

The W Community


MONTHLY
NEWSLETTER



JULY 2023



Inspiring. Connecting. Empowering

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Dear W,

It has been half a year round the sun.

We hope you had an amazing experience so far in 2023? Here is our heartfelt appreciation to you for being a devoted member of **The W Community** and also reading our **Newsletters**.

Our June Newsletter was great, wasn't it? We shared some fashion tips for enhancing your personal taste, the relevance of business grants, mental health habits you should prioritise as a woman and important phone etiquettes. We also had a special Business Masterclass 2.0. If you missed out on any of these, worry less. You can catch up when you click in our bio to follow us on Facebook, Instagram and Twitter [@thewcommunity](#). You can also watch the replay of the webinar on our YouTube channel [@The W Initiative](#).

It's July Newsletter O'Clock!



01



SPICE UP YOUR SUMMER HOLIDAYS WITH THESE FIVE IDEAS

What is summer without a vacation? If you have been contemplating on whether to go for a vacation or not, we would say please go, you definitely deserve one. You can have a nice vacation within or outside your location, when you plan for it. Summer is one of the best times to go on a vacation; the weather is usually cool, with plenty of fun

activities. If you are going on a vacation, you definitely need a plan and we are here to help! Planning a summer vacation requires careful organisation and preparation to ensure a smooth and enjoyable experience. We have written some tips to help you plan your summer vacation.

01. Where is Your Dream Summer Vacation?

Begin your plans by deciding where you would love to visit. Is it within or outside the location? Consider your interests, budget, the fun things you would love to do, and the kind of experience you truly desire. Is it a beach getaway at your locale? Would you love to explore more of your city? Do you wish to visit parks and immerse yourself in nature? Would you love to delve into cultural exploration by visiting other countries? Check out potential destinations and create a shortlist of these options.

02. What is Your Budget?

Sometimes, we might be avoiding a vacation because of the expenses but who says you cannot have one on a budget? There are very cool places within your locale, all you have to do is search. Establish a budget for your vacation, such as; transportation, accommodation, meals, activities, and any additional expense you may incur. Be realistic about what you can afford and allocate your funds accordingly.

03. Plan Your Itinerary

If you would like to be on vacation outside the country, you need a rough itinerary that outlines the activities, attractions, and experiences you want to include in your trip. This will help you make the most out of your vacation, breeze through popular tourist sites, local events and hidden gems at your preferred destination. We advise that you prioritise your must-see places but give room for some flexibility so you can explore spontaneously.

04. Pack Smart

Whether you are travelling outside or within your state/country you need to pack smart. A friend of mine once got to the airport and realised that she forgot her International passport. It was about 45 minutes to check-in time and the drive to her house would take another 30 minutes. This meant she needed an hour to go home and then return to the airport right? Thankfully, her siblings were able to rush down to the airport and everything still went well. You sure do not want to be under that sort of pressure. That is why you need a packing checklist. Based on your vacation destination, weather and planned activities, you should map out your checklist. Pack essentials such as clothing, travel documents (if you are travelling), medications, toiletries, electronics, and any specialized items you may need. Don't forget to check baggage restrictions and airline regulations if you are flying.

05. Enjoy Your Vacation

A good plan equals a great summer vacation. Create memories and capture them through photos and journaling. Intentionally relax and immerse yourself in all the experiences.

By following these steps, you can ensure a well-organized and enjoyable summer vacation. Remember to be flexible and open to new experiences, as sometimes the best moments catch us unaware.



BREAK OFF THAT IMPOSTER SYNDROME, YOUR 2023 GOALS ARE STILL ACHIEVABLE!

Arguably, most of us may have experienced the imposter syndrome at different intervals. This syndrome is a challenging hurdle to overcome, but with the right mindset and strategies, you can break free from its grip and align your goals for the rest of the year.

Here are some steps to help you navigate this process:

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01. Recognize Imposter Syndrome

The first step to overcoming Imposter syndrome is to recognize it for what it is – a common psychological phenomenon experienced by many high-achieving individuals. Understand that the feelings of self-doubt and inadequacy are not reflective of your actual abilities or worth.

02. Challenge Negative Self-Talk

Imposter syndrome often rides on the wings of negative self-talk and self-criticism. Stay conscious of the negative thoughts and beliefs that fuel self-doubt. Counter these thoughts by asking yourself for evidence that supports them and challenge them with rational, positive, and empowering affirmations. In other words, replace self-limiting statements with those that enhance self-confidence and self-belief.



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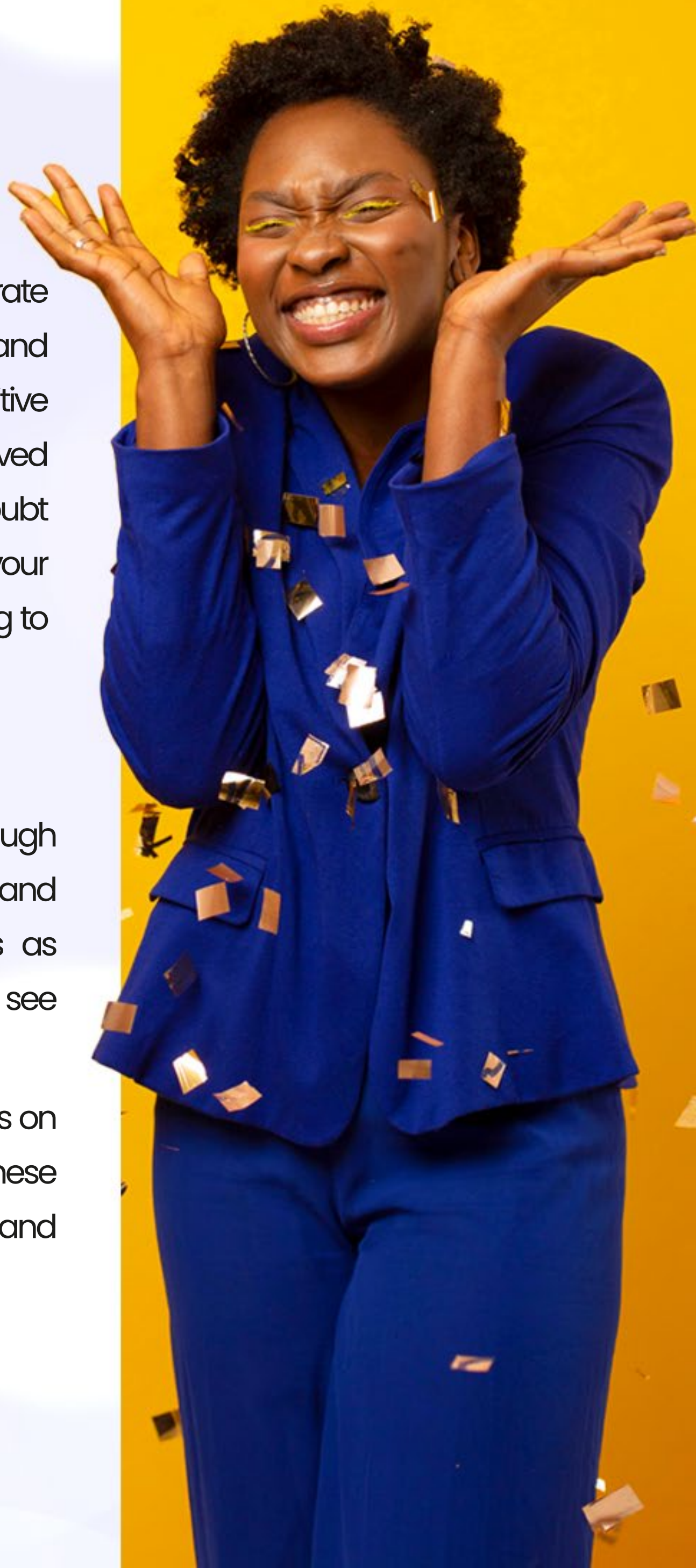
03. Celebrate Your Achievements

Take time to acknowledge and celebrate your accomplishments, both big and small. Record your successes, positive feedback, and compliments received from others so that when self-doubt creeps in, you will be reminded of your competence and the value you bring to the table.

04. Embrace Failure as a Learning Opportunity

Making mistakes and passing through setbacks are usually parts of growth and success. Instead of viewing failures as confirmation of your incompetence, see them as learning opportunities.

Embrace a growth mindset and focus on the lessons gained from these experiences, utilizing them to improve and grow stronger.





THREE *W* OFFERINGS YOU PROBABLY HAVE NEVER HEARD OF

Writing Newsletters to you always gives us great joy! However, there is a special kind of excitement that we feel, as we write you this letter in particular. *W* is more than just the women banking team of Access Bank. It is a community of like-minded

women who are committed to Inspiring, connecting and empowering each other for greatness. In a bid to achieve this objective, *W* has curated three amazing products which we would like to share with you here and now.

01. W Power Loan – Achieve Your Business Goals

It is time to say goodbye to inadequate funds to grow your business and hello to business funding. With the W Power Loan, you can access up to 100 Million Naira at a discounted rate to help you achieve your business goals. Accessing this loan is super easy, save yourself from the long queues at the bank and simply send an email to wcares@accessbankplc.com.

W is here to help you take your business to the next level with the W Power Loan.

02. W Power Vehicle Loan – Drive Your Business to Success

As a female business owner in this digital age, running a mobile business is non-negotiable. Okay, can you take a moment to imagine pulling up to a meeting with a potential client in your car with your team members – pretty cool, right? With the W Power Vehicle Loan tailored for Women Owned Businesses, you can own your dream car. We understand that having your own vehicle is essential for business growth, and our initiative is here to make it happen. Let us move to the good part! Did you know that you can purchase a pre-owned or brand-new vehicle for your business with the W Power Vehicle Loan? It comes with a subsidized interest rate, repayment plan for a tenure of up to 48 months and lots more. Let W help you drive your business to success! It only takes an email to begin. if you are interested in the W Power Vehicle Loan, kindly send an email to wcares@accessbankplc.com.

03. Maternal Health Service Support (MHSS)

Every woman deserves proper medical care and support during this important phase of her life and this is why W curated this initiative.

The Maternal Health Service Support (MHSS) provides financial assistance for fertility treatments, pre & post-natal care (child delivery), and specialized procedures such as fibroid removal, dental & optical surgeries, orthopaedic, bariatric (weight-loss) and other health procedures.

With MHSS, you can enjoy discounted health financing of up to four (4) million naira with no additional loan fees to finance all your health concerns easily. That is not all! As an expecting mom, you can focus on taking care of yourself and your baby without worrying about finances. To enjoy this life-saving health care plan, send an email to wcares@accessbankplc.com for all your enquiries on the MHSS.

With W, you can conquer the world and do it in style!



 PRESENTS
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★ PITCH-A-TON ★**
season 5

**empowering
women for
global impact**

you deserve support


Stand a chance to win up to **N5,000,000**
and an **IFC certified Mini-MBA**.

Applications open June 26th.

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REDEFINE YOUR BEAUTY STANDARDS AND CELEBRATE YOUR UNIQUENESS

A friend once said, “Anything about an individual’s appearance that you cannot change in five seconds, don’t bother commenting on it”. We think this applies to everyone. We have heard unpleasant comments about the way some people look. Have you also at one point or the other experienced something similar? In today’s society, women

undeniably face the constant pressure of conforming to unrealistic beauty standards. The prevalence of body shaming and its impact on women’s self-image and well-being is becoming alarming. Challenging these societal norms, promoting body positivity and accepting yourself all starts from you. Here are some ways to do this;



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01. Challenge Societal Beauty Standards

Recognize that beauty comes in all shapes, sizes, and forms. Question the narrow beauty ideals imposed by society and understand that they are not representative of the diverse range of body types. Celebrate your unique features and embrace the beauty that comes from authenticity.

02. Practice Self-Love and Self-Care

Cultivate a mindset of self-love and prioritize self-care. Treat yourself with kindness, compassion, and respect. Nourish your body with nutritious foods, engage in regular physical activity that you enjoy, and practice mindfulness or relaxation techniques to care for your mental and emotional well-being.

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03. Surround Yourself with Positive Influences

Surround yourself with people who uplift and support you.

Seek out diverse and inclusive media, including social media accounts, magazines, and blogs that promote body positivity. Unfollow or mute accounts that make you feel inadequate or trigger negative thoughts about your body.

04. Practice Self-Love and Self-Care

Participate in activities that make you feel confident and proud of your body. This could include pursuing hobbies, engaging in creative outlets, practicing self-expression through fashion or makeup, or participating in physical activities that bring you joy.

Remember, embracing body positivity is a journey, and it may have ups and downs. Be patient and gentle with yourself as you navigate this process. Surround yourself with positivity, practice self-care, and celebrate your unique beauty and worth. You deserve to love and embrace your body exactly as it is.

Goodbye Ladies,

We definitely enjoyed writing to you again in July. The year is not over, and your dreams are still achievable. Don't forget to **#spiceupyoursummer** with the vital tips we shared in this **newsletter**.

Stay glued to our social media pages on Facebook, Instagram and Twitter **@thewcommunity**.



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