

Womanity

September 2025

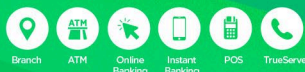
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Contact Us: 0700 3433 5489
true.serve@fidelitybank.ng



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Dear citizens of Womanity!!!

Can you believe we're already in September?

The year has been flying by like it's on turbo mode! But here's the good news, there's still time to reset, refocus, and crush every single goal you set at the start of the year. Think of this month as your chance to sprint strongly into the last lap of 2023.

In this edition, we've got something special for every facet of your journey. From lifestyle hacks to help you live more intentionally, to health and wellness nuggets that keep your mind and body glowing. We'll also dive into powerful business tips for the ambitious woman, and wrap it all up with some soul-stirring entertainment, shining the spotlight on a phenomenal woman making waves in sports.

Ready to fuel your September with inspiration, knowledge, and a touch of fun? Let's get into it!

Lifestyle



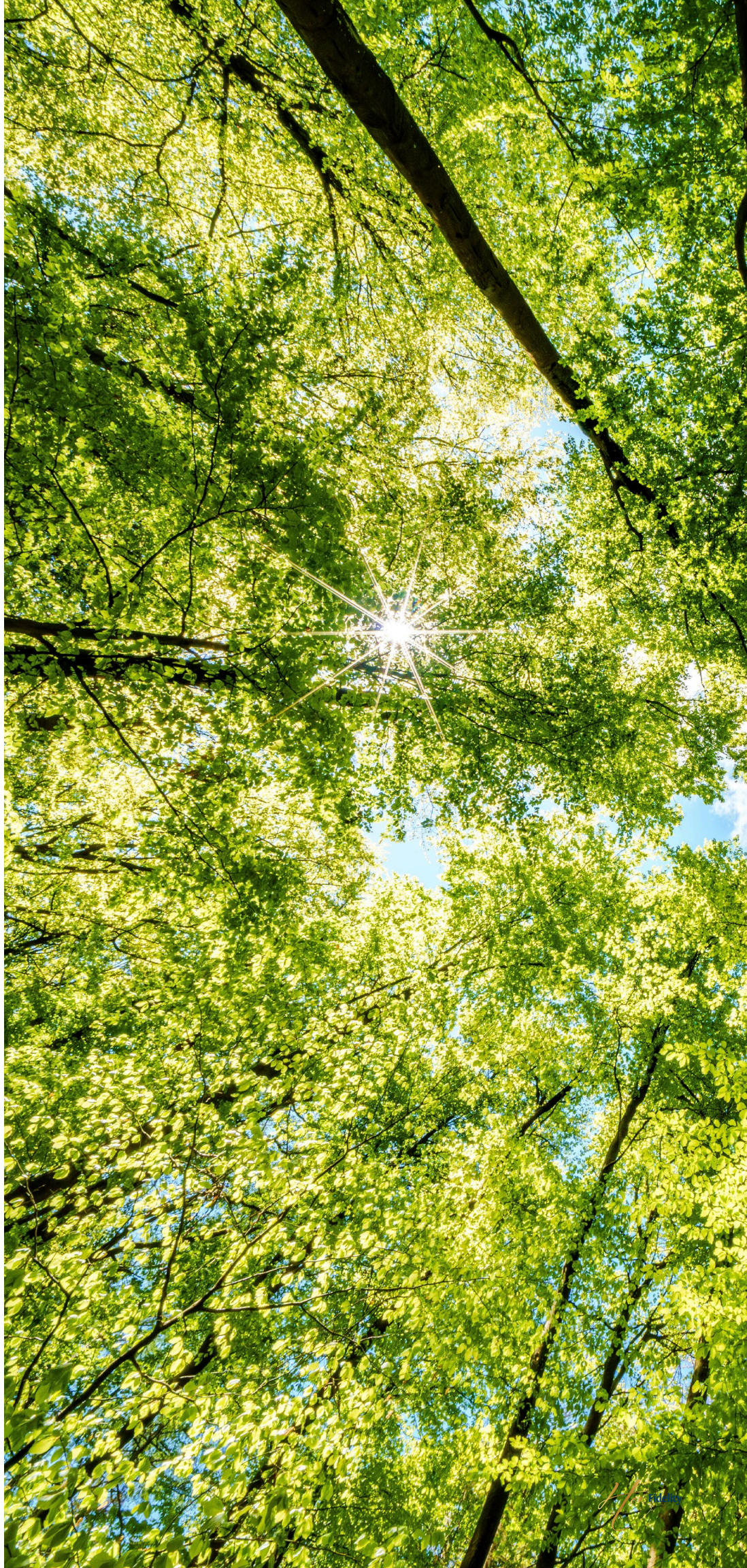
The Art Of Slowing Down

In a world that constantly tells us to move faster, slowing down can feel like a rebellious act. Yet, more women are finding peace in embracing intentional living, creating space for rest, reflection, and genuine joy. Today on lifestyle tips, we'll be sharing ways in which you can make space for yourself in order to help maintain and nurture the best, most productive version of yourself for you and ultimately those you love.

Declutter your Digital Life

In this ever advancing digital age, one thing we seldom take note of is how our digital consumption slowly drains and depletes us. We say we are resting, meanwhile we spend endless hours doom scrolling through various social media apps, barely giving our brain the time to truly rest and reset.

Try as much as you can to be intentional about how you curate your digital life and shape your internet consumption in ways that are helpful to you and your productivity rather than harmful. Let rest be good, old fashioned rest. In today's fast paced society, you definitely need it girl.





Savour The Small Moments

We all love a big win and that's for sure. However, in this never ending rat race called life, we need to also be mindful not to get perpetually trapped in "Hustle Culture" such that we lose track of the simple, beautiful pleasures life has to offer.

Take your time sometimes, enjoy that coffee a little more than you normally would, indulge in some beauty routines that remind you of how pretty you are. Remind yourself that you're just a girl after all, and not a superhero.

Do More of What Matters

As women, there is always the tendency for us to want to do everything, and be everything, even at the detriment of our well being sometimes.

This is your reminder that it's ok to do more, but only more of what really matters. It's up to you as an individual to define what that means to you personally.

However, be reminded that you can't be the premium version of yourself if you are exhausted or burnt out.

In conclusion, this September, consider gifting yourself the luxury of time. A slower pace doesn't mean less productivity, it often means better clarity, deeper focus, and the chance to reconnect with the things that make you feel most alive.



Health & Wellness





ABOUT THE DAY WE SPOILT THE WOMEN OF WOMANITY

Honestly, if you aren't a part of this our lovely community, you truly are missing a lot! Like for instance, how do we begin to gist you that we recently treated the women in our community to a beautiful spa day where all they had to do was relax and be taken care of without it paining you small, Ehn?

This wellness day was organized by Fidelity Bank in collaboration with NOVO Health Africa at our Fidelity SME Hub and it was absolutely free.

Everyone who attended was treated to all kinds of freebies including, spa vouchers, therapy sessions and lots more!

You see another reason why you need to always look out for our newsletter regularly? No go miss better, soft update o!

A woman with voluminous, curly brown hair is shown from the chest up, wearing a white top. She has a thoughtful expression, with her right index finger resting against her chin.

YOU DESERVE A SOFT LIFE AND WE WANT TO GIVE IT TO YOU

Being a woman in Naija is a job for superheroes. You are constantly juggling a thousand things at once. Earning a living, helping your handsome but forgetful partner find his tie (You know? The one that is always right under his nose but somehow invisible), oh! And my least favorite, trying to stay soft and demure in this economy of global **“crinkum crankum”**.

Infact, this is why as your forever partner in chasing the soft life, we have decided to conduct a survey so you can tell us the ways in which we can make things easier for you, and help you take the edge off all the stress you undergo daily.

All you have to do is fill out this survey form and leave the rest to us. You know, we’ve always got your back anytime.

We’re excitedly looking forward to hearing from you.

Visit link to participate:

<https://bit.ly/Herfidelitycommunitysurvey>





Wellness Tips To End The Year in Great Health

As the year speedily runs to a close, here are some useful wellness tips we have carefully curated to help ensure that all you beautiful women in our community close out the year looking like the soft girlies you truly are.

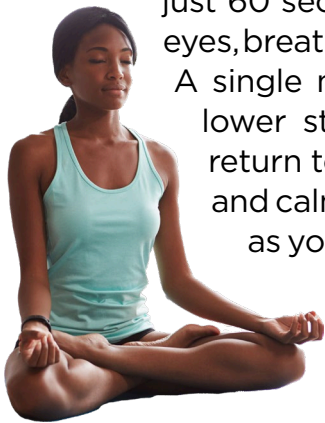
Hydration Hack

Always keep a water bottle nearby. Aim for 8-10 cups daily and flavor it with lemon or cucumber for a refreshing twist. Staying hydrated keeps your skin glowing and energy levels high.



Mindful Minute

Every now and then, pause for just 60 seconds to close your eyes, breathe deeply, and reset. A single mindful minute can lower stress and help you return to your tasks clearer and calmer. Do this as often as you can, and trust that you'll be thankful for it over time.



Sleep Ritual

Create a bedtime routine. Dim lights, put your phone away 30 minutes before bed, and maybe sip chamomile tea. Quality sleep is your body's natural reset button, and we absolutely recommend getting as much of it as you can.



Business Advisory



Mentorship Moment:

— Lifelong Learning with
Dr. Nneka Onyeali-Ikpe



The roundtable was also a strong reminder of what HerFidelity stands for:

Access to Capital

ensuring women entrepreneurs have the financial support they need to scale their dreams.

Wellness

Promoting holistic wellbeing, because success means little without a healthy mind and body.

Capacity Building

providing mentorship, training, and knowledge-sharing opportunities that sharpen skills.

Entrepreneurship Support

offering the right tools, networks, and resources to help women-owned businesses flourish.

At a recent Women's Roundtable hosted at Fidelity's SME Hub in Gbagada, our Managing Director/CEO, Dr. Nneka Onyeali-Ikpe, shared powerful words of wisdom that resonated deeply with every participant in the room. She urged women to "believe in yourself, work hard, take smart risks—and collaborate, because no one succeeds alone."

Her message was more than motivational; it was a call to action. In today's fast-changing world, lifelong learning and continuous growth are key to staying relevant and building lasting success. Whether in business, career, or personal life, Dr. Onyeali-Ikpe reminded us that women can thrive when they embrace courage, community, and continuous improvement.

By sharing her journey and encouraging women to embrace collaboration over competition, Dr. Onyeali-Ikpe highlighted the importance of women lifting each other up while building sustainable legacies. Her words remind us:

**Success is not a destination,
it's a journey made richer by the
people we walk with.**

Women Taking the Lead in Business Empowerment



The Fidelity Small Enterprise Programme (FSEP) 2025 was nothing short of transformational, empowering businesses across the country with the tools, resources, and opportunities to thrive. From training sessions to access to capital, the programme continues to bridge gaps for entrepreneurs and strengthen Nigeria's SME landscape.

A key highlight this year is that women made up over 40% of the programme's beneficiaries. This milestone underscores Fidelity's commitment to gender inclusion and the empowerment of women in business.

By equipping women entrepreneurs with financial literacy, mentorship, and sustainable growth strategies, FSEP is not just helping them scale their ventures but also

driving community impact and economic growth.

As more women embrace entrepreneurship, Fidelity is proud to be part of their journey, fostering an ecosystem where women-owned businesses can flourish and inspire the next generation of female leaders.

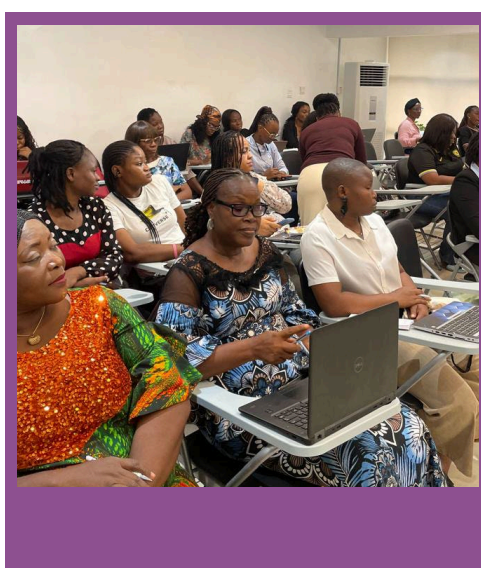
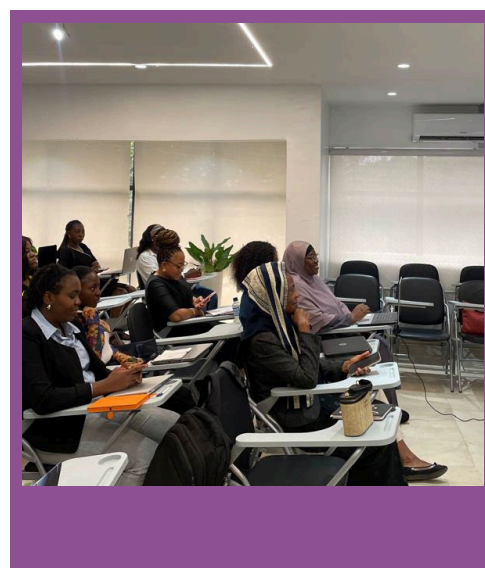
→ **Visit this link to join the movement:** <https://fidelitybank.ng/sme-empowerment>

A Powerful Weekend of Growth

From August 19–21, the Fidelity SME Hub in Gbagada buzzed with energy as the HerFidelity Creative Bootcamp brought together a remarkable group of women eager to sharpen their branding, storytelling, and design skills. Over three impactful days, participants were immersed in a hands-on masterclass covering everything from crafting compelling brand narratives to mastering design tools like Canva, Illustrator, and Figma.

The atmosphere was both nurturing and invigorating, structured yet deeply personal. Attendees deepened their creative confidence as they learned not just how to build visual identities but also how to tell stories that resonate. Powered by Women Banking, the bootcamp married practical skill-building with the kind of collaborative spirit that defines HerFidelity's community-focused mission.

As the curtains closed on the weekend, the real takeaways were clear: these women returned home not just with new tools and templates, but with renewed belief in their creative and entrepreneurial potential. It was more than a bootcamp, it was a reminder that when women are empowered with both skills and community, they become unstoppable.



From HerIdea to HerIdentity!



Foluwahan Chukwujekwe
is a seasoned content expert
with 6+ years' experience in
creative writing, copywriting,
and digital marketing.

Meet the Faciliators

**Oluwabukola
Racheal Jegede**

CEO and Lead Creative at
The Giant Creative Brand



Let's Take Your
**Business
Global** With Our
Export **MASTERCLASS**



What to Expect:

- Step-by-step guide to starting your export journey
- Key requirements for entering international markets
- Practical tips to grow from local to global
- Expert insights from export professionals

Open to Women entrepreneurs and business owners, ready to expand into global markets.

Visit bit.ly/FidelityBankWomeninExportTraining to register

SEPT. 9, 2025 / 10AM

 **Fidelity SME Hub, No 22 Lanre Awolokun street,
Gbagada phase 2, Lagos, Nigeria.**

This Training is
Powered by



Funding For Boss Ladies

Sis, let's be real, sometimes the only thing standing between your brilliant idea and that soft life of success is a little extra capital. That's where Fidelity's Fund Her Loan comes in designed exclusively for women, it's literally money with your name on it.

Think of it as your financial bestie, always ready to back your dreams, your side hustle, or that expansion you've been daydreaming about. Whether you're scaling up your beauty studio, restocking your boutique, upgrading your bakery equipment, or simply pushing your business into bigger spaces, Fund Her Loan is here to make it happen.

Why You'll Love it

Tailored for Women:

No one-size-fits-all.
This loan gets your unique hustle

Accessible & Flexible:

Easy application, convenient
repayment plans.

Supportive:

It's not just a loan, it's a statement that Fidelity believes in YOU.

How To Apply

- Visit any **Fidelity Bank** branch or hop on their website.
<https://www.fidelitybank.ng/herfidelity/fundher/>
- Fill in a simple application.
- Submit your documents.

Girl, that's it! Get funded and go glow.

**Secure The Bag.
Secure Your Win.**

Entertainment

**Nigeria's Women Reign
Supreme in African Sports**

HERoines of the Court & Field:

Nigeria's women have done it again! From soaring high above their opponents on the football pitch to bouncing circles around the rest of Africa on the basketball court, our queens are rewriting history and proving that when it comes to sports, Naija women no dey carry last.





Super Falcons Fly Higher at WAFCON

The just-concluded Women's Africa Cup of Nations (WAFCON) lit up the continent, but no team shone brighter than the Super Falcons of Nigeria. With grit, skill, and that unbeatable Nigerian spirit, the Falcons soared to victory and claimed yet another continental crown. This win isn't just another trophy on the shelf, it's a symbol of dominance, resilience, and pride. The Falcons reminded Africa why they're the most successful women's national football team on the continent.

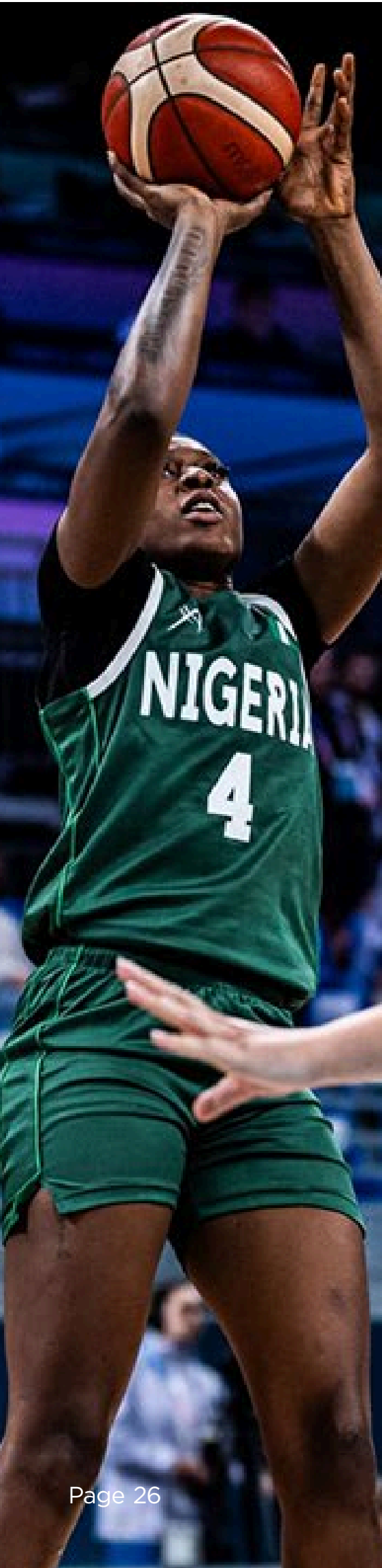
Their teamwork, dazzling footwork, and fearless play had fans dancing in the stands and chanting across social media. For Nigerian women everywhere, the Falcons' victory is more than football, it's fuel. It's proof that with determination and unity, the world is yours for the taking.



D'Tigress Dunk Their Way to Glory

As if one continental win wasn't enough, the Nigerian female basketball team, D'Tigress, also brought the heat, clinching the African Women's Basketball Championship trophy! With sharp plays, relentless defense, and the kind of energy that only Nigerian women can summon, they outclassed rivals and brought the cup home.

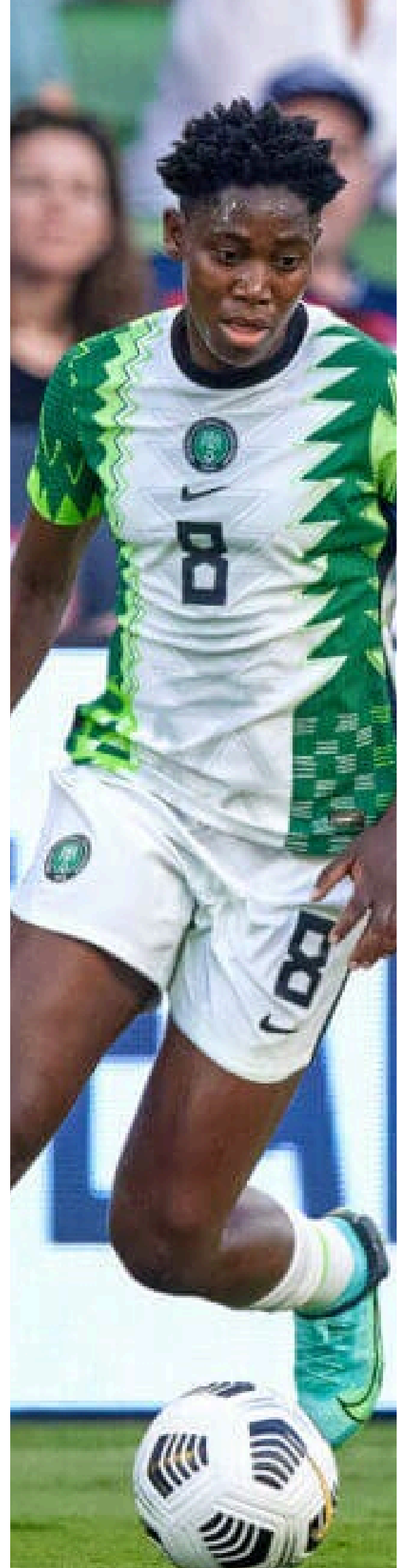
This marks yet another chapter in their growing legend. D'Tigress have consistently shown they're a powerhouse, setting records and raising the bar for African basketball. Their triumph proves that when Nigerian women step onto the court, the world better be ready.



More Than Trophies

The victories of the Super Falcons and D'Tigress are more than sporting achievements, they are bold statements. They affirm that Naija women are unstoppable, capable of dominating in any arena they choose. Whether dribbling past defenders or sinking three-pointers, they embody resilience, passion, and the power of possibility.

Today, young girls across the country can look at these champions and whisper: "That could be me." And tomorrow, it very well might.



So, there you have it!

Hope you had as much fun
reading, because we sure did
have fun writing you as always!
Until we cross paths again
really soon, here's your
reminder to stay soft and live
life to the fullest!

Cheers.



Her Fidelity