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# The W Community Monthly Newsletter

*November 2022*



Happy new month! Excitedly, we are in the 11th month of the year and yes, it's okay to say how time flies! Although you may not be able to go back in time to right some wrongs, a new month gives you the opportunity to have a brand new start. Like me, I hope you'd make a beautiful page of your life, as the month unfolds.

Just in case you missed out on our October newsletter, we've got you covered! Follow us on Instagram, Facebook and Twitter @thewcommunity and find more information on Surrogacy, Breast Cancer, Resilience and Diabetes.

Have you been anticipating November newsletter? I'm certain you have been. Well, trust (Insert your name), your gist buddy to never back down in giving you fresh, entertaining and enriching content. Let's dive right in!



# 1. SMARTPHONES ARE NOT ALWAYS SMART



The comfort and ease in using smartphones cannot be overemphasized. Can you imagine a world without smartphones? Well, I can't! Smartphones have been saving businesses, careers and families in terms of relationship, research, communication etc.

Although smartphones have done more good than harm, there are some "DONT'S", we must pay attention to:



## **I. Use of smartphones when driving or operating a machinery;**

According to a report from the National Safety Council, cell phone use while driving results into 6 million accidents every year.

Operating your phone when driving puts you and others at risk. Try to do away with making calls or texting while driving. In emergency situations where you need to make or pick up a call, it's safer to use a hands-free accessory or better still, drive or ride to a safe place and engage in the conversation.

## **ii. Don't use a phone that is plugged into a power source.**

Most high-end phone manufacturers have put measures in place to avoid problems that could arise from using their products while plugged in.

However, they can only give measures while you have a responsibility of protecting you and your environment.

Using third-party chargers that are not authentic could also lead to an accident. Prevention is always better than cure. If you need to answer a call, ensure to plug out your phone then plug back in after your call.

### iii. Don't use your phone when cooking;

Use of phone when cooking can be very dangerous, especially with a gas cooker. When your phone heats up to the point where there is a short circuit, the small arc of electricity created, could result into an explosion if there is a gas leakage. Similarly, using your phone's torchlight to operate your generator when there's fuel in it could also result into explosion. Although, there's a thin line of this happening it's always good to take precautions.

### iv. The blue light from your phone could affect your eyes

Blue light from gadgets makes the brain think it's day time, when this happens, the body stops emitting sleeping hormones which could lead to insomnia.

The effects of blue light may also contribute to eye strain, heart disease, obesity, cancer, and other health conditions.

A Harvard Health Study in 2020 advised that blue light devices be avoided at least 2 to 3 hours before bedtime.

While smartphones are of great value to our world, we should also be aware of the above incidents they could cause and take precautionary measures.



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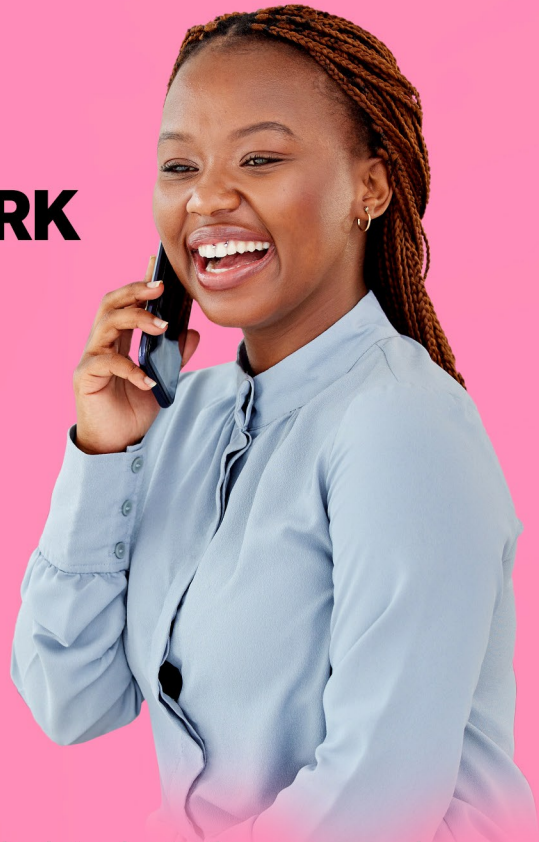
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## 2. **YOUR NETWORK IS YOUR NET WORTH**



Successful and evolving individuals today in the career and business world, did not necessarily get to the peak of their careers only because of their skills and potential. The “Networking” factor also came into play.

In other words, career growth is beyond your knowledge or ability, who you know can be vital for your career advancement and business development.

Have you been looking forward to growth in your business or career? Then maybe Networking may just be your answer!

## **I. Meet Variety of People**

Opportunities do not just come from sitting at home alone. Sometimes, you have to meet new people by attending physical or online conferences, events, or you can sign up to [meetup.com](https://www.meetup.com), [Quora](https://www.quora.com), etc to engage with other people.

While you engage, take off your “Shy Coat”, go ahead, introduce yourself, speak about what you do and how you add value in doing what you do. You can also reach out to people directly or engage by joining interest groups, workshops, events, alumni associations, reunion etc. Remember the social media space is a whole new world. Take advantage of this space by signing up on Twitter, LinkedIn groups etc.

## **ii. Build a Reputation**

As you go about engaging with new people, ensure you always improve on what you currently do by ensuring that you add value to yourself, the society and hopefully the world at large. There's enough room for every lady to break the ceiling and shine through. Create a niche for yourself so that when people meet you, they are motivated and interested to stay in touch. As you start your networking journey, be intentional about your conversations, speak on upcoming projects, achievements and challenges you may have encountered on what you currently do.



### **iii. It's okay to be turned down!**

A wise philosopher once said that the worst failure is not trying at all. So failure is a natural phenomenon that shows you are making efforts and taking steps.

Let me break the news to you; In networking, not everyone would give you a chance, your calls, invites, texts and emails might be rejected. Don't give up as your rejection story may eventually be your success story.

### **iv. Be Consistent and Intentional**

Consistency and intentionality are two traits you'd need if you really want to advance in your business or career. Familiarize yourself with books on how to network effectively. Do not leave a conversation hanging, if you promised to follow up or send an email, do not procrastinate. Very importantly, always fulfill your promise to other people.



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Radio Partner

# Naija Brand Chick Trade fair 2022 ABUJA

## A big shopping experience

Enjoy a bigger and better shopping experience from your favourite brands and discover new vendors at the 2022 Naija Brand Chick Trade Fair.

📍 Rainbow Event Center Plot 1193a  
Off Southern Parkway Garki Area 8,  
AMAC, Abuja.

📅 12th and 13th November, 2022

**Entry is free.**

*Save the date!*



more than banking

### **3. LIVING HEALTHY**



**“A woman who eats healthy empowers a whole household”**  
It has often been said that a woman has the power to influence and drive decisions about her home and this doesn’t exclude dietary choices. Diet, nutrition, and lifestyle are now the biggest risk factors for living healthy and preventing chronic diseases.

Every woman has important physiological, neurological, and hormonal distinctions throughout her lifecycle which is affected by dietary patterns, physical activity, and other lifestyle factors.

Living healthy is key to preventing health conditions.



# What nutritional needs do I require as a woman?

**Making the right dietary choices is a woman's responsibility for herself and her home.**

**Women need more of certain vitamins and minerals during pregnancy or after menopause such as iron, calcium, magnesium, vitamin D, and vitamin B9 (folate).**

**Remember the use of vitamins and supplements can't compensate for an unbalanced or unhealthy diet.**



# How to stay on top of your health

So here are practical ways to curb and transition to making better lifestyle choices as an African Woman:

## **i. Engage in mindful eating:**

As a woman, you don't hear enough of this. Your mindset is very important, pay more attention to what you eat and drink whilst also paying attention to your body and how you feel. Awareness of food brings about the ability to make better decisions. The thought should begin right from planning, purchasing, preparing, cooking, and finally eating.

## **ii. Consider mealtime:**

Instead of eating large meals once or skipping meals. Consider eating 2 or 3 balanced meals within a 9 am – 7 pm window. Sometimes we can't help but eat late. Consider these foods; pepper soup, grilled fish and vegetables, or any food with protein and fiber.

## **iii. Drink more water or healthy organic drinks:**

Sometimes it may look like you need a snack but all you need is to sip or gulp down a healthy drink. Water is the most healthy option you can choose but if you still need to satisfy your thirst but you can take other healthy drinks like homemade soy milk, tiger nut milk, coconut milk, and homemade hibiscus drink.

#### **iv. Adopt healthy cooking methods:**

Sometimes the problem is not the food but the process it undergoes before it gets to your mouth. Consider adopting methods like Boiling, Roasting, Grilling, using an air-fryer, Blanching, Steaming, and stir-frying to enjoy a healthy cooked meal.

#### **v. Eat out but eat smart:**

Eating out is very convenient especially when you are a working mum with a lot of responsibilities. Eating smart is being able to make informed choices like having enough vegetables, lean protein and portion control.

Remember, good health is wealth. Be intentional about your nutrition today.

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**Written By; Deborah Ayodeji Registered Dietitian**



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   @thewcommunity



# Ladies, earn up to **₦500,000** as a cloasa agent!

Become an Access Bank cloasa agent and stand a chance to earn up to **₦500,000 monthly** when you provide services such as:

- Cash withdrawals
- Funds Transfer
- Account opening
- Airtime purchase and much more

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Access Bank will never ask for your complete card number, PIN or One-Time password. If you lose your phone, please call us immediately on 01-271-2005-7. Links within our mails will only take you to information pages on our website.

More information:  
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01-227-3005  
[www.thewcommunity.com](http://www.thewcommunity.com)

[accessbankplc.com](http://accessbankplc.com)

# 4.

## HOW TO MAKE A SIDE INCOME WITH ACCESS CLOSA

It's safe to say that the pressure from the Economy has been getting worse in the past months with responsibilities not backing down either. One of the safe ways to achieve financial independence is **having multiple sources of income**. Guess what? I may just have an offer for you!

Heard of **Access CLOSA**? The **Access CLOSA** provides access to financial services within neighborhoods and communities.

**An Access CLOSA agent is someone authorized by Access Bank Plc, to carry out banking transactions on behalf of the bank in respective locations.**

In other words, an agent helps unbanked individuals in respective communities' process banking transactions of sending or receiving money to their loved ones, paying bills and so much more. The agent acts like mobile banking operators that bring banking close to your neighborhood.

**While the agent offers the above services, customers will also benefit immensely from the easy and simplified banking services of the Access CLOSA.**

# Benefits of becoming an Access CLOSA Agent include;

## **I. Alternative Income Source:**

Becoming an Access CLOSA agent gives you an opportunity to a side hustle. You can always make this an added source of income

## **ii. Increased Sales, Trust and Recognition:**

Asides the side income you get from being an agent, you also build trust in the hearts of people which can set the stage for capital and more business ideas.

## **iii. Added Value:**

You get to experience the joy and satisfaction that comes from adding value to your customers.

Interested in becoming an Access CLOSA agent today? Simply start the process by visiting any Access Bank office and request for an Agency Banking Form from the Customer Service Unit.







## *Bye Ladies!*

Goodbyes are never so pleasant but in this case they are as we look forward to more gist in the new month!

Make the most out of November by doing the things you love. Remember to network to increase your net worth. Join this conversation and more when you follow us on our social media pages on Facebook, Instagram and Twitter **@thewcommunity.**