



The W Community

MONTHLY NEWSLETTER

FEBRUARY





Hello Ladies!

How was January? There is the general saying that January takes 100 days!

Did you feel that way too? Well, permit me to excitedly usher you into the Love Month, February!

We hope you enjoyed our January Newsletter, where we shared tips on why you should be interested in learning how to drive, how to enrol into a driving school, finance and health tips for the new year.

If you missed out on these, worry less. To catch up, all you need to do is visit our social media pages on Facebook, Instagram and X [@thewcommunity](#), and click the link in our bio.

01



4 ULTIMATE VALENTINE'S DAY EXPERIENCES

Love is beautiful but even more beautiful when it is properly expressed in its different forms. Even though love should be an intentional act we embrace on a daily basis, February 14th has been dedicated as Valentine's day to show love all over the world. You definitely do not want to let February 14th go without doing something phenomenal. Let's explore some great ideas!

FOUR ULTIMATE VALENTINE'S DAY EXPERIENCES



01. Thoughtful Gift Ideas

Have you ever received a gift and you felt so special because it was personalised? There is something about thoughtful gifts, they are arguably an unforgettable experience, strengthening relationship bond and showing the recipient how much they mean to you. Consider thoughtful gifts like personalised outfits, gadgets, diary, sneakers, etc, and generally what will interest the recipient.

02. Romantic Date Nights

A romantic date night is a good way to reaffirm your love to your partner. In the midst of the hustle and bustle, life can get so busy that you have little or no time for one another. Valentine's season is a good catalyst to spice things up again. See a movie together, book a spa session, go on a boat cruise together, and just create some fun experience.



03. Practice Some Self-Love

Do you agree with me that loving others truly stems from loving yourself first? Quick question, why do you sometimes think that you do not deserve that wig or spa treatment? Why do you feel that a vacation is too expensive a treat for you? Spend on yourself!! Ladies, you deserve the very best things of life, and in your capacity, pamper yourself occasionally. This season is a good reminder to do something for you!

04. Galentine's Day Celebration

Never heard of a Galentine's hangout? It is a great means of celebrating "female friendships." A wise philosopher once said, "Love is friendship that caught fire" and I quite agree. How about you? Do you have friends who are always in your corner? Do you have friends who always mention you in a room full of opportunities? Do you have friends who you seldom talk to but once you both get on in a conversation, there's always enough gist on ground? How about bringing these ladies together and ensure you all have the time of your life. Eat good food, have relaxing conversations, and catch up on old times. Trust me, you cannot go wrong with a girl's hangout.

Conclusively, Valentine is a season to love and be loved. Take out time to spread love to the people around you, ignite surprise calls/texts, gift your staff/colleagues, and just generally do something to make yourself happy.



GO TO THE NEXT LEVEL WITH THESE CAREER AND PERSONAL BRANDING TIPS



Thriving in your sphere of influence as a professional or entrepreneur is something amazing. However, how often do you position yourself for global relevance and networking opportunities? What strategies are you putting in place to become a better version of your career/professional self? This section of our newsletter will help you answer these questions and suggest ways to build your personal brand/career.



GO TO THE NEXT LEVEL WITH THESE CAREER AND PERSONAL BRANDING TIPS

01. Set Clear Career Goals

Define your short-term and long-term career goals. Having a clear vision will guide your decisions and actions, fostering a sense of direction in your professional journey.

02. Identify Your Unique Value and Develop a Strong Elevator Pitch

You have to be well aware of what makes you stand out. You can do this by defining what sets you apart professionally, recognising your skills, strengths, and unique qualities that make you stand out in your career. After that, develop a concise and compelling elevator pitch that clearly communicates who you are, what you do, and the value you bring to your industry.



03. Optimise Your Social Media Profile, Establish a Strong Online Presence and Share Positioning Content Consistently

When people search for you online, what do they find? In this fast paced digital landscape, you cannot afford to leave your social media platforms dormant. Ensure your Instagram, LinkedIn, Facebook, etc, profile is complete and updated. Use a corporate photo, write a compelling headline, and showcase your achievements and skills. Ensure that your online presence aligns with your personal brand and professional goals. Establish yourself as an expert by creating and sharing valuable content related to your field. This can include blog posts, articles, or insights on your social media platforms.

04. Network Strategically

Building and nurturing professional relationships will help expand your network. Attend industry events, connect with peers, and engage with professionals in your field both online and offline.

Remember, personal branding is a continuous process. Regularly, revisit and refine your brand to align with your evolving career aspirations and industry trends.



WHY GO TO THE SPA WHEN YOU CAN DO IT AT HOME?

Life is almost always super busy. When it feels like one deliverable is off your neck, another surfaces. Can you relate too? This therefore tells you that finding time for self-care is essential and you do not have to break the bank to achieve this. Did you know you can create your own spa day out in the comfort of your home? A DIY spa day offers the perfect opportunity to unwind, pamper yourself, and rejuvenate. Let us explore a range of at-home spa day ideas that will ensure you get the ultimate spa session.

01. A Tranquil Atmosphere

Establishing a serene environment is key to maximising the benefits of your DIY spa day. Start by setting the mood. Dim the lights, play soft music, and light scented candles or use an essential oil diffuser with calming scents like lavender or eucalyptus.

02. A Luxurious Bath Experience

Start your spa day with a relaxing bath. Add Epsom salts, a few drops of your preferred essential oil, and perhaps some rose petals for a touch of luxury. This does not only soothe your tired muscles but also provides a serene backdrop for the rest of your spa rituals.

03. DIY Face Masks

Treat your skin to nourishing and revitalising face masks made from simple, natural ingredients. You can mix honey, yoghurt, or mashed avocado for a hydrating mask. Apply it generously and let your skin soak in the goodness while you unwind.

04. Cucumber Eye Treatment

Combat puffiness and refresh tired eyes by placing chilled cucumber slices or cooled chamomile tea bags with your eyes closed. Doing this will add a refreshing touch to your spa experience.

05. Aromatherapy Bliss

There's something about aromatherapy, it enhances the whole ambience. Essential oils like eucalyptus, lavender, or chamomile can be diffused or added to hot water for inhalation, promoting relaxation and tranquillity.





06. Exfoliating Body Scrub

Treat your skin to a homemade body scrub. Combine brown sugar or coffee grounds with coconut oil to create an exfoliant that removes dead skin cells, leaving your skin soft and radiant. You can also purchase body scrubs from reputable skincare brands.

06. Hair Mask Treatment

Your hair is an important part of the schedule. Nourish your hair with a homemade mask. Utilise ingredients like coconut oil, honey, and aloe vera for a relaxing treatment that adds moisture and shine.

07. Meditation and Relaxation

Dedicate time to meditation or deep-breathing exercises. This step will help calm your mind and reduce stress during your spa day.

08. Manicure and Pedicure Goodness

It's time to focus on your hands and feet. Soak them in warm water, trim your nails, and apply your favourite nail polish for a DIY manicure and pedicure session.

09. Hydrating Facial Mist

Refresh your face with a DIY facial mist. Mix distilled water with aloe vera gel and a few drops of rose water for a hydrating spritz that keeps your skin feeling revamped.

10. Healthy Refreshments

Round off your spa day with infused water containing a blend of slices of cucumber, lemon, and mint. This detoxifying and refreshing drink adds the perfect finishing touch to your refreshing spa day.

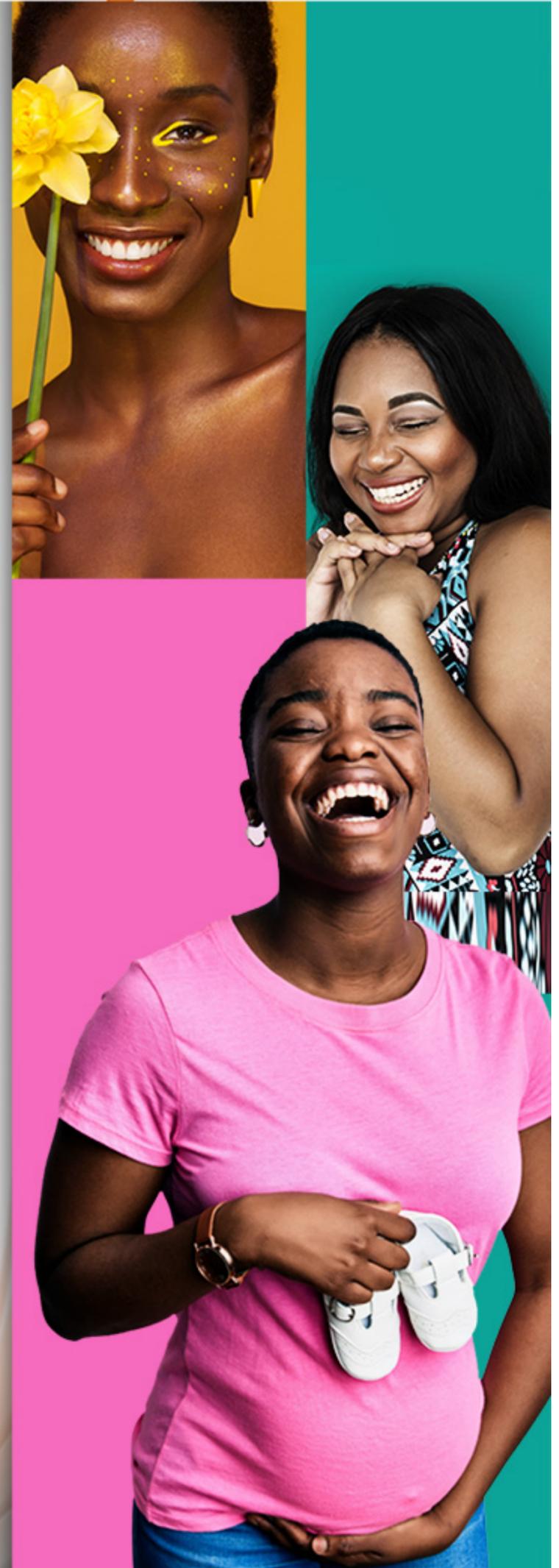
By incorporating these at-home spa ideas, you can create a personalised retreat that allows you to unwind, pamper yourself, and emerge feeling refreshed and revitalised. Diversify your self-care routine and make spa days a norm for a healthier you. So, when are you trying out your DIY spa day?

Every Woman **deserves a chance!**

Are you trying to conceive, planning to have a baby, dealing with fibroids, weight issues, loss of sight or in need of a surgery? Pay for quality health treatments with the **Maternal Health Service Support (MHSS) loan.**

Apply today to enjoy discounted interest rates, no fees, and a flexible repayment plan.

Send an email to
wcares@accessbankplc.com
to get started.



Banking with Access: Branch | ATM | online | mobile | contact centre

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

More information:
01-227-3005
0700-300-0000
wcares@accessbankplc.com
   
accessbankplc.com

MHSS; YOUR SOLUTION TO FINANCING YOUR HEALTH CONCERNS

Have you heard about the Maternal Health Service Support (MHSS) Loan? It's one of the numerous value propositions of the W initiative specifically tailored to support women. It was created to ensure that women can get access to finance their health concerns and pay back with ease, in the following areas:

01. Fertility

Over the years, MHSS has financed more than a hundred and two fertility procedures. There has also been a record of the successful delivery of eighty-one healthy newborn babies, including a set of twins and triplets, putting smiles on the faces of various families, via a successful IVF procedure.

02. Medical Bills

The loan covers medical bills such as natal support, dental care, orthopaedic treatments, optical treatments, bariatric, and any other specialised treatment.

The amazing thing about the MHSS loan is that;

- There are No loan fees attached
- You have access to a flexible repayment plan
- You can enjoy discounted financing options when you choose from our authorised and professional range of hospitals nationwide.

Ladies, a concern shared, is a concern half-solved. To get started, kindly send an email to wcares@accessbankplc.com

Goodbye Ladies!

Thank you for taking out time to read our February newsletter edition. I hope you enjoyed reading it as much as I enjoyed writing. Remember, this is a season to give and receive as much love as possible. What will you do to #enjoyvalentine? Feel free to tag us in your valentine posts on facebook, instagram or X @thewcommunity. For enlightening content, kindly subscribe to our YouTube channel @The W Initiative





• *Inspiring* • *Connecting* • *Empowering*