



Inspiring • Connecting • Empowering

The W Community

Monthly Newsletter



Hello Ladies,

You are welcome to another amazing heartfelt edition of our newsletter.

As a valued member of the **W community**, we would like to know how you are doing and likewise assure you that everything will be well. Stay focused on your goals and do not give up.

This month's newsletter is very important to us, yes! As women, we have decided to make it a personal affair. We have got some spicy hot gist to unleash, stay tuned as you read along. In our February newsletter, there was a blast of



amazing topics ranging from valentine date ideas, living a financial lifestyle of ease with the W debit card, and much more. If you missed out on any of these trendy topics, kindly follow us on Facebook, Instagram and Twitter **@thewcommunity**.

This month of March, we cannot keep our cool when it comes to entertaining a n d enlightening you with exciting trendy topics and gist on o u r newsletter.

**Now,
let us dive in**



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Embracing Equity: A task for all

If I asked you to differentiate between Equality and Equity, what would you say? Do you think they have the same meaning? Well, I beg to differ.

The difference between these two concepts is sometimes misinterpreted. Equality means every person at the table is given the same equipment to achieve their goals. Equity on the other hand, understands individual differences and circumstances; Equity allocates the exact resources and opportunities needed to reach an equal outcome.

Therefore, embracing equity is when you and I support each other and not by shying away from our own uniqueness or one another, but by celebrating ourselves and building a community where we can all thrive, even with our differences. For an all-round equity to be achieved, it starts with you and me.



HERE ARE 4 WAYS WE CAN EMBRACE EQUITY;

SPEAK UP AGAINST INSENSITIVE COMMENTS.

As you go on with your daily activities, you do tend to interact with different people, especially if your business or career requires it. People tend to give offensive comments intentionally or absent-mindedly. However, these comments should not be swept under the carpet.

If someone around you makes an insensitive comment about a person's gender or race for instance, politely call their attention to the comment and explain how it does not promote inclusion. The more you do this, the more likely we are to achieve equity.

You can respond to such insensitive comment with this statement, "That joke was unpleasant, because it doesn't portray respect to people who were born with a different skin color than you. I will be glad if you can learn to appreciate and respect others for who they are, we grow by lifting others."

EXAMINE YOUR POSSIBLE BIASES AND EDUCATE YOURSELF

Recognize that everyone has prejudices, work to identify, and address your own.

Reflect on your assumptions and beliefs and be willing to challenge them.

Furthermore, stay vast and informed about current events, especially those related to social justice and equity.

When we listen to different viewpoints while standing by our own beliefs, we grow and welcome new found knowledge.

HERE ARE 4 WAYS WE CAN EMBRACE EQUITY;

GIVE A VOICE TO EVERYONE

Allow others the opportunity to speak their mind and contribute to the conversation.

Usually, outspoken voices are heard. But how about silent voices that would also love to be heard but for one reason or so, they keep mute? Give them a voice.

This could be as simple as noticing that one friend or colleague hasn't contributed anything and so you could go ahead to ask, "Sophia, I haven't heard your opinion yet. What do you think?"

Lastly, if you feel like you are not outspoken, then you should seek ways to voice out. This is very easy. Begin from asking yourself what you think about certain things and sincerely write down your opinions. The world is full of possibilities and what if your idea is the solution everyone in the room needs? Speak up.

LEARN TO LISTEN

Listening to the perspectives of other people with diverse backgrounds, especially those who have experienced marginalization is an effective way of learning. Take time to understand their experiences and the challenges they face.

When other people give their opinions about an event or topics, avoid negating or shutting them off. Rather, try listening and communicating your feedback in a kind manner.

Embracing equity is a task for everyone, and this can be realized from as little as listening to others, giving everyone a voice, and also welcoming the opinion of other people.

Conclusively, by embracing equity, you and I can help create a more just and equitable world for us, and the people around us.



How to Utilize Science and Technology for Personal Development

With the development of the digital era, the world is evolving, and science and technology has a major role to play in digital transformation. This has largely impacted the banking experience from the traditional way to digitalized processes. In the past, do you remember how we would queue at the banking halls to send and receive money? Do you also remember how there was no access to the internet? Overtime, science and technology evolved, and the world became a better place, and standards of living has been improved.

Utilizing science and technology has now become non-negotiable, if you really want an all-round growth as a woman.

There are several ways you can benefit from science and technology for your personal development, and this is why I'm here, to share some tips with you.





How to Utilize Science and Technology for Personal Development

GET ONLINE COURSES AND ACCESS TO JOBS

With the internet, you can access high-quality and comprehensive educational resources from anywhere in the world. A lot of tertiary institutions offer free or low-cost online courses on a wide range of topics, including personal development.

You can take advantage of these resources to learn new skills and improve your knowledge in areas that interest you. You can get free and paid online courses from applications like Coursera, Udemy, edX, Code academy, Alison, etc.

Furthermore, you can also get remote and physical jobs from social media platforms like LinkedIn, Indeed, Fiverr, Upwork, etc.

TRACK YOUR PROGRESS

Science and Technology also exist when it comes to living a better lifestyle. There are many apps and devices that can help you track your progress in areas such as fitness, nutrition, and mindfulness.

By monitoring your progress, you can see how far you have achieved and likewise identify areas for improvement.



How to Utilize Science and Technology for Personal Development

USE SOCIAL MEDIA FOR INSPIRATION

Social media platforms are great sources of inspiration for personal development. You can follow influencers and thought leaders in areas such as mindfulness, business, career, lifestyle, fashion, self-improvement, productivity, etc., to get inspiration and guidance.

TRY VIRTUAL COACHING

Coaching has been known to boost confidence, improve work performance, and build effective communication skills. Gone are the days where coaching can only be accessed physically.

Thanks to Science and Technology, many coaches and trainers now offer virtual coaching services, which can be a more convenient and cost-effective way for you to access professional guidance. You can find online coaches and trainers whose niches are in areas such as personal development, goal setting, and productivity.

EXPERIMENT WITH NEW TECHNOLOGIES

As the world constantly evolves, do not be left out! Stay in tune with new technologies that can help you with personal development, such as virtual reality, biofeedback devices, and brain-training apps.

There are also new technologies that can help your business or career. With your phone, you can make normal videos and there are applications that can make your video stand out (especially for creating content) such as TikTok, CapCut, Instagram reels, Captions (for subtitles), InShot, and so much more.

Even though science and technology can be helpful for personal development, it is important to find a balance and not become overly reliant or addicted to them.

In conclusion, personal development requires self-reflection, self-awareness, and consistent effort.





The Access More App is the Bank in your **Bag**

Did you know you can perform a lot of banking services without necessarily going to the four walls of a bank?

Let me gist you. So, I needed my account statement for an official use. The thought of going to the bank was so tiring, let us not even talk about the possibility of meeting a queue. How about the stress of glamming up too? But I had made up my mind to get my account statement that day, I had procrastinated enough, and I had a deadline.

On getting to the Access Bank Branch I met other customers like me, sitting comfortably and taking turns to be attended to. "This could take my whole day", I muttered.

I got into a conversation with one of the bankers. It was so enlightening. The knowledge I got is what I would like to share with you today. She told me more about the Access More mobile App on my phone, and I am so excited to share the seamless process of using the App with you. So, come along.

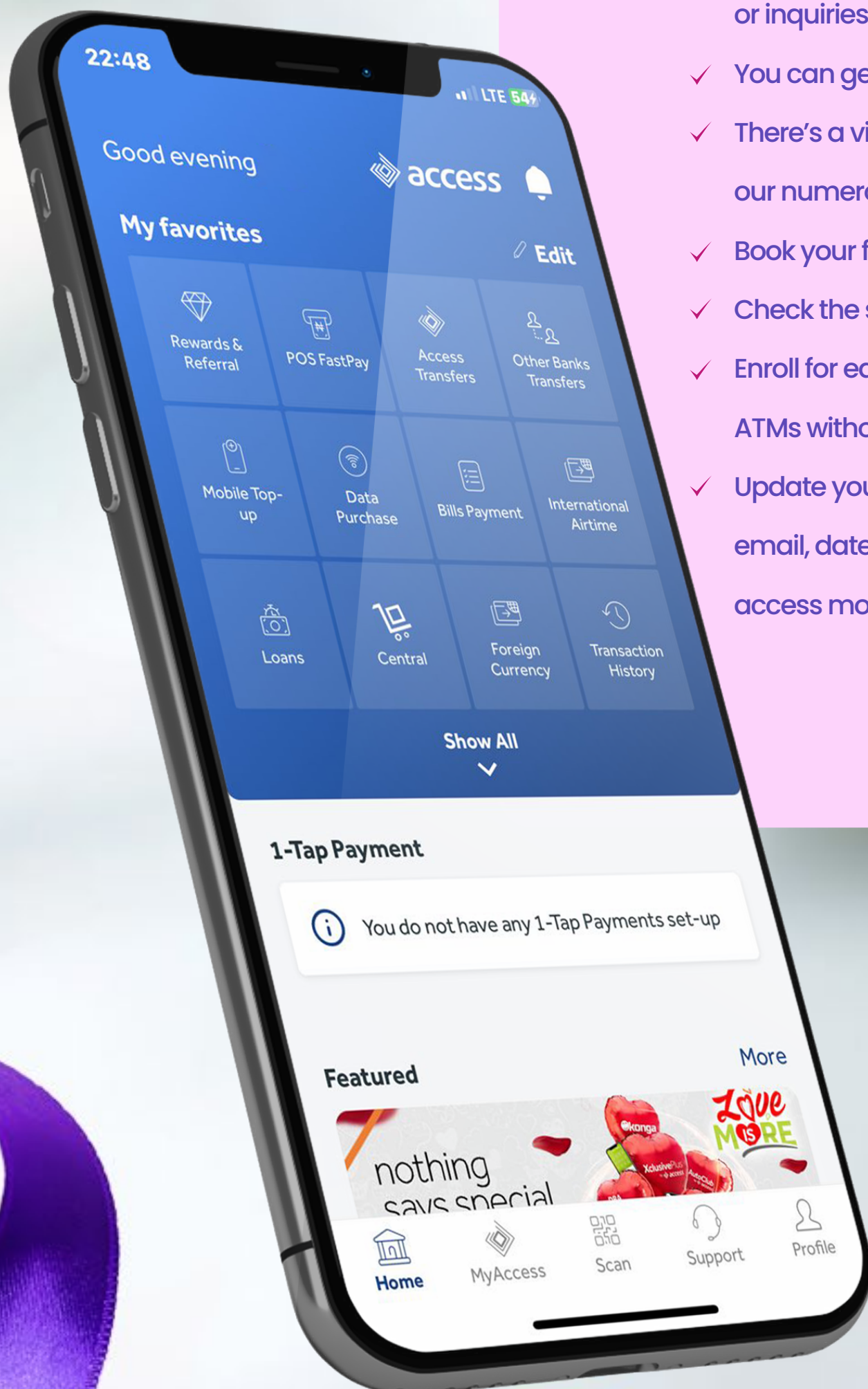
The Access More application, is a mobile payment application built on cutting- edge technology, offering tailored and personalized services, and excellent customer experience.

With the Access More App, you can perform various banking transactions, saving yourself from the stress of commuting to any Access Bank Branch near you.

I'll show you how, just stay with me.



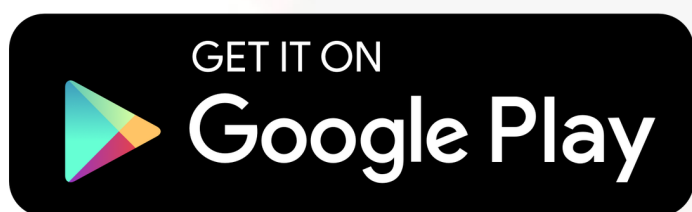
HERE ARE THINGS YOU CAN DO WITH YOUR ACCESS MORE APP;



- ✓ Pay bills and sort payments
- ✓ Send and receive money
- ✓ Check your account balance
- ✓ Customise your app outlook
- ✓ Access your account officer if you have complaints or inquiries
- ✓ You can get your account statement
- ✓ There's a virtual billboard to keep you updated on our numerous value propositions
- ✓ Book your flight tickets
- ✓ Check the status of your accounts
- ✓ Enroll for easy cash withdrawal at Access Bank ATMs without using your card
- ✓ Update your details such as your phone number, email, date of birth, marital status, etc., all on the access more app.

*I still cannot believe I went to the bank to get my account statement when I could have done it from the comfort of my bed! However, I am comforted because I'll save you the stress of going through what I went through. **Voila!***

Download the Access More Application today



to enjoy all these value-added benefits NOW





Access Bank Presents
***International
Women's Day
Conference 2023***

 10am

 March 23rd, 2023

**Registration details
will be communicated soon.**

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 let us know. Links within our mails will only take you to information pages on our website.

More information:
contactcenter@accessbankplc.com
0700-300-0000
01-271-2005-7





Celebrating Motherhood

When it comes to thinking or writing about motherhood, I am always lost for words. Mothers are giants and a strong force to reckon with.

Every year, mothers are celebrated around the world and this year, I really want you to applaud yourself, for every role of motherhood you have played.

Celebrating yourself as a mother is a great way to recognize your hard work and dedication to your children or the younger ones around you. This year, I will suggest a few ways you can appreciate and love on your motherhood journey:



Celebrating Motherhood

REFLECT ON YOUR JOURNEY

It is a good idea to reminisce on your journey as a mother. Journal your thoughts and feelings. Make note of the milestones and achievements you have made along the way.

GIVE YOURSELF A TREAT

Treat yourself to something special like a favorite meal, a change of wardrobe, or something you have always wanted. What is paramount is acknowledging your hard work and dedication as a mother, and to reward yourself for all that you have been doing.

Celebrating Motherhood

CELEBRATE WITH FRIENDS

Motherhood is a gift and it deserves to be celebrated. On Mothering Sunday, or any preferred date, celebrate yourself as a mother by hosting a get-together with your friends and family. This could be a brunch, photo sessions, a picnic, or a night out on the town. Ensure it's something you would enjoy, relax and have fun.

TAKE SOME TIME FOR SELF-CARE

As a mother, it is important to take care of yourself so that you can better care for your children. Find time to relax and indulge in self-care activities like a long bubble bath, a massage, treat yourself to a nice meal, etc.

Remember, celebrating yourself as a mother is a way to recognize your worth and value as a parent. You deserve to be celebrated, so take some time to honor yourself and your journey as a mother.

Bye Ladies!

Even though March has 31 days, remember that April is the beginning of the second quarter for the year 2023. How time flies right? So do not procrastinate on your goals. In doing this, remember that it is not how far but how well. So, take your time, achieve your goals consistently.

Do not forget that it's Women's month and it would be a major celebration for all of us at the **W Community**.

Watch out for the Annual International Women's Day Conference powered by the W Initiative of Access Bank. Slots would soon be released to register for the physical conference, and you do not want to miss out on this at all. If you would be unable to make it to the physical event or if you do not get a slot to attend physically, the good news is that you can connect from anywhere in the world virtually, the attendance link would be shared, so watch out!

*Like we have discussed earlier, what would you be doing to **#embraceequity**.*

Do not forget to do the tag us on your stories on Facebook, and we will repost. Have an amazing

*#embraceequity sign, take a picture, Instagram and Twitter **@thewcommunity**, month ahead, see you in April!*

