

RIGHTS. EQUALITY. EMPOWERMENT.

WOMEN'S DAY



MACHELYN
MARSHALL:

FLEXING BEYOND LIMITS
WITH MARSHA FITNESS

CELINE
MEENA
NAIR



BUILDING
A LEGACY:

NAMUYE
KALIWANDA
MUDENDA

CHILUFYA
NYIRENDZA

FEARLESS FAITH &
BOLD AMBITION

A VOICE FOR
CHANGE

OLIVIA
TUTU

S - EDITOR T - D - W

LETTER

The Women's Day Special Edition of **BalloMag** is a celebration of resilience, ambition, and the transformative impact of women in various fields. Curated under the leadership of Chief Editors **Mwali Chisanga** and **Lombe Lusale**, this edition highlights inspiring stories of women who have defied societal expectations, navigated career transitions, and championed leadership in their industries.

Through candid **interviews** and **personal reflections**, we showcase the power of perseverance, purpose, and community in shaping the future. This special edition is not just a tribute—it is a call to action to uplift, support, and create opportunities for women everywhere.

These women are.... Rebranding
The Future!

2025
BALLOMAG
VOL 2



Editors
**Mwali
Chisanga &
Lombe Lusale**

RIGHTS. EQUALITY. EMPOWERMENT.

WOMEN'S DAY

MACHELYN MARSHALL:

FLEXING BEYOND LIMITS
WITH MARSHA FITNESS



BUILDING A BRAND
WITH GRIT AND GLAM

BALLOMAG VOL 2

REDEFINING
SUCCESS

A LEGACY OF
STRENGTH AND
EMPOWERMENT



MACHELYN MARSHALL



Flexing Beyond Limits with Marsha Fitness

Some women break the glass ceiling—we have Machelyn who breaks barriers. At just 26, this powerhouse has mastered the art of balancing business, fitness, and leadership, proving that success isn't just about titles—it's about impact. As an accountant turned entrepreneur, Machelyn Muchende (known as Machelyn Marshall or simply Marsha) is the CEO of Marsha Fitness, a brand built on confidence, style, and the pursuit of strength. But don't be fooled by her gym-ready looks; she's flexing more than just muscles—she's flexing a mindset that redefines success for women in business.

Building a Brand with Grit and Glam



M A R S H A

Machelyn's journey into entrepreneurship started with a simple yet powerful realisation: fitness isn't just about physical strength—it's a lifestyle. Combining her passion for gym fashion with a keen business sense, she launched Marsha Fitness, a brand that embodies confidence and comfort. And talk about a strong start—her first merchandise drop sold out in just 48 hours!

She calls it beginner's luck, but we call it undeniable proof that her vision resonates. "I wanted to create a brand where people feel confident, stylish, and comfortable while working out," she shares. But the road wasn't always smooth. Balancing an accounting career with business ownership was no walk in the park—or, in her case, no light jog on the treadmill. The discipline, time management, and resilience she built along the way became the foundation of her success. "What happens, happens. The key is staying consistent and accountable," she says, echoing the wisdom she's picked up from her greatest mentor—her sister.







Redefining Success—One Rep at a Time



For Machelyn, success isn't measured in numbers or titles; it's in the joy of doing what you love. "Success is about how much fun you have while doing what you love," she says, having traded the corporate grind for the freedom of entrepreneurship. The biggest misconception about women in leadership? That their success is tied to someone else. "Women are building their own empires every day," she asserts, shattering stereotypes like they're just another workout set.

Yet, even with her impressive track record, imposter syndrome lurks in the background. Her solution? Silence the noise. "Don't let criticism shake you, and don't let praise carry you away. Both can change in an instant." It's this resilience that fuels her vision—not just for herself but for the women coming after her. "We need to support women by allowing them to thrive without questioning their capabilities."

A Legacy of Strength and Empowerment

Machelyn's message to young women is simple yet profound: "Don't put things off—start now." Whether it's launching a business, stepping into leadership, or hitting the gym for the first time, the best time to start is now. She believes women can have it all, just not all at once. "There's a time for everything," she says, acknowledging that balance is a game of priorities, not perfection.

But beyond fitness and business, her biggest goal is to leave behind a legacy of encouragement. "I want women to feel good about themselves. I want my story to inspire them to chase their dreams without fear." And if Women's Day means anything to her, it's a reminder that women—from mothers to moguls—deserve their flowers.

As Marsha Fitness continues to grow, one thing is certain: Machelyn Muchende isn't just building a brand—she's building a movement. And in the words of every fitness enthusiast out there: she's just getting warmed up.



M A R S H A

TM



M A R S H A



RIGHTS. EQUALITY. EMPOWERMENT.

WOMEN'S DAY

2025

DRIVING
GOVERNANCE,
GROWTH &
WOMEN'S
EMPOWERMENT

CELINE MEENA NAIR

BREAKING BARRIERS AND
SHATTERING GLASS
CEILINGS

LEADERSHIP
**CHAMPIONING
WOMEN IN
LEADERSHIP**

**THE SECRET TO
SUCCESS:**

BALLOMAG VOL 2

CELINE MEENA NAIR

"Own your space. Never shrink yourself to fit expectations—be bold, ask questions, and take opportunities, even when you feel unready."

A

Force for Governance, Growth, and Women's Empowerment

Celine Meena Nair is not your typical lawyer. With a warm, engaging presence and infectious enthusiasm for law, governance, and leadership, she has carved a unique path that blends public service with private enterprise. As a seasoned legal expert with 25 years of experience and the lead consultant at Axxess Corporate Consulting Limited, she is a testament to resilience, adaptability, and impact-driven leadership.



A Journey of Passion and Purpose

Born in Livingstone and later settling in Lusaka, Celine's career was not a straight road—it was one of self-discovery. Initially drawn to medicine due to her love for animals, she later pivoted to law, captivated by the dynamism she saw on television. That switch, though unexpected, set her on a course that would shape Zambia's governance landscape.

Beyond her legal career, Celine found a calling in governance, policy, and corporate consultancy. Her consultancy firm, which she has run successfully with fellow consultants for the past decade, allows her to extend her impact beyond the civil service, helping businesses and organisations navigate governance structures effectively.



Breaking Barriers and Shattering Glass Ceilings

The legal and corporate governance fields have not always been the most welcoming to women, but Celine has met every challenge head-on. From navigating male-dominated spaces to proving her worth through hard work and expertise, she has thrived by staying resilient, continuously upskilling, and leveraging the power of strong networks.

One of her proudest career milestones was leading a team through a critical corporate transition, ensuring the survival of a company that employs over 10,000 people. This experience solidified her belief that governance isn't just about policy—it's about people, livelihoods, and sustainable progress.

The Secret to Success: Learning, Resilience, and Relationships

Celine's philosophy is simple: Never stop learning. She emphasises the importance of continuous education, bouncing back from setbacks, and fostering meaningful professional relationships. For her, mentorship is both a tool and a responsibility—she has benefited from it and now pays it forward by guiding aspiring professionals.

Her advice to young women is clear: *"Own your space. Never shrink yourself to fit expectations—be bold, ask questions, and take opportunities, even when you feel unready."*

Championing Women in Leadership

Celine is a firm believer in the power of women in leadership. She challenges the outdated misconception that women are too emotional to lead, arguing that emotional intelligence is a strength. She advocates for policies that promote women in leadership roles, mentorship programs, and work environments that support work-life balance.

For businesses and society to truly empower women, she calls for equal pay policies, leadership development initiatives, and flexible work structures that allow women to thrive professionally without sacrificing their personal lives.

Legacy of Impact and Empowerment

While Celine is a high achiever in her own right, success to her is about more than personal milestones—it's about how many lives she has influenced, how many doors she has opened, and how much value she has added to others. Whether through her governance work, mentorship, or simply leading by example, she wants to be remembered as someone who empowered others—especially women—to confidently step into leadership.

At the heart of it all, even after losing her entire immediate family between 1996 and 2002, she finds her greatest strength in faith, her marital family, and purpose. Her children are her biggest motivation, and she hopes to leave behind a legacy that makes them proud.



Women's Day

Women's Day: A Celebration of Strength and Possibility



For Celine, Women's Day is more than just a date on the calendar. It is a reminder that women are strong, capable, and unstoppable. Her message is simple: Believe in yourself. Take up space. The world needs more women at the table, shaping industries, policies, and the future.

With leaders like Celine Meena Nair paving the way, the future is undoubtedly bright for women in law, governance, and beyond.





RIGHTS. EQUALITY. EMPOWERMENT.

WOMEN'S DAY



INSIZWE
INSURANCE MADE EASY

BUILDING A LEGACY:
**NAMUYE
KALIWANDA
MUDENDA**

BALLOMAG VOL 2

NAMUYE KALIWANDA MUDENDA



Building a Legacy:

For Namuye Mudenda, leadership is more than a title—it's a commitment to paving the way for others. As the Managing Director of Insizwe Private Brokers Ltd, has spent the last 12 years in the insurance industry, mastering administration and marketing while reshaping the landscape for women in business.

However her journey to entrepreneurship was not one she initially envisioned. After over a decade in employment, it was her husband's encouragement that inspired her to step into business ownership. Taking that leap was a defining moment—one she has never looked back on.

"Leadership required me to step out of my comfort zone and embrace challenges head-on. Growth and impact come from taking bold steps, making tough decisions, and standing firm on my values."

"Women's Day is a celebration of strength, resilience, and the invaluable contributions women make to families, communities, and industries. But I believe women must be celebrated every day."

While she acknowledges the gender gap in the insurance industry, she has taken a proactive role in closing it. Her response? Hiring more women, fostering inclusivity, and creating opportunities that empower future female leaders.

Her success is driven by leading by example, committing to excellence, and empowering her team to take ownership of their work. At the heart of it all is her unwavering faith. Through prayer and the love of her children, she finds the strength to push forward, even in difficult times.





RIGHTS. EQUALITY. EMPOWERMENT.

WOMEN'S DAY

**CHILUFYA
NYIRENDZA**

FEARLESS FAITH & BOLD
AMBITION

A JOURNEY OF
PURPOSE



OVERCOMING
CHALLENGES, BUILDING
RESILIENCE

LESSONS FROM
GREAT MINDS

CHILUFYA NYIREND

Fearless Faith & Bold Ambition: Chilufya Nyirenda's Journey to Leadership

Some leaders inspire with their words, others with their actions—Chilufya Nyirenda does both with a spirit that is as radiant as it is determined. A woman of faith, resilience, and boundless ambition, she has carved out an extraordinary path in the world of insurance, defying expectations and breaking barriers along the way.

A Journey of Purpose

Chilufya's career was not always set in stone. Initially drawn to computing, life had other plans, steering her towards marketing at the National Institute of Public Administration (NIPA). With a deep fascination for consumer behaviour, she pursued further studies with the Chartered Institute of Marketing, earning the title of Chartered Marketer. Today, she continues to push her intellectual boundaries with the Chartered Insurance Institute, specialising in pensions and life insurance.

Her professional trajectory is a testament to bold decision-making and perseverance. From leading a female-driven team at Madison Insurance to managing 230 salespeople at just 25 years old, Chilufya has proven that leadership knows no age—only capability and determination.



W
O
M
A
N
D
S *day*



“Throw the stone, and don’t look where it lands.”

~ **GB Nyirenda**

Overcoming Challenges, Building Resilience

The insurance industry, often dominated by men, posed its fair share of challenges. Some viewed her success as an invitation for personal rather than professional interest. Others struggled to understand the value of life insurance beyond its association with loss. But Chilufya met each obstacle head-on. Armed with strong values and guided by wise mentors, she turned challenges into stepping stones, educating the market and establishing herself as a force to be reckoned with.

Lessons from Great Minds

Chilufya credits much of her success to the wisdom imparted by mentors. Dr. Lawrence Sikutwa taught her the power of first impressions, while the late GB Nyirenda gave her one of the most valuable lessons of her career: “Throw the stone, and don’t look where it lands.” That advice taught her to take bold steps, even when the outcome was uncertain.

Faith, Ambition & The Power of Women

For Chilufya, faith is the foundation of everything. In moments of doubt, she turns to prayer and gratitude, finding -



strength in her beliefs. But she also knows that success requires action. She embraces continuous learning, resilience, and adaptability, proving that ambition and faith can coexist beautifully.

As a woman in leadership, she believes in the power of mentorship and creating opportunities for others. “Women bring fresh perspectives and strategic thinking to industries. We must uplift one another and foster environments where all can thrive.”

A Legacy of Empowerment

Chilufya’s mission goes beyond personal success—she is here to leave a mark. Her greatest hope is to empower others, to uplift those following in her footsteps, and to create a lasting impact in her industry and community. “True success is measured by the lives we touch and the change we inspire.”

For young women navigating their own journeys, her advice is simple yet profound: Work hard, dream fearlessly, and never be afraid to use your voice.

This Women’s Day, we celebrate Chilufya Nyirenda—a woman of strength, grace, and unstoppable ambition.

RIGHTS. EQUALITY. EMPOWERMENT.

WOMEN'S DAY



**OLIVIA
TUTU**

A VOICE FOR CHANGE AND
A FORCE FOR THE FUTURE

OVERCOMING
CHALLENGES &
STANDING HER
GROUND

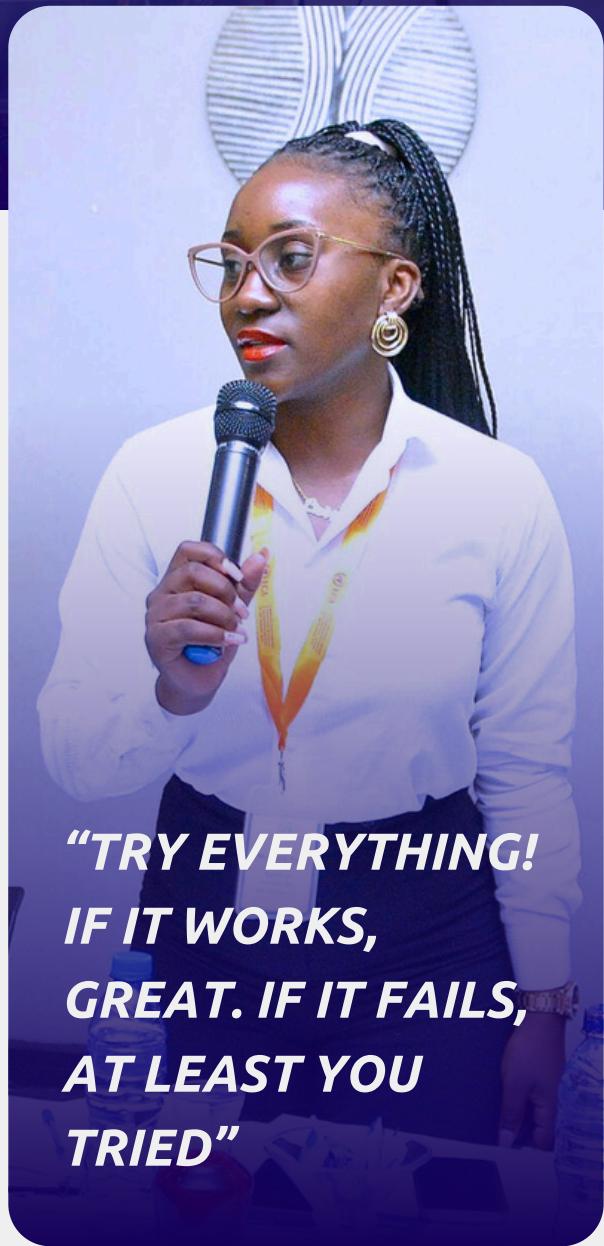
A LEGACY OF
IMPACT &
EMPOWERMENT

OLIVIA TUTU

Olivia Tutu: A Voice for Change and A Force for the Future

There's something about Olivia Tutu that commands attention—not in an overpowering way, but in a way that makes you stop, listen, and take note. At just 25, she is a firebrand in advocacy, a powerhouse in media, and a beacon of inspiration for young Africans looking to leave their mark on the world.

As the founder of Youth on Sustainable Development, Olivia is not just talking about change—she is driving it. From amplifying youth voices in governance to breaking down the UN's 17 Sustainable Development Goals on her radio show, she is making complex global frameworks acce-



**"TRY EVERYTHING!
IF IT WORKS,
GREAT. IF IT FAILS,
AT LEAST YOU
TRIED"**

-ssible and actionable for young people across Zambia and beyond. She is proof that you don't have to wait for a seat at the table—you can build your own.

Her biggest career breakthrough? Attending the Summit of the Future in New York, standing among world leaders, and boldly representing Zambia's youth. It wasn't just a milestone; it was a reaffirmation that she belonged in these global conversations. But Olivia's advocacy isn't just about policy—it's about people. She is deeply invested in education, mentorship, and the power of storytelling. Whether through her podcast "Unscripted with Liv", her work in TV and radio, or her relentless push for women and youth empowerment, her goal is simple: to equip, inspire, and uplift.



Overcoming Challenges & Standing Her Ground

BALLOMAG VOL 2

Yet, for all her ambition and drive, Olivia has faced her share of challenges. In a world where women in media and advocacy are often objectified or underestimated, she has had to fight to be seen and heard for her intellect and impact—not just her presence. She stands her ground, not through aggression, but through discipline, strong values, and an unwavering belief in her worth.

She credits her success to faith, resilience, and a refusal to give up on herself—a mindset forged by growing up in Matero, where she saw firsthand the consequences of lost hope. Her biggest lesson?

A Legacy of Impact & Empowerment

For Olivia, success is about more than personal achievements—it's about impact, financial freedom, and the lives she inspires. Her advice to young women?

- **Try everything!** If it works, great. If it fails, at least you tried.
- **Stop overthinking.** Just start—your best is enough.
- **Build relationships.** Networking isn't luck; it's about positioning yourself for opportunities.



So what does Women's Day mean to Olivia? More than just a celebration—it's a call to action. A reminder to build, equip, and support women. To ensure that every girl sees her worth, every young woman finds her voice, and every leader, no matter how young, steps boldly into their purpose.

Olivia Tutu is not just a rising star. She is a movement, a force, a legacy in the making. And she's just getting started.



RIGHTS. EQUALITY. EMPOWERMENT.

WOMEN'S DAY



**SHANNON
ZEBRON**

A JOURNEY OF BOLD
TRANSITIONS

THE MINDSET FOR
SUCCESS

BALLOMAG VOL 2

REDEFINING
SUCCESS

LEGACY AND
PURPOSE



hannon Zebron: The Creative Mind Shaping Public Policy

Some paths are clear from the start, while others take unexpected turns, leading to destinations that feel like home. Shannon Zebron's journey is one of passion, reinvention, and purpose—a story that proves stepping into the unknown can lead to the most fulfilling adventures.



the right one. Today, she works at the Citizens Economic Empowerment Commission (CEEC) under the Ministry of SMEs, helping shape policies that drive economic growth and investment opportunities. Her story is a testament to the power of trusting your instincts and embracing change, no matter how daunting it may seem.

Defining Moments and Overcoming Challenges

For Shannon, one of the defining moments in her life was participating in Zambia Fashion Week in 2015. It was an experience that reaffirmed the importance of stepping outside her comfort zone and seizing new opportunities.

It was a daring decision—one that required starting from scratch after three years in marketing—but it was -

Like many women, navigating male-dominated -

she has faced imposter syndrome. The lingering question of "Do I really belong here?" has crossed her mind more times than she can count. But rather than succumb to doubt, Shannon leans on her faith, reminding herself that she has been placed in her position for a reason. "Instead of questioning why I am here, I choose to prove that I belong and that I can excel."

The Mindset for Success

Shannon's success is built on discipline, self-awareness, and a commitment to growth. Her daily habits include starting her mornings with a to-do list, being intentional about her goals, and embracing failure as a stepping stone to learning. She believes in taking accountability for her actions and continuously evolving, knowing that progress is a journey, not a destination.

Her involvement in groups like Female Seed has also been instrumental in her development.

Learning from other accomplished women has given her the confidence to silence self-doubt and recognize her own capabilities.





Redefining Success and Leadership

Over the years, Shannon's definition of success has evolved. No longer does she see it as just financial stability or reaching milestones—it's about finding meaning in what she does and having a sense of purpose.

She acknowledges the persistent misconceptions about women in leadership, particularly the outdated-

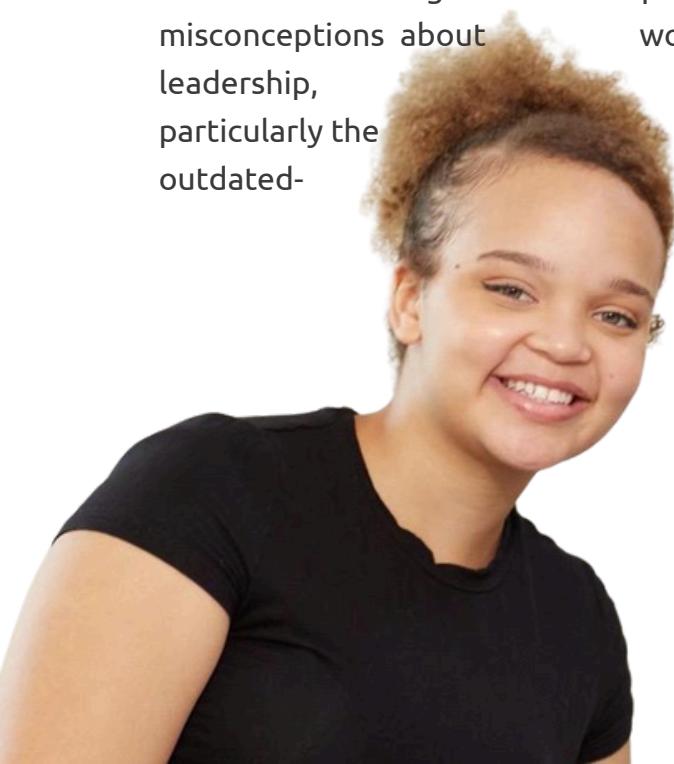
-notion that women don't belong in high-powered positions. "Women bring fresh perspectives, resilience, and innovation to industries. It's time we created more inclusive spaces where they can thrive."

Shannon also believes in the importance of mentorship and community, encouraging young women to surround themselves with the right people—whether it's a mentor, a business partner, or a trusted confidant. Having a support system makes the journey easier and enriches both personal and professional growth.

Legacy and Purpose

Shannon's mission is to inspire young women to pursue fulfilling careers, not just those deemed acceptable by society. She hopes to leave a legacy of resilience and purpose, proving it's okay to pivot, start over, and forge unique paths.

In her own words, Women's Day is a celebration of strength, resilience, and the undeniable impact women have in every industry and community.





ballo innovations
REBRANDING THE FUTURE





ballo
INNOVATIONS

