth



FAQs about the Pink MasterCard

Did you know that any female customer irrespective of account product can request for the Pink Master Card
Access to discounted goods and services with the Pink MasterCard

- o 10% discount with Medplus
- o 30% discount with Sapphire nutrition and Diet consulting
- o 20% discount with Frank Eat right
- o 10% discount with Bungalow
- o 10% discount with Chopnownow

Would you like your division to be featured in the corner, kindly send your content to designs@keystonebankng.com

HEALTH

CORNER

Know the facts

Women's sexual and reproductive health

Hello there,

Good sexual and reproductive health is a complete state of physical, mental and social well-being in all matters relating to the reproductive system. It implies that people are able to have satisfying and safe sex life, the capability to reproduce, and the freedom to decide if, when, and how to do so.

To maintain healthy sexual and reproductive system, people need access to accurate information as well as safe, effective, affordable and acceptable contraception method of their choice.

They must be informed and empowered to protect themselves from sexually transmitted infections (STIs) and sexually transmitted diseases (STDs). And when they decide to have children, women must have access to services that can help them have a fit pregnancy, safe delivery and healthy baby.

Below listed are different life stages associated with specific women's sexual and reproductive health issues;

- menstruation
- fertility
- cervical screening
- contraception
- pregnancy
- sexually transmissible infections
- chronic health problems (such as endometriosis and polycystic ovary syndrome)
- Menopause.

Why invest in sexual and reproductive health?

- ↓ Fewer unintended pregnancies
- ↓ Fewer maternal and newborn deaths
- ↑ Women have greater control over their reproductive lives

Safe sex practices are important for the sexual and reproductive health of sexually active women of all ages. Access to accurate, impartial and up-to-date sexual and reproductive health information, and services such as human papilloma virus vaccination, cervical screening tests and screening for sexually transmissible infections, is also essential.

Having access to sexual and reproductive health services, quality information about maintaining a healthy lifestyle, and physical and mental health services can all help women achieve optimal health and wellbeing which will translate to how effective we are on the job!

Remember every individual has the right to make their own choices about their sexual and reproductive health. Make a wise decision!

Watch out for a detailed discussion on the life stages associated with specific women's sexual and reproductive health issues in our next edition!

Guess you don't know!

5 diseases you never knew African Velvet Tamarind (Awin) could treat



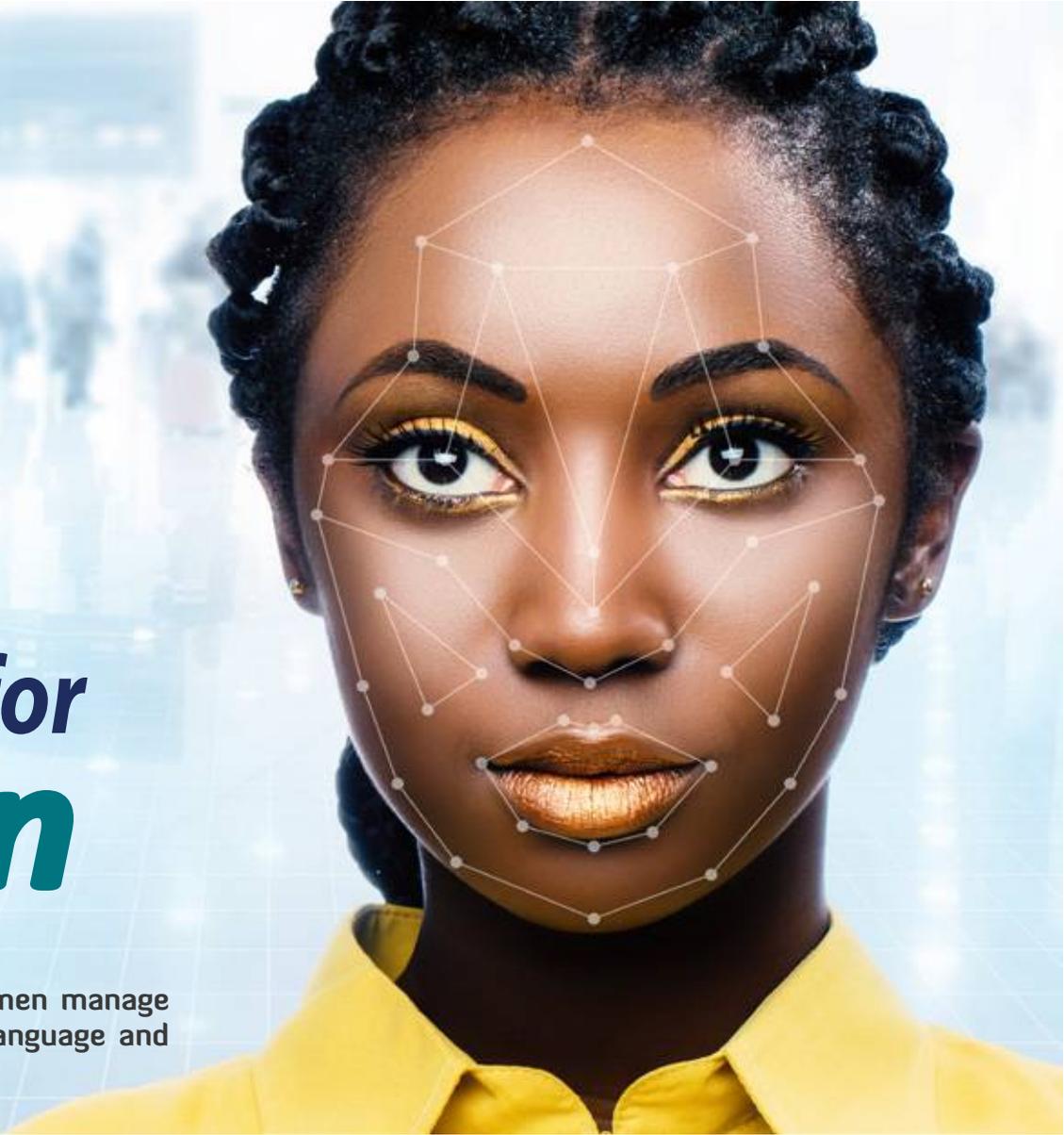
- Malaria
- Treats Ulcer and Prevents Hypertension
- Anti-inflammatory and Anti-microbial Properties
- Improves Oral hygiene and cures Toothache
- Reliefs Menstrual Cramp and stops Diarrhea

SAFETY AND SECURITY

Corona Virus Safety: Constantly disinfect surfaces around your home and work, wash your hands for at least 20 seconds. Sneeze or Cough? Cover your mouth



TRENDS



Best App for Women

Here are the top 5 Apps to help women manage their news feeds to learning a new language and other amazing things



1.Clue

It's one of the most recommended period tracking apps by OB/GYNs. Clue will help you monitor your menstrual cycle like a pro



2.Flipboard

Flipboard puts the news you're most passionate about in one easy-to-see location. When you download the app, you can select the types of stories you're most interested in and Flipboard will curate "magazines" of up-to-date news for you based on your interests.



3.Duolingo

Duolingo will help you check "learning a new language" off your bucket list. It's free, easy-to-use, and gamifies learning a new language. Duolingo makes learning a language fun



4.Google Photos

If you're constantly running out of space on your phone, Google Photos will change your life. It provides unlimited storage of photos and video so you can free up space on your phone. With quite literally the click of a button, Google Photos will upload photos from your device, save them safely on Google Photos, and then remove any duplicate versions on your phone.



5.Headspace

Headspace is "meditation made simple." The benefits of meditating on a regular basis run from boosted self-esteem to fighting depression. Headspace makes mediation more approachable through things like tutorials and training videos.

Celebrating Top 3 Nigerian Sport Women



Asisat Oshoala (Football):

Five years after her emergence, Asisat Oshoala continues to be the face of women's football if not sports in Nigeria. She had a great career after netting a goal as the Super Falcons of Nigeria reached the knockout stages of the FIFA Women's World Cup for the first time in 20 years. Her goal, which came in a 2-0 win over South Korea in the group stage was nominated for the Goal of the Tournament.



Odunayo Adekuoroye (Wrestling):

She is one of the best wrestlers in the world. Odunayo is presently ranked number two in the 57kg women's freestyle. She went on to represent Nigeria at the World Wrestling Championships in Kazakhstan, Turkey where she again excelled with a bronze medal and a ticket to the 2020 Olympic Games in Tokyo where she already a medal hopeful for Nigeria.

Esther Oyema (Weightlifting)

The most celebrated Nigerian powerlifter. She competed in the women's 61 kg event at the 2014 Commonwealth Games where she won a gold medal and set a new world record by lifting 122.4 kg in the heavyweight category. In 2015 she won a gold medal at the All-Africa Games by lifting 133 kg and beating her previous record 126 kg. In the same year she won another gold medal at the IPC Powerlifting Asian Open Championships by lifting 79 kg.



Coronavirus: How the virus has affected sporting events around the world

The International Olympic announced during the week, it's postponing its games until 2021.

The Australian Grand Prix has been postponed over coronavirus concerns, with Bahrain, Vietnam also cancelled. The National Basketball Association season has been suspended "until further notice" after an unnamed player tested positive for coronavirus.

England's tour of Sri Lanka has been cancelled, with cricketers instructed not to sign autographs or pose for selfies with fans.

The Association of Tennis Professionals has announced a six-week suspension of the men's professional tennis tour.



The Premier Football League and English Football League have announced all elite football will be suspended until 3 April as Arsenal coach Mikel Arteta and Chelsea player

Hudson Odoi tested positive for the COVID19.

Football Association have confirmed there will no England internationals at any level.

Other major Football Leagues have announced the suspension of matches for 30 days or games will be held behind closed doors or in front of no more than 1,000 spectators with immediate effect.

Exciting Spas in Nigeria



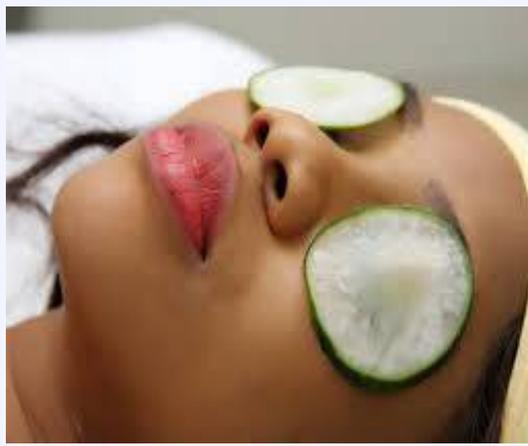
Beauty Secrets Skincare and Spa, Abuja

Beauty Secrets Skin Care and Spa offers a wide range of traditional and modern massages, facial and body treatments, pedicures, manicures, and restorative lounge and bath areas.

The spa's treatment, allows guests to experience life as a Roman Emperor. Two therapists work in tandem with traditional oil to provide an unforgettable spa experience.

Why we love it: it's a holistic beauty treatment paradise.

Price: Massages from N15k



Rite Living Spa & Wellness Center, Port Harcourt

This is one of the best spas in Port Harcourt located right inside the magnificent Golden Tulip Hotel. RLS takes you on a sensational journey. Spend the day treated like royalty at one of the best spas in the world. This could be your different way of relaxing or getting to hang out with your friends – pampering at its best.

Why we love it: it's a 24-hour spa. Enjoy your massages at any time.

Price: Massages from N10k



Amani Spa, Lagos

"Amani" means peace in Swahili. The spa experiences are world class with best natural ingredients and well-trained Africans in-charge.

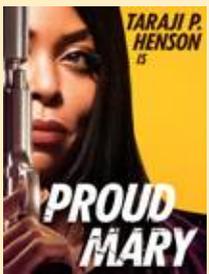
Why we love it: It has the only floatation pool in Nigeria which takes care of a million health benefits.

Price: Massages from 15k

Top 3 Movies that Celebrate Women



Captain Marvel, co-directed by Marvel's first female director, Anna Boden, along with Ryan Fleck, was the only female superhero film in Phase Three of the MCU's scheduled programming.



"Proud Mary" is an action thriller with a mainly African-American cast. Golden Globe winner and Oscar nominee Taraji P. Henson stars in the title role as a hit-woman with a hardened heart of gold.



Ocean's 8. Debbie Ocean is released from jail after serving a prison sentence. She assembles a special crew of seven women to steal a diamond necklace, worth 150 million dollars, from the Met Gala.



Top 5 Gifts for Mothers Day

Source: cosmopolitan.co.uk

If you missed it this month, can we say you have a second chance in May when the Americans celebrate theirs. Without a doubt, Mother's Day is the occasion to show your mom — biological or otherwise — how much she means to you. But really, how can you properly say "Thank you" to the woman who gave you the gift of life? Start with one of these Mother's Day gifts:

A PRE-BOOKED PAMPERING SESSION

Why not treat them to a spa day at one of our tops 3 spas? Book a spa day (or two!) for both of you, to incorporate some quality time into your pampering session.

SOMETHING CHOCOLATE-Y

A luxury box of chocolates will almost definitely do the trick.

A BOUQUET OF FLOWERS

Flowers will never not be a welcome gift on any occasion - so remind your mum how much you love her with surprise bunch on Mother's Day.

SOMETHING PERSONALIZED

Nothing quite says 'I've had this planned for ages and I'm really organized' like something personalized.

HER FAVOURITE PERFUME

This is more about showing you pay attention than anything, because by choosing the RIGHT perfume, you prove you take notice of her.

Humans *Of* Keystone



By Damola Akinlabi

As Yang and I walked into the shoot to speak to these amazing women, we saw they looked quite calm and the atmosphere was thick with love and camaraderie. When they took turns to share insights, they cheered each other, which painted a beautiful picture of pure resourcefulness and great teamwork.

One of the interesting things that happened at the shoot was each woman quickly adopted on a 'role', just as in a big family: the quiet one, the funny one, and the leader...lols. Let's see if you can determine who played what role, from the interview.

**HUM
ANS**
OF

KEYSTONE

Josephine Onwuocha

Branch manager. Tihamiyu Savage. VI, Lagos.

FAVOURITE FOOD?

I love everything rice, fried, cooked, boiled, just name it.

FAVOURITE THING ABOUT BEING A WOMAN?

- Our ability to multi task and still remain unruffled. Women rule the world.

FAVOURITE TRAVEL DESTINATION?

- France (Monaco precisely)

FAVOURITE QUOTES?

- If you love something, set it free, if it comes back, it is yours, if it doesn't, it's never yours.

HOW DO YOU UNWIND?

- Music and Movies

HOW DO YOU BALANCE HOME LIFE AND WORK LIFE?

- I prioritize, I set goals and most importantly I stick to my daily to do list, that way I don't get to forget things that requires my attention. I like socializing, I go for Owambes.

WHAT WORK ADVICE WOULD YOU LIKE TO SHARE WITH FEMALE COLLEAGUES?

- What is worth doing, is worth doing well. Be passionate about what you believe in and pursue it to achieve it. There is nothing impossible so far you set your mind on achieving it.

IF YOU WERE NOT A BANKER WHAT WOULD YOU HAVE BEEN? -

I would have been a fashion icon.



**HUM
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OF

KEYSTONE

Izore Bamawo

Ag. DH, Marketing & Corporate Communications

FAVOURITE FOOD?

Favourite meal you mean 😊 Salmon, veggies and a glass of wine

FAVOURITE THING ABOUT BEING A WOMAN?

We are very organized and can multi-task for days lol. Most times I surprise myself when I'm reading a book, talking on the phone, polishing my nails and surfing the net at the same time.

FAVOURITE TRAVEL DESTINATION?

Oh my! Seychelles, I close my eyes and remember the serenity I get anytime I look into the clear waters

FAVOURITE QUOTES?

"Better to remain silent and be thought a fool than to speak out and remove all doubt".....Abraham Lincoln

HOW DO YOU UNWIND?

The moment I enter an international airport unwind don start.

HOW DO YOU BALANCE HOME LIFE AND WORK LIFE?

This is pretty easy, I set out goals and priorities and stick to them.

WHAT WORK ADVICE WOULD YOU LIKE TO SHARE WITH FEMALE COLLEAGUES?

I believe in investing in personal development in all its forms and staying abreast of trends, be it in the economy or the entertainment world, you can draw inspiration from almost anything but Ladies it's also important to strike a balance.



The 'turn up' should be the same whether you are listening to 'music' or a podcast that interviews Amanda Steinberg and gives a glimpse of her business process.

Lastly, hey woman you need to take responsibility for your financial security by building up your assets ensure your hustle has a purpose.

IF YOU WERE NOT A BANKER WHAT WOULD YOU HAVE BEEN?

A missionary



KEYSTONE



Helen Nwelle

Unit Head, MSME.

FAVOURITE FOOD?

Afang soup and eba

FAVOURITE THING ABOUT BEING A WOMAN?

Women are strong, compassionate, and have a great ability to multi-task. From the kitchen to the boardroom, women are able to handle a lot of life's pressure and adversity and come out stronger. We just have an uncanny ability to take a licking and keep on ticking. And nothing beats that feeling when we get glammed up for an event or just for the fun of it! I just love being a woman...

FAVOURITE TRAVEL DESTINATION?

I absolutely love Dubai. There's always so many fun activities such as riding a camel, getting a henna tattoo, wearing the traditional Arabic attire, watching Arabian shows on the boat cruise, and my most favorite part of it all, enjoying an authentic Emirate meal under the beautiful, unadulterated desert night sky....bliss!

FAVOURITE QUOTES?

Don't sweat the small stuff, and it's ALL small stuff. Life is not that serious, do your best and keep it moving.

HOW DO YOU UNWIND?

Most weekends I binge-watch Judge Judy, while solving a word puzzle on my phone. And when I am really stressed, I go for a relaxing evening massage and crawl into bed with a cup of chamomile tea.

HOW DO YOU BALANCE HOME LIFE AND WORK LIFE?

I make a deliberate effort to achieve work-home balance. I make sure I hire a nanny who is very capable and able to think on her feet. This takes away unnecessary distractions and allows me to concentrate when I am at work.

I also believe in empowering my team at work and creating an enabling environment where everyone's opinion is valued. That way, everyone is motivated to do their bit which makes the workload lighter and deadlines easier to meet.

Finally, I try to be flexible and make allowance for those days when things don't go as planned. We cannot control every aspect of our days and not expecting perfection every time helps to reduce the stress for me.

WHAT WORK ADVICE WOULD YOU LIKE TO SHARE WITH FEMALE COLLEAGUES?

Make every day count, always try to be better than you were yesterday and NEVER compare yourself with others- comparison is the thief of joy. Have a notebook where you write down your plans for each day and do not be afraid to ask for help when you need it.

IF YOU WERE NOT A BANKER WHAT WOULD YOU HAVE BEEN?

A Counsellor, or a Comedian. I love to motivate and encourage people and I have a knack for finding humor in the little things.



KEYSTONE



Oritsematosan Ozoro

Branch Manager. Adeola Odeku. VI, Lagos.

FAVOURITE FOOD?

– white rice with fried goat meat stew.

FAVOURITE THING ABOUT BEING A WOMAN?

– The ability to surprise society with what I can achieve & being strong and compassionate at the same time.

FAVOURITE TRAVEL DESTINATION?

- Switzerland

FAVOURITE QUOTES? -

One of Audrey Hepburn famous quotes that has being my driving force and inspiration "Nothing is impossible; the word itself says 'I'm possible'!".

HOW DO YOU UNWIND?

A glass of wine, a good movie or book on my favorite coach

HOW DO YOU BALANCE HOME LIFE AND WORK LIFE?

– When I'm at work I ensure I focus on giving my best. I do not get distracted with the stress of home life. At home I set out time to relax and read a good book

WHAT WORK ADVICE WOULD YOU LIKE TO SHARE WITH FEMALE COLLEAGUES? -

Don't accept the preconceived standards set by the society for women. Instead set your own standards and follow your dreams.

IF YOU WERE NOT A BANKER WHAT WOULD YOU HAVE BEEN?

– Crisis Manager



Rita Ohikhuare

Unit Head, Other Markets

FAVOURITE FOOD?

I don't particularly have a favourite, but I have cravings for certain traditional delicacies such as Starch/Banga, Amala/Ewedu/Gbegiri and Abacha.

FAVOURITE THING ABOUT BEING A WOMAN?

My strength and abilities are sometimes underestimated which makes it satisfying when I surprise people.

FAVOURITE TRAVEL DESTINATION?

There is no favourite as I enjoy discovering new places and new things when I get the chance to travel. However, I am attracted to places with mild temperature, intriguing history and beautiful scenery along with the "retail clothing/shoe/hand bag stores" which must be easily accessible.

FAVOURITE QUOTES?

"Being that one strong voice of reasoning in the group"

HOW DO YOU UNWIND?

It's either watching movies, dancing or reading something romantic.

HOW DO YOU BALANCE HOME LIFE AND WORK LIFE?

This is still work in progress.....

WHAT WORK ADVICE WOULD YOU LIKE TO SHARE WITH FEMALE COLLEAGUES?

"Never allow your femininity overshadow any learning opportunity"

IF YOU WERE NOT A BANKER WHAT WOULD YOU HAVE BEEN?

I would be an event planner/organizer.



A close-up photograph of a hand holding a silver pen, writing in an open diary. The background is blurred, showing a person's face. A red square box is overlaid on the top left of the image, containing the text 'DEAR DIARY' in bold, black, uppercase letters.

DEAR DIARY

I have been thinking about how I grew up in a home filled with girls and women at every point in my life. Having lived in several cities in Nigeria and different family members, I came to realize that most of these places I stayed were all filled with women and if there was a male folk around, he'd either be the way-older-and-not-always-around-guy or the way-younger-and-not-doing-chores-child. I learned a lot growing up with these amazing creatures of God and I will be listing a few using my kitchen and hygiene experiences.

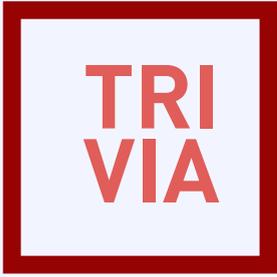
While in Primary 2, I had a fight with my elder sister and Grand-Ma decided to punish me by asking me to go peel yam. "How could peeling yam be a punishment?" I thought to myself until I was done with the assignment and my entire body was itching terribly. I had never peeled yam before that day and no one told me that if you rubbed yam residues on your body, it will itch. Oh! What a day I'd never forget in my life. One lesson I learned that day was this; Never offend a woman in the kitchen, she takes a lot of risk to prepare a meal for you.

While preparing for my common entrance examination, we went to the amusement park somewhere in Lagos, Nigeria. I decided to hit the ferry's wheel but my sisters declined my request saying they both did not feel good about it because I was too in a hurry to get on it. Well, for me that was not reason enough, so I decided to use the little money to pay for a ride on the ferry's wheel, few minutes into the ride there was power outage at the park, leaving me at the topmost part of the wheel and fear became my closest partner cos I was scared of heights. So, in my bid to rid myself off the fear I decided to climb down, halfway down power was restored and I fell terribly and had a cut near my eye, which almost cost me my sight. Lesson learned; never ignore the advice of a woman who cares and knows important details about you, they see impending danger even when we do not, especially when it is coming from Mothers and mother figures.

I have come to realize that growing up with women have helped put my personal hygiene in order. I used to have terrible body smell, mouth odour and did not care about my looks, but my mum and siblings made it a point of call to put me right. Mum would make sure I never ran out of soap, toothpaste, toothbrush and my sisters made it a point of call that I hit the bathroom after every outing, especially after football games and that my clothes were properly washed and ironed by me, else food would be far from my mouth. In as much as I did not like it then, these women instilled in me the crux of being a man every woman would want to be with.

I grew up to realize that the emotional nature of the woman is one of her greatest assets, as it aids in making very sensitive and crucial decisions. The strength she lacks physically is found in her words and sense of responsibility to everyone around her.

I know it's my diary, but since I am sharing with you I just want to say this to you (all women reading this), you are the reason why a lot of men are made. We know you get way lesser credit than you deserve. Your resilience and strength in birthing and raising a child is next to none. You have slaved for many and yet often despised by those you have sacrificed for. You suspend or sometimes abandon your dreams to aid others (husband, children, brothers) achieve theirs. Your prayers, love, teachings and care are the reason why your sons, brothers and husbands are better. Please, do not quit it, yes we men can be heady, but do us the favour. Do not quit on us.



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Favorite Food

for each of the ladies



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Damola Akinlabi
Content Creator



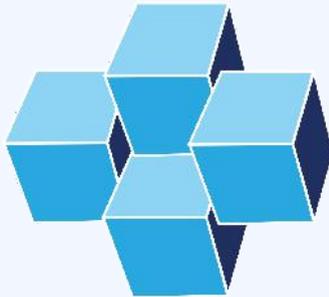
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