3rd Annual Pride Women Conference

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Women: Work, Relationship & Marriage - The Conversation Expands.

Friday, May 24, 2019 | 9 A.M.

Nigerian Institute of International Affairs (NIIA)
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THEME: WOMEN: WORK, RELATIONSHIPS AND MARRIAGE
THE CONVERSATION EXPANDS

09.00 am Arrival of guests/Registration/Seating
10.00 am Opening Ceremony: national anthem
10.05 am Opening prayer
10.10 am Welcome remarks by the co-convener of the Pride Women Conference Mrs Ijeoma Anyiam-Osigwe
10.20 am Remarks by the chairperson, Pharmacist (Mrs) Joke Bakare
10.30 am Introduction of first speaker Tewa Onasanya
10.35 am Tewa Onasanya: The Importance of Restyling Your Mind for Success in Every Area
10.55 am Introduction of second speaker Dr Timi Oyebode
11.00 am Dr Timi Oyebode: Breaking Through Trauma, Abuse and Addiction
11.20 am Sponsor presentation: United Capital
11.25 am Introduction of third speaker Chioma Okoye
11.30 am Chioma Okoye: Emotional Intelligence
11.50 am Introduction of fourth speaker Yetty Williams
11.55 am Yetty Williams: Motherhood and Not Losing Yourself
12.15 pm Sponsor Presentation: Sterling Bank
12.20 pm Sponsor presentation: Satguru Travels
12.25 pm First interactive session between speakers and audience
12.55 pm Sponsor presentation: Bridge Clinic
1.00 pm Sponsor presentation: RewardsNG
1.05 pm Break for refreshments/Visit to exhibition stands
1.35 pm Introduction of fifth speaker Princess Latifat Momodu
1.40 pm Princess Latifat Momodu: Spirituality and Your Emotional Wellbeing
2.00 pm Introduction of sixth speaker Dr Grace Chita Okudo
2.05 pm Dr. Grace Chita Okudo: Ideal Skin Care for Emotional Wellbeing
2.25 pm Introduction of seventh speaker Dr Basil Ogbuanu
2.30 pm Dr. Basil Ogbuanu: My Wife: My Wellbeing, My Wealth
2.50 pm Introduction of eight speaker Debbie Larry-Izamoje
2.55 pm Debbie Larry-Izamoje: The Career Woman and Her Relationships
3.15 pm Second interactive session between speakers and audience
3.45 pm Presentation of plaques to chairperson, speakers and awardees
3.55 pm Performance by Cmex the Poet
4.00pm Chairperson's closing remarks
4.05pm Vote of thanks by Chief Charles Anyiam-Osigwe, Publisher Pride Magazine Nigeria
4.10 pm Closing prayer
4.15pm Refreshments/Networking
CONVENERS

CHIEF CHARLES & MRS IJEOMA ANYIAM-OSIGWE
PHARMACIST (MRS) JOKE BAKARE
Founder of Medplus

In 1993, Pharmacist Joke Bakare founded Medplus, a pharmacy-led health and beauty retail chain.

She pioneered the chain pharmacy concept in Nigeria, and has built an organisation patronised for genuine and trustworthy products, while providing a superior service experience.

Today, Medplus is credited as one of the most innovative sources of health and beauty products, with 42 outlets nationwide.

A registered pharmacist, with an eye for product and trends, Pharmacist Bakare brings extensive experience in retail operations and management and oversees all aspects of the company’s business, including strategic direction and initiatives. The Medplus success story is a testament to her intuition and extraordinary entrepreneurial skills. Today, Medplus is not just a drug dispensing retail store but a total wellness partner.

Pharmacist Bakare is committed to revolutionising the healthcare sector and there is no wavering in her tenacious commitment to delivering holistic healthcare to consumers and Nigerians.
Ndidi Edeoghom is a highly exposed and seasoned international lawyer who leverages on her international networks and speaks more than four languages, including French and Romanian. Her multicultural upbringing placed her in good stead to appreciate the different forms of conflicts that may arise in transactions with corporations and institutions, as well as across borders.

As an ardent believer in the pursuit of an egalitarian society, she was drawn to the London School of Economics and Political Science (LSE) where she obtained her first degree in Law and French. Her resolve to pursue peaceful resolution of disputes led her to become an active Master’s of the Chartered Institute of Arbitrators (MCIArb) where she sharpened her skills by participating in arbitrations to resolve disputes. Her Masters (LL.M) in International Dispute Resolution from the University of London further placed her in good stead to apply her knowledge on conflict resolution in the international scene. She has worked in premier law firms spanning three continents and has amassed over 20 years of experience in legal practice and the corporate world including real estate, banking, telecommunications, agriculture and the oil and gas sector.

She is passionate about the youths, and this passion drives her willingness to teach and make youths aware of the ideals of the United Nations (UN) and the role the UN plays in our lives. Her passion led her to form Ambassadors Initiative for Youth Development and Conflict Resolution, a non-governmental organisation (NGO) which promotes the ideals of the UN in schools and helps groom future international leaders (www.una-nig.org).

She currently lectures part-time at the University of London, while running her NGO. Her further quest for knowledge and her zeal to share her experience and ideas in her home country Nigeria, has led her to pursue a PhD in international law.

She is a member of the Chartered Institute of Arbitrators (UK), the Nigerian Bar Association, the Law Society (UK), the International Humanitarian Law Lecturers Association, the International Bar Association and non-governmental organisations such as the Justice and Development Peace Commission.

Phina is the project manager and main speaker and facilitator for E195 Professionals. She returned to Nigeria from United Kingdom in 2015, and has since engaged herself in mentoring and coaching young adults, among other activities.

Her experiences, stage presence and confidence cuts across many international engagements. In Botswana, she anchored international events for the African Union as well as religious international programmes. In the UK, she hosted and compered various events and programmes for both international bodies and Nigerian communities. She launched her own business E195 Professionals in Lagos, Nigeria in 2016, engaging in professional training, public speaking, event organisation, providing hosts and hostesses for events, and creating an avenue to motivate, counsel and mentor young adults.

In 2018, Ms Phina convened the Digital Academy Competition and Exhibition, and was a panellist at the African Youths Leadership and Entrepreneurial Summit. She was a speaker at the 2017 Leadership Development Conference on international education. She also organised and facilitated the Effective Communication and Listening Skills 1&2 in 2016, anchored the Nigerian Ports Authority seminar and was the keynote speaker at the Most Beautiful Girl in Eko pageant.

Ms Phina holds an MBA in International Business from the University of Greenwich UK, a BA (Hons) Business Administration from University of East London, a Diploma in Counselling Skills from Open College London. She also holds a professional certificate in Occupational Health and Safety Management from Institute of Development Studies, Gaborone Botswana, and an HND in Industrial Design from Yaba College of Technology, Lagos Nigeria.
Madam chairperson, esteemed facilitators and our delegates, I welcome you all to this third edition of the Pride Women Conference.

The aim of this initiative is to empower women to thrive. Beloved delegates, our aim is to see women prosper in all aspects materially, emotionally and spiritually. St John succinctly puts it in 3 John 1:2, “Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering.”

We are passionate about empowering women to become the best versions of themselves. There is no gainsaying that our mental capabilities influence our physical capabilities. One of the biggest hurdles to overcome is the state of the mind of every individual. Our mindsets must be tuned correctly to ensure that we live emotionally balanced lives.

During our maiden edition in 2017, one of our speakers Barrister Nneka Juliet Ezeani whose topic was ‘Woman Build Your Brand’ challenged each woman to do the following:
1. First, to make an evaluation of who you are and who you have been right up till this moment.
2. To question if you have been living a purposeful, intentional life.
3. To question if you are always just waiting to see what tomorrow brings without being objective and intentional in your actions.

It is important to ask yourself:
* Who am I?
* Am I happy with who I am?
* If I am not happy with myself and who I am, what can I do to change and be who I want to be?

Many of us are hiding behind a mask, pretending to be who we are not; not being true to ourselves. Our emotions are in tumult—fear, guilt, grudges, unforgiving hearts, inadequacies, and the list go on. I am sure you can add to it. We have to be proactive about getting our lives right. However, this is easier said than done. This is the reason for the Pride Women Conference, to help you get your life the way you want it to be.

By bringing together women from different walks of life to share with us how they have faced and surmounted some of life’s many challenges in an honest and open engagement, we can be able to draw deep insights that will help us on our own life’s journey.

Those of us who were at this conference last year were visibly moved when Dr Oluwatoyin ‘Bode-Abass shared with us her arduous journey from infertility to motherhood. At the same conference the amiable celebrity shrink, Maymunah Yusuf Kadiri, educated us on how each one of us must be mindful of our mental health, accentuating her delivery with many insightful anecdotes. They were amongst two of our seven speakers who did their best to advance the cause of emotional wellbeing by sharing unreservedly their experiences and knowledge. We are confident that the eight speakers at this year’s conference will equally do the same.

As we expand the conversation at this year’s event, I once again welcome us all and wish us fruitful deliberations.

Thank you.
Tewa Onasanya is a publisher, mindset stylist and philanthropist. She holds a BSc in Pharmacology from the University of Portsmouth, UK and is the Founder/CEO of Exquisite Magazine Services Ltd, the publishers of Exquisite Magazine – a fashion, beauty and lifestyle magazine for women.

Exquisite Magazine organises an annual cancer walk aimed at increasing awareness of cervical and breast cancer and free screening for people. In 2009, Exquisite Magazine started a female-only awards ceremony called the Exquisite Ladies of the Year (ELOY) Awards. The ELOY Awards, which holds every last Sunday in November, celebrates women of excellence in different fields who are empowering, motivating and inspiring others. Tewa Onasanya also started a tea party in 2005 that brings women together to network and communicate.

With her wealth of experience as an entrepreneur, publisher, mindset stylist, as well as the transferable skills acquired from her degree in Pharmacology, Tewa Onasanya is often invited to and gives presentations at seminars and conferences. Tewa Onasanya lives to inspire, motivate and empower herself and other women all around the world.

Tewa Onasanya will be speaking on ‘The Importance of Restyling Your Mind for Success in Every Area’ at the conference.

Dr Timi Oyebode is a Lagos, Nigeria-based certified professional counsellor focused on trauma, abuse, addiction, and sex recovery therapy for individuals and couples. She is an emotional intelligence and self-discovery expert.

She is the Founder/Head Counselor of Attitude Development International (ADI), a registered organisation focused on equipping counsellors and promoting professional counselling services in Africa. One of her subsidiaries is the foremost ADI Counseling School, Lagos, Nigeria.

Dr Timi holds a PhD in Counseling, a Master Practitioner certification in Neuro-Linguistic Programming (NLP) and Hypnotherapy, a certificate in EFT (Emotional Freedom Techniques), and has undergone other counselling-related trainings.

For over 15 years, Dr Timi has worked with various individuals, families, communities and organisations on emotional wellness – trauma, abuse, addiction, regaining life and sexuality. She runs periodic emotional empowerment sessions for women, yearly retreat for couples, community counselling outreaches, and support systems for counsellors in Africa.

She is a young wife of over 13 years, mother of four, a trainer, an author, an entrepreneur, a farmer, national and international conference/event speaker, and a regular radio and TV guest.

Dr Timi is a member of Biblical Counseling UK, Christian Counseling Educational Foundation (CCEF) Philadelphia USA, Professional Counselors African Network, Association of Christian Counselors of Nigeria, Association of Professional Counselors of Nigeria (APROCON) and Counseling Association of Nigeria (CASSON), amongst others.

Dr Timi is passionate about women’s and girls’ rights, refugee issues, trauma recovery, emotional wellness, leadership and the African continent.

Dr Timi Oyebode will be speaking on ‘Breaking Through Trauma, Abuse and Addiction’ at the conference.
Mrs Chioma Okoye is a founding team member of John Maxwell Group and a certified leadership coach. She is an alumnus of The Learning Tree Institute and Leicester University, both in the UK, and her keen interest in effecting change in the business world also led her to study Neuro-Linguistic Programming. She is certified by Charleston School of Etiquette and Protocol, USA and has a diploma in International Protocol and Etiquette from Institut Villa Pierrefeu, Switzerland.

She has over 18 years' work experience as a management/image consultant. She worked at Lyndon Cooper as a Managing Director for 13 years. She served as a Managing Partner at Lean Sigma Concept for five years before becoming a collaborator with the same organisation on training and facilitating on soft issues. She also collaborates with Zolt Limited.

Mrs Okoye is the Principal of Diamond School of International Protocol and Etiquette and a Corporate Etiquette Expert. She is a life coach, trainer and facilitator in the areas of Business Social Skills, Emotional Intelligence & Social Competency Inventory (ESCI), Cultural & Cross-cultural Ethic, Diplomatic Protocol, Executive Presence and Finishing Techniques for corporations and individuals. Mrs Okoye will be speaking on 'Emotional intelligence'.

YETTY WILLIAMS  
Founder of LagosMums

Yetty Williams is the founder of LagosMums, a resource for mothers, parents and caregivers on raising children in the 21st century. LagosMums is the first Nigerian parenting website dedicated to offering a one-stop destination for parents in Lagos, Nigeria, and the diaspora.

LagosMums has become a trusted platform for companies and brands that offer products and services focusing on mums and their families. The community has come to trust LagosMums for recommendations on everything from work-life balance strategies, to the best bank account for their children or the preferable brand of diapers.

Mrs Williams has over 15 years' work experience spanning financial services, oil and gas, real estate, consulting and digital marketing. She has a Bachelor of Science in Economics and a minor in Mathematics from the University of Pittsburgh, and an MBA with a focus on strategy from the Yale School of Management. Mrs Williams is also a certified life coach and a Neuro-Linguistic Programming (NLP) practitioner. She is a social media/online editor award winner (ELOY Awards) and consults with SMEs on their digital media strategy as well as crafting winning campaigns for multi-national clients.

Yetty Williams will be speaking on 'Motherhood and Not Losing Yourself'.
PRINCESS LATIFAT WURAOLA MOMODU
Managing Director and Chief Executive Officer of Ravissant International Limited

Princess Latifat Wuraola Momodu is the Managing Director and Chief Executive Officer of Ravissant International Limited. She is an esteemed and influential fashion diva, who studied design from the very best hands in Paris, France as a student. She also holds bachelor's and master's degrees in international law. Born in Ibadan, Oyo State. A Princess from Edo. A designer with a special interest in African culture and fashion. Princess Latifat has realised and redefined African crafts as a profitable niche within the cosmopolitan market, allowing valued artistic processes to live on. Her unique brand has produced clothing lines that are well respected in the industry, have an international appeal, but still in essence, African.

In addition to clothing design, Princess Latifat is involved in show business, showcasing Africa to the world through dance and craftsmanship. At her yearly show at Eko Hotels and Suites, her stage designs reflect the ancient traditions of African craftsmanship in a contemporary fashion. She is a celebrity designer agent to Hollywood stars who feature in her yearly show. She has walk-in offices in Victoria Island, Lagos; Paris, France; and Las Vegas, USA. Princess Latifat has received several awards in recognition of her promotion of Nigerian and African cultures. She was made the Olokun Queen (Yeye Olokun Agbaye) by the Ooni Orisha, Oba Adegbe Enitan Ogunwusi. Princess Latifat will be speaking on 'Spirituality and Your Emotional Wellbeing' at the conference.

DR GRACE CHITA OKUDO AIG (RTD), FMCP, FAAD
Consultant physician, dermatologist and venereologist

Dr Grace Chita Okudo is a consultant physician, dermatologist and venereologist, a Fellow of the Medical College of Physicians of Nigeria, and recently retired as Assistant Inspector General of Police (AIG) and Head of Nigeria Police Medical Services. Dr Okudo has served Nigeria meritoriously both as a medical doctor and a fine police officer, which earned her a written commendation from the Inspector General of Police. She is a national merit awardee of the Medical Women Association of Nigeria, amongst other awards.

She is currently an examiner at the National Postgraduate Medical College of Nigeria and President of the Nigerian Association of Dermatologists and was commissioned in 2017 as a national health advocate. She is passionate about rural health access, and has travelled the length and breadth of Nigeria, including the North East, to provide rural communities with much-needed healthcare.

She has attended workshops on advanced methodology. The most recent was the 2018 workshop on Advanced Research Methodology organised by the National Post-Graduate College of Physicians. Dr Okudo was involved in the nationwide Integrated Biological and Behavioural Surveillance Survey (IBBSS) on HIV in 2010 and 2014. She was also head of the technical team of the survey for Edo state in 2010.

Her hobbies are choral singing, gardening and travelling. Dr Okudo will be speaking on 'Ideal Skincare for Emotional Wellbeing'.
DR BASIL OGBUANU
CEO/Md of Second Coming Nig. Ltd

Basil Ogbuanu is the Chief Executive Officer/Managing Director of Second Coming Nig. Ltd, a liquefied petroleum gas (LPG) company with offices in Lagos and different parts of Nigeria. He was the National President of the Nigerian Association of LPG Marketers (NALPGAM) from 2013 to 2017, and is the current Chairman of the Governing Council NALPGAM Resource Centre.

After obtaining an OND in Corporate Management (Nigerian College of Administration) and a BSc in Business Administration (University of Lagos), Dr Ogbuanu proceeded to Babcock University, where he obtained an MSc in Business Management and a PhD in Business Entrepreneurship.

Dr Ogbuanu is active in various business ventures. He is the Vice Chairman of Alpgam Energy Ltd, Vice Chairman of Greenfield Integrated Energy Service Ltd and a Director in Never Again Energy Ltd. He is also a member of the Nigeria Institute of Management, Chartered Institute of Administration, and International Institute for Policy Review & Development Strategies.

Dr Ogbuanu is a zonal pastor in Mountain of Fire and Miracle Ministry. He is married to Angela O. Ogbuanu and the marriage is blessed with children.

At the 2019 Pride Women Conference, he will be speaking on ‘My Wife: My Well-Being, My Wealth’.

DEBBIE LARRY-IZAMOJE
Entrepreneur’s Best-Friend

Debbie Larry-Izamoje also known as The Entrepreneurs Best-Friend holds a BSc in Information Management from the University of Sheffield, United Kingdom and an MSc in Management from University College London (UCL). She also holds Certificates in Innovation and Strategy from Harvard University, and User Innovation from Massachusetts Institute of Technology (MIT).

Ms Larry-Izamoje is passionate about assisting entrepreneurs, which is why her company Image Boosters, a digital and PR agency, was founded to help brands with digital marketing, and to improve their visibility and public relations.

She has worked with different brands and industries ranging from media to sports. She also serves as a coach, educating the next generation of entrepreneurs, as an author and TV and radio host. A columnist for ThisDay Newspaper, and Bellanaija, she also hosts a TV show for Business Day, Nigeria’s only business show targeted at millennial entrepreneurs called Mind Your Business, as well as a radio show for Brila FM.

Ms Larry-Izamoje has been recognised by Trek Africa for her contributions to the business community in Africa, and was nominated top 5 under the 25 under 25 SME Awards in Media and Communications.

Debbie Larry-Izamoje will be speaking on “The Career Woman and Her Relationships”.

PRIDE WOMEN CONFERENCE

27
The Jewel of Inestimable Value Award is given to women, living or dead, who have contributed greatly to the betterment of society and the world.

Her Excellency Aisha Buhari was voted for by the readers of Pride Magazine Nigeria as a Jewel of Inestimable Value for the courage to express her honest and heartfelt opinions about the lapses within the government, presidency and society for the good of the Nigerian citizenry.

The Awards Committee hereby presents her with this award as a Jewel of Inestimable Value.

Late Professor Dora Akunyili who was appointed Director General of the National Agency for Food, Drug Administration and Control (NAFDAC) in 2001 gained national and international prominence as a result of her leadership style in this position. During her tenure, Nigerians were sensitized on the dangers of consuming expired foods and drugs and the importance of asking questions about the expiry dates and NAFDAC numbers of these products to ascertain their genuineness. She was relentless in her aim to curtail the influx of fake and adulterated drugs into the market, making her despised by drug counterfeiters. It is for these reasons that the readers of Pride Magazine Nigeria voted for her as a Jewel of Inestimable Value.

The Awards Committee hereby presents her with this award as a Jewel of Inestimable Value.
THIS EVENT WAS MADE POSSIBLE WITH THE SUPPORT OF THE FOLLOWING BENEFACTORS OF PRIDE NIGERIA, CORPORATE SPONSORS AND PARTNERS.

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Be. Heard. Afrika.
Chukwuemeka Anyiam-Osigwe is a University of St Andrews geology graduate, and a trained communicator by Toastmasters International (ACB). He has certifications in social media and inbound marketing from HubSpot Academy and Google Digital Skills for Africa. He is also skilled in media relations, executive and employee communications and digital/social media strategy.

Mr. Anyiam-Osigwe equally has a flair for the arts and has been privileged to perform as a spoken word artist at notable events such as the 2017 Africa Movie Academy Awards (AMAA) and the 2017 Role of Women in Emerging African Democracies (ROWEAD) conference. He is also the founder of the Rare & Debonair Gentleman, a male image consultancy and bespoke clothier.

Mr. Anyiam-Osigwe is also the Coordinator of the Pride Lagos Creative Enterprise Week.
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