

CRYSTAL EDGE
PROFESSIONAL SERVICES

ABOUT US-

CRYSTAL EDGE PROFESSIONAL SERVICES

Cystal Edge Professional services is a registered (RC 313217) training and branding consultancy company in Lagos Nigeria that offers training courses to individuals and corporate professionals / organizations as well as branding consultation

We specialize in Corporate Branding consultation and Training. Personal development trainings and courses which also doubles as tools for professional growth for individuals, business owners and corporate organizations, who are passionate about improving their personal

lives and increasing their employee's productivity to achieve all round results

For more info visit our website
www.crystaledgeprofessionals.com

We later discovered that it's not everyone that is in paid employment and this makes it difficult for most individuals to access quality training and self-development activities. That is why we created 2 online Academy one for Personal Development and the other for Branding

PCD ACADEMY (Personal & Career Development)

PCD Academy is an online arm of CRYSTAL EDGE PROFESSIONAL SERVICES and the aim of creating it is to help individuals and young professionals have access to personal development trainings at their doorstep in a more convenient way which is via online platforms.

PCD ACADEMY is an online group coaching platform where individuals and young professionals who are passionate about their personal development/growth are trained. Out of the hundreds of personal development skills we have, we specialize on just 4 of them which are:

- Self-series
- Emotional intelligence
- Public speaking
- Personality development

In PCD Academy, we help people get clarity on their talents, passion and natural gifts. We help them sharpen their skills in order to facilitate employability, enhance the quality of life and contribute to the realization of their dreams and aspirations. We also teach them how to make money from these skills, talents and passion.

For more information visit our website crystalclearwithoa.com/service/pcd-academy

MY BRANDING ACADEMY

My Branding Academy is another online arm of CRYSTAL EDGE PROFESSIONAL SERVICES that specializes on Branding. We train individuals and small business owners on Personal branding and Business Branding. It's a DO-IT-YOURSELF approach that we create in order to help small business owners who cannot afford the cost of getting a consultant to brand their business.

After the training/coaching they will be able to build a brand for themselves using their talents, passion, skills, knowledge, experience and expertise. And small business owners too will also be able to build a brand for their businesses (existing or new)

All trainings come with 3 months Mentorship and 7 ebooks

For more information visit our website crystalclearwithoa.com/my-branding-academy-brochure/

For more information on what we do at Crystal Edge Professional Academy, PCD Academy and My Branding Academy contact us at

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**CHIEF
EDITOR**





EDITOR-IN-CHIEF PUBLISHER'S NOTE

Hello beautiful people, Welcome to the maiden edition of this intriguing magazine. I am proud to present this organization(Crystal Edge Professional Services) that is passionate about seeing entrepreneurs get it right in terms of branding and training

Well before the Covid-19 pandemic broke out, the media had been undergoing a campaign that emphasized the need for businesses and corporate organizations to promote their personal brands.

I welcome you to my world; a world of crystals. My name is Omobabinrin Adeola Osideko, I am a native of Ogun state, Nigeria and by extension a crystal blooded African woman. I am a trained accountant and yes, I am a full-time accounting professional with an international organization based in Abidjan Cote d'Ivoire. I had my 1st and 2nd

Degrees in Accounting but discovering that there is more to life than just pressing figures spurred me to pursue my passion.

You can call me a talk general because I love talking. Infact, I am never tired of talking as long as the discourse is within my areas of interest which are clarity, influence, business, branding, personal development, training and coaching and of course I also love fashion.

I am a fashion enthusiast who believes in looking good. I have a lot of interest in decent and stylish dressing because I believe one's appearance says a lot about one and that style is the only thing that cannot be bought. It's not in a shopping bag. Neither is it in a label nor a price tag.

As a style enthusiast, I believe that style is a reality reflected from an individual's soul to the outside world—an emotion. A good percentage of people's perception of a person is based on the person's physical appearance- from how trustworthy you are to what your personality looks like.

I am a brand ambassador of 3 notable brands with the most recent one being a Fashion Academy. Oops, that's a dream come through as it gives me the needed platform to express my fashion sense. The fashion enthusiast in me sees fashion as a popular culture that can be harnessed to pass a message to different generations.

Personal development is an area I am really passionate about because it's an area that is non-negotiable. The fact that it is not taught in schools implies it is your personal responsibility to make it happen. I have 3 children and I am already helping them become intentional about their personal development journey.

As a personal development coach, I shouldn't slack in giving my children the required help they need on their personal development journey. My first daughter clocked 9 on October 13, 2020 and she

released her first book titled Laura's Holiday Diary. Oh, I was really amazed when I found out that she was writing a book.

Telling you the above about me without mentioning my love for Green as a colour would be unfair. I also have a thing for black but of recent I got lots of head up that yellow always looks great on me...so yellow is good to go too (Smiles)

There are lots of interesting and informative topics about business growth, fashion and lifestyle, creative images, and educative/informative content for your personal/ business development in THE CRYSTALS.

The lustrous and beautifully designed pages illustrate images of our past events and activities thereby giving you an understanding of how far we have come as a brand.

There are also 4 iconic brands gracing the cover page of this rich magazine whose stories will interest and inspire you that impossibility only exists in the dictionary

It isn't my intention to keep you glued to this page, I therefore implore you to turn to the next pages to savour enjoy the riches of the magazine. Have a great time with THE CRYSTALS and permit it to refine you as the crystal that you are!

Omobabinrin Adeola Osideko,
Editor-in-Chief
Principal Partner/Lead Consultant,
Crystal Edge Professional Services



SELF- DISCOVERY AND YOU

Self-discovery is a journey into your reality; a journey sparked off by questions you ask yourself and seek answers to in order to create a grandawareness about your existence.

You might have found yourself totally lost in the past yet following certain paths designed for you by others which often lead to nowhere. This is because you are the only one permitted to create the compass needed to guide your life.

The quest for Self-discovery is often prompted by questions such as:

"Who am I?"

"Why am I here now?"

"What do I need to do?"

"How do I go about it?"

There are a plethora of questions along the path of Self-discovery as a deep insight into your real self is very important on this journey.

Also, a good understanding of your personality and temperament serves as a guide to identify your strengths, weaknesses, abilities as well as prospects.

An ineffective approach is to start with the above questions one after the other; as you get answers and work those answers while keeping your mind on the goal which is the to discover yourself, others will pop up.

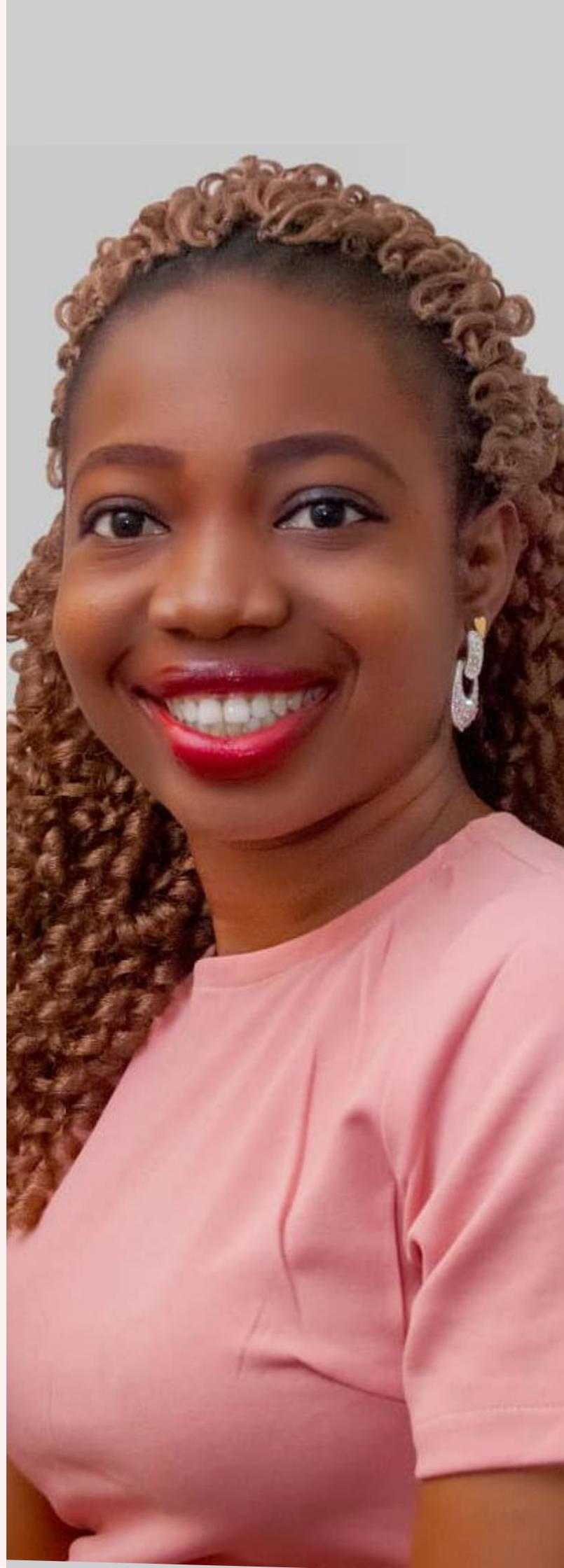
There is no promise of a smooth ride though as you are bound to encounter little frictions here and there. However, the wisdom you glean along the way will keep you focused on and determined to fulfill your purpose.

Francesca Isi Igoche
Fashion Entrepreneur & Self-Discovery
Advocate
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EMOTIONAL HANDLING PAIN IN WOMEN

Many women in their mid-30's and early 40's are dying of emotional pain. The cause of emotional pain varies from woman to woman. Some worry about being unmarried, single motherhood, widowhood, divorce, marital separation, infertility, joblessness, school fees, failing health, rent, relationship and love issues... The list is no doubt an in exhaustive one.

No matter how justifiable the root of emotional pain may appear, the negative effects on the victim cannot be downplayed. For instance, emotional pain has been known to cause cardiac arrest, chest pain, stroke, sudden severe headache that can lead to blood clots in the brain which is life a threatening condition. Severe emotional pain could lead to death and is behind certain suicide cases.



Emotional, psychological or mental pain is an extremely unpleasant condition which is described by the degree to which an individual hurts her feelings as a human being. It could also be described as a form of mental suffering or torment.

This form of mental suffering is often accompanied by a form of "brokenness" resulting from emotional wounds, loss of self-awareness and purpose, disconnection from positive realities and a critical awareness of one's negative attributes.

TYPES OF EMOTIONAL PAIN

Sadness, Unexpressed Anger, Anxiety, Shame and Guilt, Rejection, Grief, Loneliness, Brooding, Failure, Depression

EFFECTIVE WAYS TO RELIEVE EMOTIONAL PAIN

Observe and acknowledge your emotions.
Validate your emotions.
Focus on the present.
Find new hobbies.
Be emotionally active.
Don't ruminate over unpleasant situations.
Desist from telling negative stories.
Unburden your hearts through crying.
Make a list of what you are thankful for.

Fight for your peace of mind and sanity.
Talk to good counsellors or therapists.
Tell your problems to God in prayer.
Don't be pressured by the society or cultural norms.

Find you. Do you. Be happy.

I have been through some of these so I can relate with every point here and all I can say to you is woman, just breathe! In all your challenges, find the strength to keep going on.

No doubt you may be going through some situations that are beyond your control but do not lose yourself amidst your pain. When life knocks you down once, get back up a hundred times. May we not die before our time in Jesus name. Amen.

Mrs Omotere Akinyele O.
Health Administrative and Patient
Engagement Manager
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GENDER-BASED VIOLENCE: AN OVERVIEW

Gender-Based violence is any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering of the victim. This includes threats of violence, coercion or arbitrary deprivation of freedom, whether in public or private.

This form of violence has become a trend not only on social media but also on pages of Newspapers, magazines, online news platforms and even on television screens. Every now and then, we read and see what happens to people as a result Gender-based violence.

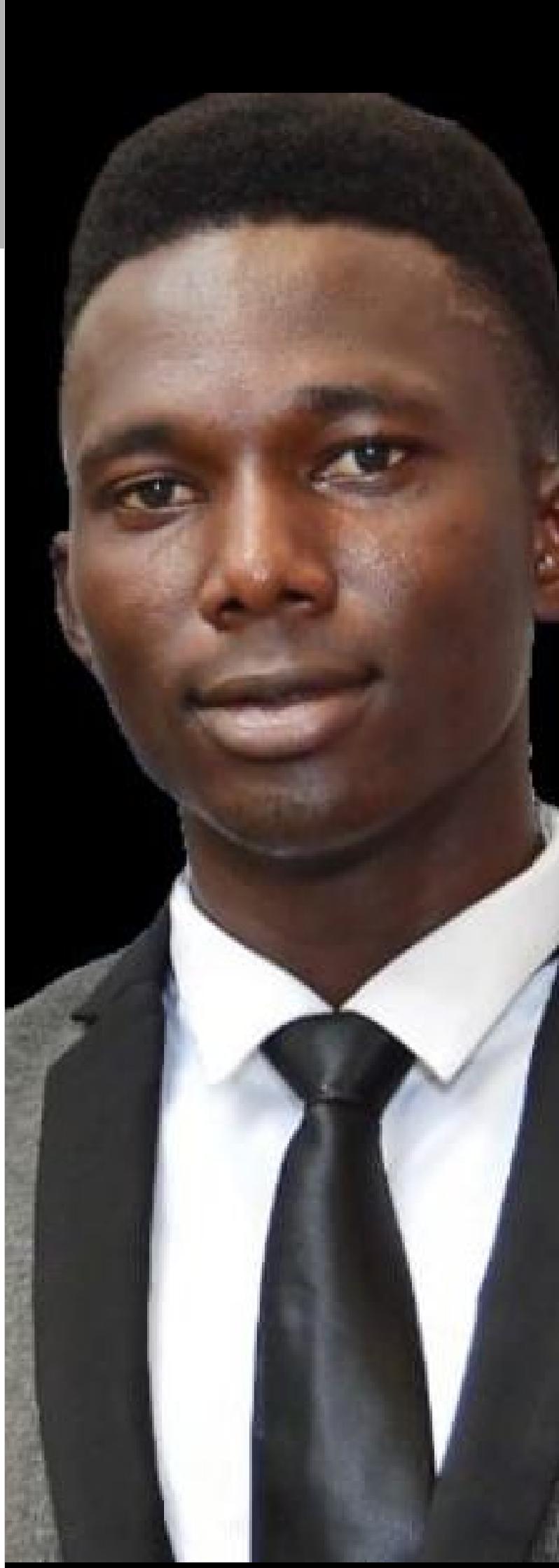
Many lives have been tampered with, many dreamsshattered, and many cannot forget in a hurry their experience of Gender-based violence.

- Hunger
- War and conflict
- Gender Perception

The European Institute for Gender Equality (EIGE) defines Gender-based violence as violence directed against a person because of their gender. Both women and men experience gender-based violence but the majority of victims are women and girls.

With the above information on the subject matter, it implies both men and women can suffer from Gender-based violence but the highest numbers of victims of such social vice are females.

OLUFEMI, Damilola C. 09032669047





**RUNNING A BUSINESS
WITH THE NEW MEDIA:
THE CHANGING
WORLD**

One of the most difficult challenges in business is information management and any business that is not given a voice will not be heard.

Every business needs proper management of tasks, people, roles, and technology to achieve an unhindered flow of information. Information flow is simply the movement of information between people and systems.

Some years ago, electronic communications (early radio, telephone, and telegraph) were one-to-one, with the message intended for a single recipient. The New media has however modified information flow with its sophisticated technology.

The various forms of the New media are not only used for exchanging information, they also provide us with personalized markets such that afford customers to be in the comfort of their closet while interacting with your products.

In this 21st century, the New media have expanded the speed of reach of information as businesses can interact with customers through CSR, promotional campaigns—PR, advert, sales promotions (sales, bonuses, contests, discounts, etc) without location being a barrier.

The Covid-19 pandemic revealed a reality that businesses need to go digital and embrace the new media with its technological features. With the advent of the new media businesses are now provided with a global dimension of reaching customers and only those who can harness it will survive in the changing world.

Collins Odigie Ojehonor
Director Publicity And Media
PCDAcademy.
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SAFETY NOTES

When we talk about safety, what comes to most people's mind is safety at the workplace. While that is important, we must not neglect other areas such as our personal safety, family safety, child safety, community safety or school safety.

As parents, it is important that we pay attention to our family and children's safety so as not to leave them vulnerable.

According to UNICEF, over 1.2million children are not well protected annually.This is why parents must teach their children some important aspects of their personal safety and what to do when in danger so that even when the parents are out sight, they would be able to take decisions that would guarantee their safety.

There are also different threats to a child's safety even within the home. Don't wait until a child becomes a victim before you begin to teach them. Vital awareness such as body safety and creating a family password will help protect them from predators.

If as a parent or caregiver you don't know how to go about this, you can reach out to people working with children like me, so as to make available the resources and information needed to assist you in creating a safe environment for your children.

Tolulope Akingbade
Child Safety Advocate
School Safety Consultant





BUILDING A HEALTHY SELF-RESPECT

You cannot like another person without first liking yourself; same as you not being able to respect another without respecting yourself. It is very difficult to respect others when your tank of self-respect is low.

When an individual doesn't like, love and respect himself or herself, such will always find a way to go through life blaming other people for all the pain encountered on the journey of life. This no doubt often results in the person being consumed by anger, frustration and depression.

If you do not build healthy self-respect, you will be stressed out negatively greatly. Choose to stress yourself by building a healthy self-respect than get stressed out because of lack of self-respect.

A healthy self-respect is based on viewing yourself positively. Self-respect is taking pride in yourself, for who you are, and forgiving every past mistakes.

It is really difficult but not impossible to overcome some self-respect issues. You know you have when you can look in the mirror, smile and tell yourself that you are a beautiful person.

That, I must confess, is an amazing feeling everyone must experience.

Hope Aigbeto
Self Series Coach
Positive and Healthy Lifestyle Advocate

TEDx Bingerville

**Omobabinrin
Adeola OSIDEKO**

(Ms.c, FCCA, CPA)

Organiser, TEDxBingerville



The Entire Board of Management of PCD Academy wishes to felicitate with our Senior Director Omobabinrin Adeola Osideko on the approval of her license as a TEDx Organizer. We pray this new feat opens greater doors for you and gives you more territories to conquer
Congratulations madam

Signed
Collins OdigieOjehonor
Director Publicity and Media
PCD Academy



**EXCLUSIVE
INTERVIEW**

EXCLUSIVE INTERVIEW WITH NAOMI

ABOUT YOU

1. Full Name?
Naomi Osemedua
2. Birth date and month?
August 28th
3. Do you speak any other languages?
English and my native language - Esan
4. What is your favorite dish / song / sport
Pounded Yam and Banga Soup/
Currently- Obinasom by Mercy Chinwo/
Swimming.
5. How do you relax? -
I love to read and watch what makes me laugh (E.g- Comedy).

SUCCESS STORY

1. What are the five unique things that best describes you?

I love God and I am unashamed to talk about him.
My smile.
The Sparkle Effect
My Story
My Life mission- On the road to Dying empty.

2. What motivates you?-
Making a Difference in the World!

3. What mistakes have you made along the way?-

I ran away from home at the age of 22 and eloped. It was a decision that changed my life but I am happy to say God turned it around for my good!

4. When did you consider yourself successful?-

My Life Mission is to 'DIE EMPTY'. Everyday I wake up, I am intentional about Blessing the world with my gift through my teachings, writing, coaching etc.

I really consider myself Successful everyday because for me... Success is not a destination.

5. How do you push through your worst times?

I pray and ask God for direction. I rest too cos sometimes we just need a reset to bounce back. I also love to meditate and listen as God speaks.

WORK AND ACHIEVEMENTS

1. What are your greatest achievements?

Going from Backstage to Centrestage and Blessing the World with the Gift of me!
2. Tell us more about 'Sparkle with Naomi'?

What started as a decision to 'Go Live'

5 years ago on the Periscope platform has led me to places around the World that I could have not imagined. Today at the Sparkle with Naomi company, we are passionate about changing the World one person at a time.

As a Mindset Coach I work with Impact Driven Entrepreneurs/Corporations and Institutions who desire more but are struggling with feeling stuck and lack clarity for the next step.

I instead, help them gain self-awareness as they cut out the noise holding them back, realize their true essence so they can go from BACKSTAGE to CENTRESTAGE and impact their world like only they can.

From Nigeria, to Zambia, Dubai, Egypt, India and the USA, I continue to impact thousands of entrepreneurs and personal brands with the message.

"Why be local, when you can be Global!

I am a Philanthropist and founder of Hajara's Purse - A COVID 19 Miracle distributing funds to those who desperately need support. In just 6 months, alongside my power team, we have raised over \$22,000 ...changing the lives of others.

3. How did you get the name 'African Queen of live streaming'?

On April 11th 2016, after 6 months of Going Live- My Channel on Periscope trended, making me the First African Woman to trend on the platform hence the name... The African Queen of Live Streaming.

4. Who do you look up to for inspiration and mentorship?

JESUS! But I have also been Blessed with Mentors- Fela Durotoye, Dr Myles Munroe, Mrs Udo Okonjo and countless others through their books.

PROJECTS/WORK IN VIEW

1. What project(s) are you working on currently?

We have a few projects in the works but the most critical for such a time as this is our "Trash the Labels initiative". Watch out as we launch in a few weeks.

2. Word(s) of advice for people who have lost hope over ever being successful in life due to challenges, background or experience.

Do not give up!

There is Hope to those who are joined to the living!

Thank you.



*Exclusive
Interview*



MONIQUE

EXCLUSIVE INTERVIEW WITH MONIQUE

ABOUT YOU

1. Full name?
My name is Lawal Temitope Monique
2. Birth date and month?
Born on 15TH of March in the 1980s
3. Tell us about your educational background?
Born, bread and brought up in Lagos. I schooled in Lagos. Primary education at Saint Kizitos Catholic Primary School. Secondary education at Uju Grammar School, Uju Lagos. University education at University of Lagos, in Lagos State.
4. How do you unwind?
I love to dance. I also love to work out at the gym.
5. What is your favorite color/dish/hobby?
My favorite color is pink. Favorite dish is basmati rice with ofada stew. Favorite hobby is dance!

SUCCESS STORY

1. What are the five unique things that best describes you?
 - Humility: I'm humble, open-hearted and welcoming
 - I'm kind: I love to help others
 - Fragile: very emotional
 - Smart: a goal getter

-Hardworking: I don't get tired until I achieve my goals

2. What are your strengths as a gospel singer?

My strength lies in the guidance of the Holy spirit. I don't just write lyrics. I ensure that my message becomes what my listeners can either relate with, pray with and be encourage by.

3. What difficult situations have you overcome in your musical career?

I had bad press sometimes in 2013. I have never had that kind of experience in my entire life not until that time in 2013. It was not so easy dealing with it but it was a good experience because it helped me to realize that things will not always go perfectly in life. The experience helped me grow into a stronger woman.

4. What is the biggest factor that has helped you to be successful?

The biggest factor that has helped me to become successful is the 'GOD factor'. Moving closer and staying with God. I seek the face of the Holy Spirit before I make a move in my life and I have never been disappointed. He has been helping my life, family, ministry and my career.

5. Where do you see yourself in the next five/ten years?

I see myself still winning souls. Doing what God has called me to do. All I have wanted in life is to align with God. I see that happening every year as I grow in grace. I see people being healed by my ministration, testimonies abounding. All these has given me the confirmation that God is on my side and I see myself winning more for GOD.

WORK AND ACHIEVEMENTS

1. What is your greatest accomplishment?

I will say that my greatest accomplishment is choosing God over everything in life. Having worked as a banker for some years, I chose to work in His vineyard. This is because I have been able to do for God that which He has called me to do. I have led the people of God in His presence. I have helped people to change their minds in decision making. I have delivered the message of God to the people and I have contributed to the healing of so many. My ministry has helped humanity at large.

2. How would you describe the music that you typically create?

I will describe my music as God's message. I don't just create music, but I get inspirations from the Holy Spirit. I sometimes receive songs from my dreams which to me isn't ordinary. It is a message God has dropped inside of me for His people. Whenever that happens, I work on them, go to the studio, drop the song and testimonies abound from the messages of the songs. This however encourages me a lot to remain strong in the Lord. In a nutshell, the music I create is basically a message from God.

3. Tell us more about 'Monique'?

My life is like an open book. My life is out there. I'm a minister of God who preaches the gospel through songs. I am the last child in the family of ten. I am my mother's

daughter, my husband's wife, my children's mother, my sibling's sister, my friend's friend, my pastor's brethren, a citizen of Nigeria, an award-winning gospel artist. I'm caring and loving to everyone around me. I am very emotional. I detest stepping on people's toes. I love a lot and most especially, I love God more than anything. One thing people do not know about me is the fact that I love to make hair. I dance a lot; I laugh a lot and I am a fashionista. *winks*

4. Who would you like to collaborate with?

I have worked with couple of artists, such as Infinity, Kenny Kore, David Kanji, Midnight Crew, Mike Abdul, Patricia Uwaje-King, Sammie Okposo, Barakah (a gospel artist from Cameroon), among others. Maybe I would like to work with MO. But I am still considering working with My Spaghetti crew. We have been working together for sometimes now and it has really been so amazing. Anytime I am called for featuring, I respond. But for collaboration, I am not thinking of anyone for now.

5. Who do you look up to for inspiration and mentorship?

I look up to GOD majorly. I have been betrayed by Man, which prompted me to always look up to God through the Holy Spirit. Though I like a lot of people. I learn from them, especially their success and mistakes. But God and the Holy Spirit are my source of inspiration and mentorship.

PROJECTS/WORK IN VIEW

1. What project(s) are you working on currently?

Three of my singles with videos are trending online as I speak. The first one is 'Secret place', the second is 'Ride on' while the current one which was taken from by 2018 (Working for Me) album is 'Hallelujah all the way'. I just decided to shoot a video for it. I am also working on my EP, which will be concluded next year and hopefully to be released on my next birthday by God's grace.

2. What would you be doing right now, if it wasn't for your music career?

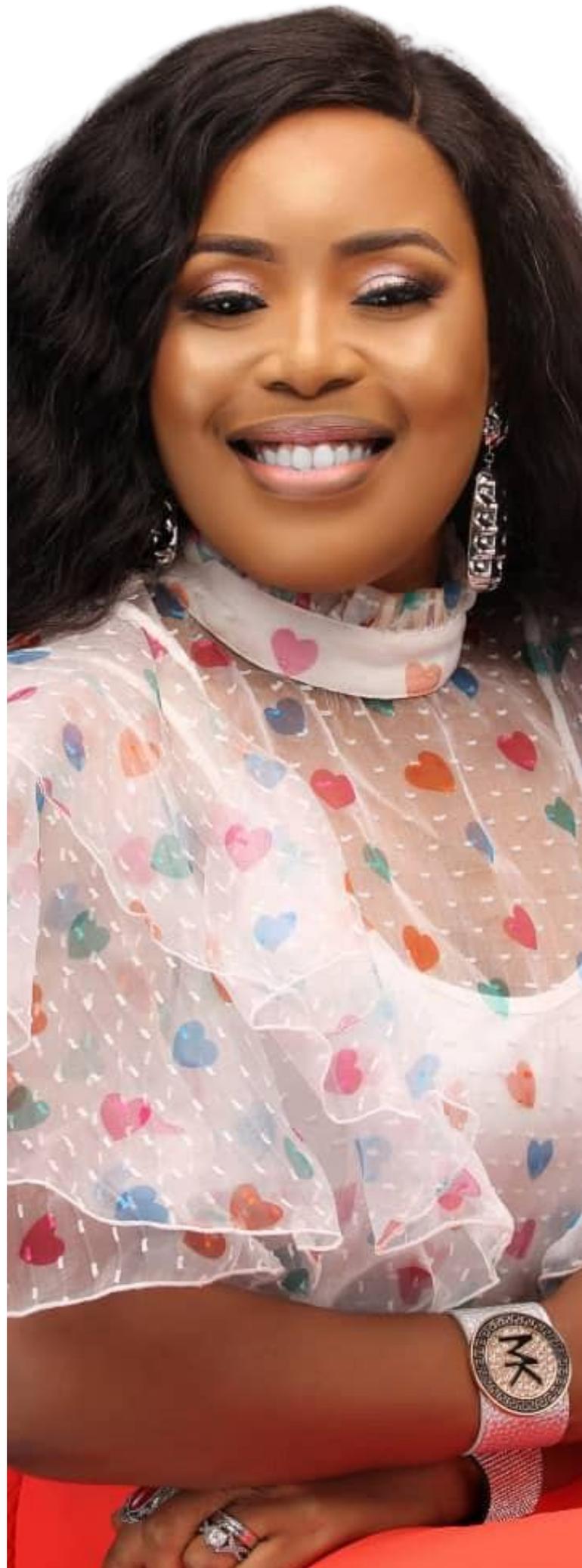
I probably be a hair merchant. Buying, selling of hair and making peoples hair. I can fix, thread, braid and do anything concerning hair making. I love to make people beautiful. So, if not for my music career, I would probably be in the beauty world especially in the hair business!

3. One word for your fans?

My fans are my family. Thank you for believing in my ministry, thank you for accepting God through me. Thank you for praying for me and supporting me especially when the going was tough. I want to say, don't stop supporting me!

For those still seeking God's face for miracles, stick to Him alone. There is virtually nothing at the other side. Stand for God no matter how the storm blows. I love you all!

Thank You.



**EXCLUSIVE
INTERVIEW**



EXCLUSIVE INTERVIEW WITH TOSIN BEE

ABOUT YOU

1. Full name?
ADEJUMOBI OLUWATOSIN AKIN
2. Birth date and month?
MAY 24
3. What is your favorite dish/hobby/sport?
AMALA/ SINGING /SNOOKERSS
4. How do you relax?
VISITING SOME RECREATION FACILITIES
5. What first got you into music?
NOTHING REALLY , WAS JUST ALWAYS SINGING WITH FRIENDS EVERY EVENING.

SUCCESS STORY

1. What are the five unique things that best describes you?
HARDWORKING , GOD LOVER, PATIENCE , HUMILITY , TEAM PLAYER
2. What motivates you?
SUCCESS FROM MY ENDEAVOR AND AM

CHALLENGED WHEN I SEE PEOPLE AROUND ME SUCCEEDING

3. What mistakes have you made along the way?
PROCRASTINATION
4. What is the biggest factor that has helped you to be successful?
GOD FACTOR COUPLED WITH HARDWORK

5. Where do you see yourself in the next five/ten years?
AT GOD'S DEFINITION OF TOP FOR ME

WORK AND ACHIEVEMENTS

1. What are your greatest achievements?

The Positive Impact My Music Is Making In The Life Of People. I Feel Happy When They Get To Share With Me

2. How would you describe the music that you typically create?

Its A Fusion Of African And Contemporary Gospel Music

3. Tell us more about 'Tosin Bee'?

I Was Born In Ogbomoso , Had My Primary School There, Finished My Secondary School In Baptist Private Comprehensive College Ogbomoso. Had My University In Olabisi Onabanjo University Ago-iwoye Ogun State . Studied English Language. I Am Married .

4. Who would you like to collaborate with?
KIRK FRANKLIN, TOPE ALABI

5. Who do you look up to for inspiration and mentorship?
BIG B

PROJECTS/WORK IN VIEW

1. What project(s) are you working on currently?
WORKING ON A NEW ALBUM.

2. What would you be doing right now, if it wasn't for your music career?
MAYBE A LAWYER.

Kindly note that you are precious to us and the above interview questions are vital for necessary documentations.

Thank you!

**EXCLUSIVE
INTERVIEW**



EXCLUSIVE INTERVIEW WITH LARRY J

ABOUT YOU

1. Full name?

OLANREWAJU GREGORY aka Larry J

2. Birth date and month?
21 December

3. Tell us about your educational background?

Graduate of Olabisi Onabanjo University, Project manage professional and an IT expert.

4. How do you unwind?
I enjoy sleeping to unwind.

5. Have you always wanted to be a comedian?

NO! being a comedian was one of my greatest fear. But I realized I needed to standout and here I'm today, doing greatly as a comedian.

SUCCESS STORY

1. What is the best thing about your job?

Putting a smile on someone's face gives me so much happy.

2. What is your most memorable moment in your career so far?

When I performed at the 'Experience'

3. What is the worst thing about your job?

No matter what I am going through, I still have to make people happy forgetting my own challenges.

4. What is the biggest factor that has helped you to be successful?

The grace and love of GOD towards me has helped me to be successful.

5. Where do you see yourself in the next five/ten years?

I see myself as a great philanthropist even in the entertainment world.

WORK AND ACHIEVEMENTS

1. Is there anything you won't joke about?

The things I won't joke about are the things of the spirit. I believe the spirit controls the physical, so I don't see any reason why I should joke about it. I don't joke about eternity and I don't joke about the Holy spirit.

2. How do you practice your jokes?

I don't practice my joke; I just say it the way it comes to my mind. While I was in choir, I don't go for practice, so why should I practice my jokes.

3. Tell us more about 'Larry J'?

Larry J was gotten from the name OLARENWAJU. I am a Nigerian; I am gentle and really don't talk too much. I don't like being stressed by anyone. Sometimes, I bully people that are close

to me because that's the way I express my love to them.

4. Who really makes you laugh?

Lots of people makes me laugh, most especially my wife. My mother is the greatest comedian I've ever seen.

5. Who do you look up to for inspiration and mentorship?

I have lots of mentors and lots of inspirational people. But the one person who remains constant is the Holy spirit. There are some people I look up to also, who he has been using directly or indirectly for me, the likes of AY COMEDIAN, ALIBABA, BASKETMOUTH, STEVE HARVEY, KEVIN HART among others. We need somebody to get to where we are going or where we want to be. So even as I have spiritual and family life, I have people I look up to, not just comedy.

PROJECTS/WORK IN VIEW

1. What project(s) are you working on currently?

I have quite a number of projects. Presently, I am working on a virtual show where people would have fun. I also have plans to help the needy.

2. If you were not a comedian, what job would you do?

I would probably would be a doctor.

Thank you!



EMOTIONAL ABUSE & ITS EFFECTS.

Over the years, I have met different people who are not aware of what this means, many know about physical abuse but very few know about emotional, mental, and financial abuse.

For the sake of this article, I will focus on emotional abuse.

Emotional abuse is anything that involves someone shouting at you, swearing, or using negative words at you, making you second guess yourself and doubting your competence. It can go as far as always rejecting anything you say, gaslighting you and manipulating the truth, or even making their lies look like the truth.

The presence of emotional abuse in anyone's life is a time bomb that must be dealt with as fast as possible.

I know a woman who feels she is fine but was indeed not fine, she has been in an emotionally abusive marriage for years, she thought it was not a big deal until it started having effect on her health and skin. She went from being confident to being afraid and shy. It went so bad that she started forgetting things, had insomnia, and skin discoloration.

She invested so much in drugs and creams to feel better, even bought cloths to look good but she never did until she left the toxic relationship. The amazing thing was



she started seeing positive changes barely two weeks after she left. She realized how even her dress sense was zero. This is because emotional abuse affects your reasoning and coordination.

Often time, the skin issues many people have is as a result of the emotional abuse they are going through, I have counseled a lot of people who by the time we are having our third session wish they knew earlier. Some come to me for styling consultation, (I am a fashion enthusiast and personal shopper) only to discover the first solution comes from within.

Here are few signs that you may likely be experiencing emotional abuse.

- You are always expected to stop anything you are doing to do what the person abusing you want you to do.
- Your abuser invalidates your feelings or downplay it, or even make you feel guilty for feeling that way.
- Your abuser dismisses your dreams and aspirations. They make light things that are of great importance to you.
- They accuse you of being too sensitive or emotional, or they say you are imagining things.
- They do not give you any breathing space and expect you to always be at their beck and call.
- They tell you your perceptions are wrong and that you are ignorant of what you are talking about.

No amount of makeup or dressing can cover the effect of emotional abuse on you. Just like the woman I wrote about up earlier; it creeps in on your health and by the time you are realizing this, there would have been lots of damage done.

What then is the solution?

Leave the situation, environment, relationship. Remaining there and seeking help is like fetching water into a basket.

Get help by going for therapy/counselling:

until someone shines the light to your blind spot, you cannot tell what damage has happened.

Work on yourself from the inside; be deliberate and intentional about this.

Believe you deserve more than you are being offered.

Written by Ruth Oluwadare
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CAN YOU FIND
YOUR NAME ON
GOOGLE?

What do you see when your name is typed on google? Are you concerned about your online and offline presence? Be mindful of the types of content you post and comment on, and your comments on posts. All these determine how you are perceived by people and it ultimately affects your personal brand.

Your brand is important and you should be intentional about all you do around your person and your persona.

The onset of the personal branding journey is always full of doubts. A deep understanding of your brand vision and promise is necessary to help you stick to your vision.

The truth is everyone is born unique and for a purpose. Everyone has a brand. Knowing your purpose helps you to determine your niche. Your brand has to fit your persona.

Conducting a regular SWOT check on yourself helps in understanding who you really are. Your weaknesses and threats can be turned into opportunities which can further project your brand positively.

Your reputation and how you are perceived by people is very important. Your brand sets you apart from other people with similar skill sets. It is a shortcut for introducing yourself, and an effective way of drawing people to your business. You are too unique to be ignored. Your gifting is special and should be shared with people for it to be worth the while.

What is your distinction? Your brand becomes what you are known for. Every brand has a personality and is recognizable with either a color association, design or logo. Know who you are and direct your energies intentionally in the direction of your niche.

Remember that your brand is 'YOUNIQUE'. Your originality and authenticity cannot be overemphasized. You are you, be committed to your brand journey.

Written by Blessing Dan-Egua
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SHOES TRANSFORM YOUR BODY LANGUAGE AND ATTITUDE, THE REAL PROOF OF AN ELEGANT WOMAN IS ON HER FEET

Just like I told you in my welcome note as the editor-in-chief, that I am a fashion enthusiast who believes in looking good because your appearance has a way of influencing how people perceive you. Ohh I didn't remember to tell you that SHOES are my favorite fashion accessories, if you want to make me really happy then get me a good shoe (smile).

Shoes have moved on from being just a means of protecting your feet from all kinds of harmful

substances present in the exterior; today they imitate style, individuality, social class, and gender recognition. Our feet are important foundation of our everyday lives and so it demands adequate care and support to make us look and feel good.

Having an all-inclusive shoe wardrobe is as essential as having a wardrobe stuffed with clothing and other important accessories. For some people, it is the easiest to overlook the least prominent part of an outfit, shoes;

however, it is imperative to understand that whatever we wear or put on is an integral part of the overall look.

Shoes are an indispensable piece of attire that assists you in creating an impactful impression on others. This is an important reason why you must opt for a good pair of shoes meticulously. They help you in conveying your persona in a unique way.

Things to consider when making a choice of shoe for your outing

- Type of outing- there are different kinds of shoes and the kind of outing you are going has a huge role to play when picking your footwear. For instance, it more reasonable to wear a tennis or sneakers for sport activities while attending an event such as a wedding or other banquet type party, the high heeled shoes will make a grand return. Most women will wear them to complement their dresses. Tennis shoes are a favorite when doing things like gardening, shopping, cleaning the house, etcetera.

These shoes provide comfort and protection to the feet. If a woman is working in the yard or playing a game the tennis shoes will protect her feet while keeping them comfortable. If she is spending the day shopping tennis shoes will make her day easier on her at the end when she's walked for many hours.

- Type of outfit- The type of outfit also greatly determines what kind of shoe to match with it. For example, an office dress will likely require a court shoe while a flat shoe or wedge shoe can go with casual or semi- formal wears and a shorter boot with a longer skirt.

- Your mood- personally, my mood influences my shoe choice a lot. There are days I just want to maintain a low profile, so I go with something comfy like flats or loafers.

- Your preference- your overall personal preference prevails in the choice of shoes you have in your wardrobe in the first place. For some heels is a NO NO for them because it doesn't make them comfortable but as a person, after considering other factors heels is good to go for me any time any day.

- The season- Sandals are the shoes of summer while boots will be ideal more for winter.

In conclusion, shoes are the defining piece that creates a style. They make a statement and add function to fashion. Style is defined by every piece of the outfit including the shoes, so if you want to avoid playing havoc with your social image and personal style, pick your shoes wisely!

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Branding Expert

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Omobabinrin Adeola Osideko (Msc, FCCA, CPA) is a practising chartered Accountant who has passion for writing and public speaking, this passion is the drive that launched her into what she does presently.

Adeola is a Personal Development Coach, a Branding Expert, an International Speaker and an Author of 5 published books.

✔
 "If you think reading is boring, it's because you have not read a book written by Omobabinrin Adeola Osideko."



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MISSION

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To become Africa's largest Personal Development Academy

MISSION:

To raise well developed individuals who will build on their abilities and potentials to become better persons

CORE VALUES:

CLARITY, VISIBILITY & GROWTH

ANTHEM 1

We are here for you
To make the best of you
PCD academy is here
Together we will stand
Happier with self-love
PCD academy is here.

VERSE 1:

Our door is opened to everyone
you're welcome
we render services with fun for a better
life
Personal career development
oh oh oh
Crystal Edge Professional Services

VERSE 2:

To have a better communication is our
goal

Special skills and motivation we've got
Overcome your weaknesses and
leverage on your strength
Crystal Edge Professional Services
Composed by: Mary O.

ANTHEM 2

Stanza 1

Life is just a bunch of opportunities,
Our strength is in your abilities,
To open the vault of capabilities,
And make possible, your impossibilities

Pre-chorus

A rock is built from cradles,
We are the solid rock that builds
cradles,
We see beyond our troubles,
We are the perfect bearer for hurdles,

Chorus

PCD academy was built for you
We home ideas and vision
That turns your hut into a world
PCD academy a home for you
Making you the best of you
The legend that you seek

Stanza 2

PCD, the home that cares about your
Personal development and attitude
That breaks the altitude of goals
unfavourable and making you a world
class brand

Written by: Paul Ogunrole
Composed by: Alex Shotolu



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To train individuals and business owners on how to build strong & reputable personal and business brands that will make them seen, known and profitable

CORE VALUES:

VISIBILITY, INFLUENCE & PROFITABILITY (VIP)

ANTHEM

You've got the wings to soar
To become the brand, you want
To raise the bars and shine
For your self-growth and business growth

Pre chorus

But if you need a place to learn and grow
To run with you and get your goals
We are here for you
Revealing you to the world in your strength
We've got you covered

Chorus

My branding Academy
MBA
We brand
My branding Academy
MBA
We brand you

Stanza 2

The finest voice in you is a roar
To fame and to rule
Your goals are attainable
Shine bright beyond the sky
Written & Composed by: Alex Shotolu