



Inspiring • Connecting • Empowering

The W Community

Monthly Newsletter



   @thewcommunity



ello
LADIES

Welcome to the month of June! Time flies, doesn't it? I hope you've been making progress with your vision board for the year. Remember, it's not just about how far you've come, but also how well you've done along the way.

Do you have an anniversary celebration this month? Here's my special shout out to you! Cheers to reaching even greater heights!

In May, I had the pleasure of writing four captivating letters on a variety of topics. These included valuable discussions on decluttering your home for spring, keeping children safe, the importance of baby prep classes, and exploring new hobbies.

Did you miss out on any of these letters, don't worry! You can easily catch up by visiting the "link in our bio" on any of our social media platforms: Facebook, Instagram, and Twitter, [@thewcommunity](#).

Fashion

01

Tips to
Enhance
Your Personal
Taste

The way you dress, they say, is the way you will be addressed. Do you think so too? Well, no doubt, enhancing your personal style can be a fun and rewarding journey. You know I will always be here to share tips like these with you that can elevate your style and create a signature look:



Fashion Tips to Enhance Your Personal Taste

01

Explore

It's okay to have a personal style but when it comes to fashion, there should be room for dynamism. Why don't you take some time to explore different fashion styles and aesthetics to identify what resonates with you the most? Find inspiration in fashion magazines, blogs, social media, and even from celebrities or fashion icons; Pinterest can be your go-to app. Understanding your preferences will help you curate a wardrobe that reflects your individuality.



02

Pay Attention to Fit

When it comes to looking stylish, fit is key. Well-fitted clothing will enhance your body shape and give you a polished appearance. Clothes that are too tight or too loose can create an unflattering silhouette. Invest in pieces that fit well and consider visiting a tailor to make minor adjustments if necessary.

03

Accessorise Strategically

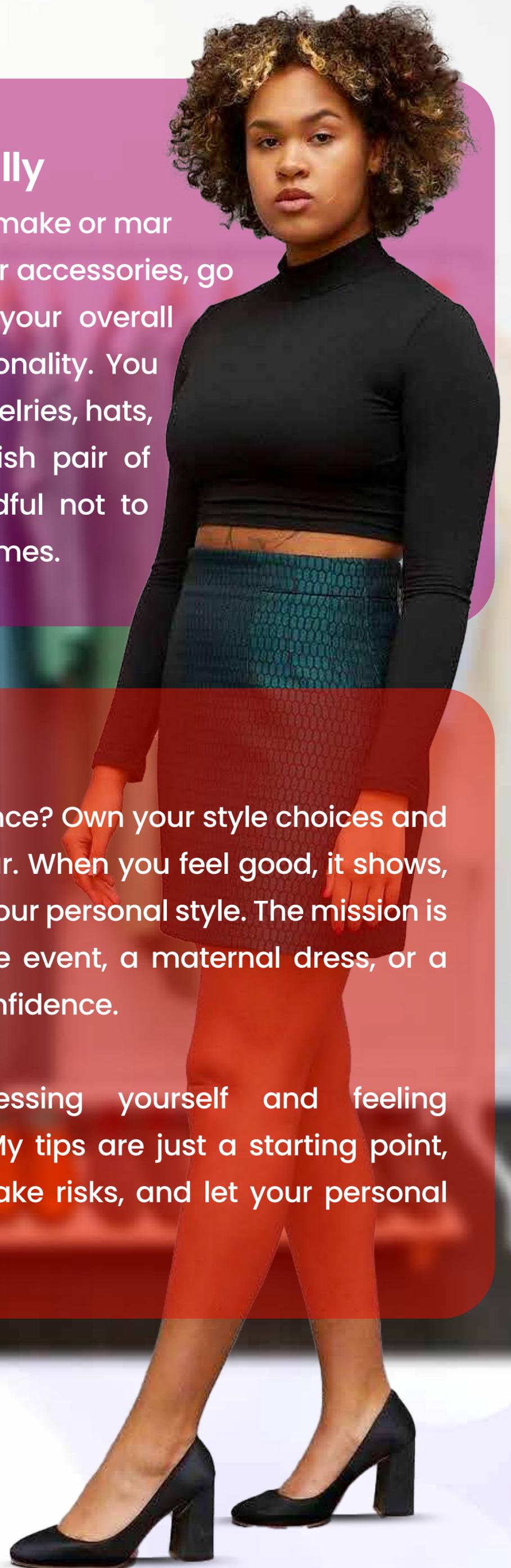
Undoubtedly, accessories can make or mar your outfit. When choosing your accessories, go for pieces that complement your overall look and add a touch of personality. You can explore with statement jewelries, hats, belts, scarves, or even a stylish pair of sunglasses. However, be mindful not to overdo it — less is more sometimes.

04

Confidence is Key

What's an outfit without confidence? Own your style choices and be comfortable in what you wear. When you feel good, it shows, and that's what truly enhances your personal style. The mission is to slay whether it is a corporate event, a maternal dress, or a dinner, top up your outfit with confidence.

Remember, fashion is expressing yourself and feeling comfortable in your own skin. My tips are just a starting point, don't be afraid to experiment, take risks, and let your personal style evolve over time.



02

Business Grants Are Not Loans



During a recent conversation with a friend, she expressed her desire to apply for a grant but was concerned about the lack of funds to cover the application fees. This left me puzzled, *it must be a scam*, I thought to myself. This made me realise that while people may be familiar with the concept of grants, they may not be fully aware of their numerous benefits.

Today, I will shed light on some of these lesser-known benefits. Let's explore them together.

Business Grants Are Not Loans

01

Financial Support

Business grants provide a valuable source of funding without the need for repayment. Unlike loans, grants do not accrue interest or require regular payments, allowing your business to invest in growth, research, development, or other initiatives without incurring additional financial burdens.

02

Enhanced Credibility

Winning a business grant can enhance the credibility and reputation of a business. It serves as validation of the business idea, its potential for success, and the capabilities of the entrepreneur or management team. This credibility can attract customers, partners, investors, and other stakeholders, opening doors to new opportunities.

03

Increased Cash Flow

Grants can help alleviate financial constraints by providing an injection of capital into your business. This increased cash flow can be used for various purposes, such as purchasing equipment, hiring staff, expanding operations, or marketing and promotional activities.

Access to Resources

Some business grants offer more than just financial support. They may provide you access to valuable resources, such as mentorship programs, business development training, networking events, and industry connections. These resources can help businesses gain valuable knowledge, skills, and guidance to optimise your operations and improve chances of long-term success.

That being said, have you heard about W's Womenpreneur Pitch a ton? It is one of the biggest business grant platforms in Africa! If you are a woman in business, then don't snooze on this. Over a thousand women have been impacted across Africa, and the next business could be yours. All Business sectors are eligible to apply e.g Fashion, Catering, Health, Agriculture, Tourism, Manufacturing, etc.

Stand a chance to be among the lucky winners who will win;

- Grants worth up to 5 million Naira
- An IFC Mini-MBA and so much more!

To apply, you;

- Must be a woman (applying for a solely or jointly owned business)
- Must be between the age range of 18-55 and
- Must possess an entrepreneurial spirit

What if I said you could apply for free? All you need to do is visit: www.womenpreneur.Ng. It is time to step up! For more information or enquires, kindly send an email to wcares@accessbankplc.com

4 Mental Health Habits Every Woman Should Prioritise

This letter is a warm reminder that as you aim to achieve work-life balance, your mental health is very pertinent. Caring for your mental health is crucial for overall well-being. Here are four habits that can keep your mental health in check.

4 Mental Health Habits Every Woman Should Prioritise

01

Self-Care

Make self-care a priority in your life. Set time aside for activities that bring you joy, relaxation, and rejuvenation. Reading, practising mindfulness or meditation, taking soothing baths, pursuing hobbies, spending time in nature, or engaging in creative outlets are fun activities that can go a long way in reducing stress, promoting self-awareness, and allowing you to recharge both physically and mentally.

02

Practise Emotional Expression

Sometimes, we tell ourselves that we will be fine but I beg to differ here. It is totally okay not to feel okay, what is not okay is being unreal to yourself about how you feel each time. Be intentional about acknowledging and expressing your emotions in a healthy way.

Find healthy outlets for expressing your feelings, such as talking to a trusted friend, family member, or therapist. Journaling can also be a powerful tool for self-reflection and emotional release. Allow yourself to experience a full range of emotions without judgement, and seek support when needed.

4 Mental Health Habits Every Woman Should Prioritise

03

Establish Boundaries

Setting healthy boundaries is essential for maintaining good mental health. Boundaries help protect your energy, prevent burnout, and maintain a sense of control over your life. This includes setting boundaries with relationships, work and personal time.

In addition, define your limits and communicate them assertively. Say "no" when you need to, and don't feel bad about it.

04

Cultivate Supportive Relationships

Surround yourself with a supportive network of friends, family, and loved ones. Nurture relationships that uplift you, provide emotional support, and foster a sense of belonging.

Engage in open and honest conversations, seek help when needed, and be there for others as well. Having a strong support system is vital for mental well-being and can provide a sense of connection and stability.

Remember, a stable mental health is a continuous journey, and it is important to adapt these habits to suit your individual needs. If you're experiencing persistent or severe mental health challenges, seeking professional help from a therapist or counsellor can be beneficial. Prioritise your mental well-being, practise self-compassion, and be proactive in taking care of your mental health.

Do You Have These Phone Etiquettes?

04

Are you part of the “I don’t like phone calls” gang? I totally understand; they tend to trigger anxiety and sometimes, it could also be that you would rather text. However, if you’d agree with me, phone calls are a part of our lifestyle. Whether you work remotely, on site, or run a business, we all cannot avoid phone calls as it is an indispensable aspect of communication in most spheres of life.

Proper phone etiquette is important to maintain respectful and effective communication. Here are some guidelines for practising good phone etiquette:



01

Answering Calls

Preferably within a few rings, answer calls promptly. With a pleasant and professional tone of voice, greet the caller politely and identify yourself, especially if it's a business call.

02

Speaking on the Phone

Speak clearly and enunciate your words to ensure the caller can understand you. Use a moderate volume and avoid speaking too loudly or softly. Be mindful of your tone and avoid sounding abrupt or impatient. Avoid interrupting the caller and give them an opportunity to express themselves fully.

03

Active Listening

Pay attention to the caller's needs and actively listen to their questions or concerns. Avoid distractions and focus solely on the conversations and if necessary, take notes so you don't miss important details or requests.

04

Respect for Others

Avoid using your phone in inappropriate situations, such as during meetings, meals, or conversations with other people. However, there are some avoidable situations that might warrant this, politely excuse yourself and step away to minimize disruption.

Furthermore, during meetings or gatherings where necessary, use your phone's silent mode or vibrate option to prevent noise or distraction.

05

Ending the Call

Conclude the conversation politely and professionally. Thank the caller for their time and for reaching out to you. If appropriate, summarise any agreed-upon actions or next steps. Avoid abruptly ending the call without providing closure or leaving the caller confused.

06

Return Calls and Messages

Return missed calls and respond to messages promptly, preferably within 24 hours. If you anticipate a delay in your response, consider leaving a brief message or sending a quick text to acknowledge the missed call and indicate when you will be available. Remember, good phone etiquette is about being respectful, attentive, and courteous during your interactions. I am sure my tips will help you maintain positive and effective communication with others.

Goodbye Ladies,

Without a doubt, the year is fast running. In knowledge of this, I encourage you not to lose track of your goals. Remember, you are limitless and can do everything you set your mind to.

This June, take advantage of the *#womenpreneurpitchaton* and stand a chance to take your business to the next level. Watch out for more updates on our social media platforms on Facebook, Instagram and Twitter @thewcommunity. Subscribe to our Youtube channel @The W Initiative. See you in July, have a blast this month!



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