



## CAREER

Unhappy at work?  
Might be time to  
change tracks

## RELATIONSHIPS

5 Signs He's  
Cheating

# Agbani Darego

*Sitting on top of the world!*

**Fashion: MAMMA-MIA! Haute looks for the stylish mum-to-be...**

## FITNESS

Lose the  
post-baby  
weight  
now!





360°

## 18 Beyond Melodies

Catch up with Syndik8 newcomer Blink who's bent on making his own mark on the Nigerian music industry

## 24 10 Questions

Bunmi Olunloyo has danced her way to the top; TW finds out how she got there

Body  
Beautiful

## 28 Fitness

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## Relationships

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The former Miss World opens up on the "beautiful accident" that set her on the path to global fame, and why at 30, she's only just getting started.





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Anita for Zaron,  
**Outfit:**  
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# Just Be. Free....

**I**s it just me or is this year whizzing past? I can't believe we're in May already; it seems like only yesterday we were wishing each other "Happy New Year!" Whenever I get the sense that time is flying by, I am reminded of a conversation I had with my mother when I was about eight years old. I had told her that I couldn't wait to be grown up so I could live my life without anyone telling me what to do. I wanted to be free! She looked at me and said simply, "You are already free. Just be." That was it. I remember thinking to myself, "what is this woman talking about again?" But that conversation stayed with me, and I have find myself revisiting my mother's words many times over the years, especially in moments of doubt and insecurity.

It's a simple yet deep philosophy; one that I don't think many people would think to share with a mere eight year old. But my Mom was different in that way. She never, ever talked at me, or down to me. Instead she talked TO me and WITH me, always believing that I was highly intelligent and capable of grasping seemingly abstract concepts. I have adopted this approach with my three-year-old son, choosing to relate with him as an individual with his own notions, and granting him the freedom to express himself and discover his own path. It's an unorthodox approach to parenting, especially in our culture where the prevailing philosophy is that "children are to be seen and not heard." I once explained to a friend of mine that my ultimate goal as a parent is not to control my child, but to teach him to control himself. If I can accomplish this, then I know that he will make the right choices, even and especially when I am not there to tell him what to do.

So as we celebrate mothers (and children) this month of May, I take this opportunity to salute my own dear Mom who passed away 15 years ago this year, but whose wise words and unshakeable faith in my abilities still guide me to this day. I make mistakes and I don't always get it right but I'm happy in myself and confident enough to give life my best shot always. Why? Because when I was eight years old, my mother told me "you are already free. Just be."

Happy Mother's Day!

Kemi



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during the Rainy Season with**





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# **360° Our People**

## **MISSION STATEMENT**

To be a glamorous yet wholesome, self improvement magazine for today's total woman

## **VISION**

To be the magazine of choice for the woman of style and purpose, and her family!

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**Hair:** TJ-Hair  
**Dress:** Jewel By Lisa - POR  
**Shoes:** Stylist's Wardrobe  
**Location:** The Four Points By Sheraton, Oniru, Lagos



# Put your **BEST FOOT FORWARD**

## Social Intelligence Programme for Executives & Professionals

A Harvard Analyst, Fernandez-Araoz conducted a study on new Executives and discovered that those who had been hired for their self-discipline, drive and intellect were sometimes later fired for lacking basic social skills...Social Intelligence!

Enhance your social intelligence...Put your best foot forward!

### Courses

- Personality Branding
- Executive Intelligence
- Cocktail Etiquette
- Corporate Courtesies
- Emotional Intelligence
- Public Speaking Manners
- Business & Social Etiquette
- Social Vices...

Date: June 21st & 22nd 2013

Venue: Sheraton Hotel, Ikeja, Lagos.

Time: 10am - 5pm Daily

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-affiliate member



## Unyime - Ivy King

**Who:** Author, Executive Director and blogger with a passion to see godly values /morals return to the family unit.

**What:** Keeping It Together

**Why:** To show a importance of investing in one's relationships while one is still young enough and energetic enough to do so.



## Shewa Okupe

**Who:** MD, Sewa Artistry

**What:** Beauty (How To Keep A Youthful Glow)

**Why:** I am a professional makeup artist who loves the art of makeup and enjoy informing people about makeup and skincare.



## Ehime Eigbe

**Who:** MD,

Sweetkiwi

**What:** Nutrition  
(Have Yout Cake and Eat It Too)

**Why:** I love healthy food and I had to put the knowledge out there by writing about it.

# Contributors This Month



## Audrey Joe-Ezigbo

**Who:** MD, Falcongaz Limited & ED, Falcon Petroleum Ltd. More importantly, wife of Joe & mother of the dynamic four; Lover of God, family & people.

**What:** Parenting (God's Love In A Mother's Heart)

**Why:** Because I see clearly that a mother's love and affirmation are the key ingredients to setting our children firmly on their paths to fulfillment of destiny and purpose. We must not toy with the privilege of motherhood.



## Ighosime Oyofo

**Who:** Investment banker by day, photographer by night

**What:** Restaurant Review photos

**Why:** Because TW asked me to, and how could I turn down such a sweet assignment?

# Your truly wow! Magazine available everywhere

- QUINTESSENCE: Falomo Shopping Complex, Ikoyi
- EVERYWOMAN BOUTIQUE: Opebi Road, Ikeja
- EBILI JUNIOR SUPERMARKET: Oorunlogbon street, Anthony
- D-HUB PHARMACY: Joel Ogunaike Street, GRA, Ikeja
- BUYNORE SUPERMARKET: Joel Ogunaike , GRA, Ikeja
- BISI NATURELLA SALOON: Ogundana Street, off Allen Avenue, Ikeja
- BOBBY'S SIGNATURE SALOON: Ogundana Street, off Allen Avenue, Ikeja
- NETT PHARMACY: Opebi Road, Ikeja
- EBEANO SUPERMARKET: Prince Ebeano, Admiralty Way, Lekki Phase 1
- OLIVES SALOON: 7A Admiralty Road, off Admiralty Way, Lekki Phase 1
- HAIRWHISPERER'S DEN:3 Siji Soetan Street, Lekki Phase 1
- THE HUB MEDIA STORE: The Palms Shopping Mall, Lekki
- GLENDORA BOOKSTORES OUTLETS: Ikeja City Mall, Ikeja
- MM INTERNATIONAL AIRPORT, Ikeja
- MM AIRPORT TERMINAL 2, Ikeja
- D-PRINCE SUPERMARKET: Diya Way, Gbagada
- PHARMAFFAIRS SUPERMARKET: OGUDU , Ojota Road
- PHARMACARE SUPERMARKET: 51 Road,opp Nitel, Festac
- OCCASSIONS & EVENTS: Silverbird Galleria, Ahmadu Bello Way, V/I
- TERAKULTURE: Tiamiyu Savage Street, V/Island
- PATTABAH BOOK: Adeniran Ogunsanya Shopping Mall, Surulere
- HEAVENLY BLISS SUPERMARKET: BlackGate B/Stop, Addo Badore Rd-Ajah
- HEALTHPLUS PHARMACY OUTLETS:  
  - MM International Airport, Ikeja,
  - MM Airport Terminal 2, Ikeja,
  - Ikota Shopping Complex, VGC-Ajah,
- ADEBOLA MALL- GRA, Ikeja
- THE PALMS SHOPPING MALL, Lekki
- DOMINO E-CENTER, Sabo Yaba, Allen Avenue (By Mama Cass Restaurant)
- OADIS PLAZA, Magodo
- SPAR SUPERMARKET, Lekki
- UKAS PHARMACY & STORES: 79, Asa-Afariogun Street, Off Osolo Way, Off Airport Road, Ajao - Estate, Lagos .
- D3 SUPERMARKET: Aswani Market Road, Isolo



# your Letters

Like to drop us a word? Send us an e - mail at [pulse@twmagazine.net](mailto:pulse@twmagazine.net). You might even win our star letter prize! Also, check us out on Facebook: 'TW Magazine', and on Twitter: '@TWMagazine'.



Hello TW,  
Re: Against Their will

The report on sexual abuse in the last issue really touched me as I am also a survivor of sexual abuse. Thank you for raising awareness about it. Often times, cases of this crime go unnoticed. Again, thank you.

Kelechi O.

Dear Editor,

TW is a good magazine for and about WOMEN. It celebrates femininity and combines quality educational information with fun content and things women really care about. Kudos!

Funmi Babarinde.

Dear TW,  
Re: TW Spa Party

I had a wonderful time at the TW spa Party. The experience was out of this world from the beginning to the very end. I can't remember the last time I slept like a baby. However, that night I did! Thank you so much TW team for a job well done and an amazing experience. You rock!

Titi Edun

Hello Editor,

I'm learning...this is the reason I keep buying TW, because there is always some new knowledge or tips to acquire. When I read part 1 of your finance principles that women should know by 30, I couldn't wait for part 2, I am thirty three but I still needed to know these things and at least know that I am on par. Great work! Kudos to your writers.

Izehi Chukuwa

Hello Today's Woman,

Flower power.... your fashion spread really stood out in your April addition and I also practised your step by step makeup look. Great magazine.

Mina Atta





# Corporate Governance & Leadership Training

## For Small Businesses & Organizations

**Wednesday & Thursday, May 15 -16, 2013.**  
**Time: 8.00a.m to 5.00p.m daily**

### **Seasoned Facilitators:**

- **Professor Chris Ogbemie**, Lecturer, Lagos Business School;
- **Ini Onuk**, CEO, Thistlepraxis Consulting;
- **Mrs. Olapeju Sofowora**, Partner, Abax-OOSA Professionals;
- **Mrs. Folake Adeniyi-Adeleye**, HR Consultant;
- **Mr. Debo Oluwaranti**, Head of BASS, Fate Foundation;
- **Mrs. Bunmi Oke**, President, Association of Advertising Agencies of Nigeria;

**Modules: Introduction to Corporate Governance, The Effective Board – Board Types, Institutional Frameworks and Strengthening – Developing a Business Plan, Strategic Leadership – A Pathway to Personal and Business Accountability, Internal Control and Audit, Business Image Building and Ethics, Corporate Communication and CSR, Information Technology for SMEs, Human Resource Development, Accounting and Financial Management.**

### **Who can register for this training?**

Female Entrepreneurs, Female CEOs of SMEs, NGOs...

### **Testimonials from 2012 batch**

The training impacted me in the area of personal development, business processes, leadership skills development and social networking. I will definitely recommend the training to anyone. - *Adesuwa Onyenokwe, Editor in Chief, TW Magazine*

I learnt a lot about personal development and leadership skills. I will recommend the training for any business owner. - *Modele Sarafa Yusuf, Managing Director, Formart Multi Services Nigeria Ltd*

Please visit [www.wimbiz.org](http://www.wimbiz.org) to download application form or call 08035946249 or 08034946249 for more information.

**Registration Fee:  
N40,000.00**

Martell Milan Fashion Week  
 Featuring Kinabuti's VLISCO "Carnival In The Desert"  
*@ The Consulate General of Italy, Nigeria*

**25th April 2013**



Caterina Bortolussi  
 (Kinabuti Designer)



Aisha Shaba



Ade Bantu



Venessa Banigho



Caterina Bortolussi & friends



Stephanie Okereke-Idahosa



Kayla Oniwo



Uti Nwachukwu



Tonye & Sylvia Cole



Kermi Akande &  
 Bisola Borha

# TW SPA Party @ Four Points By Sheraton

29th March 2013



Yvonne Ebbi



Toluwani Odukoya-Ijogun



Enife Atobiloye



Francisca Aiya



Juliet Ndukwue



Mobola Onibonoje



Lauretta Odusolu &  
Morayo Olajide



Omolola Guatam &  
Tonia Aigbotsua



Funmi Omogbenigun



Chineze Gbenga-  
Oluwatoye

Photos: Hycinth

## Verdant Zeal scores with 2nd Innovention Lecture



The second edition of the Innovention Lecture Series by Verdant Zeal Group was held on March 22 at the Muson Centre, Lagos. Beyond Branding: Building lasting values for Nigeria's growth" was the topic of this year's annual lecture. Personalities like Dr Kayode Fayemi, Governor of Ekiti State (Guest Speaker); Bola Akingbade, Chief Consultant, Brandville Ltd (Chairman); Udeme Ufot, GMD, SO&U Saatchi & Saatchi (Keynote Address); Idorenyen Enang, Corporate Shepherds Limited (Moderator); Tunji Olugbodi, GMD, Verdant Zeal Group (Chief Host) and many more were in attendance. The enlightening event was anchored by actor, Bimbo Manuel.

## New Bnatural Luxury Spa hits Lagos



B Natural Luxury Spa recently held a press conference to announce the opening of its newest branch, located in Victoria island, Lagos. Having been a leading industry player for the last ten years the spa has brought in leading brands in skincare such as Germaine De Capucinni, Obagi and Hydra Therapy. Customers can head to the spa when seeking stress relief in a serene atmosphere.

## Cadbury Launches Tang

Cadbury Nigeria Plc invited members of the press to Tickle Bay, Ikoyi on April 13th for the launch of Tang, the fruit flavoured powdered beverage. The MD, Mr Emil Moskofian, stated that Tang has a great taste that kids love. Cadbury Nigeria Plc has a longstanding pedigree for manufacturing and marketing brands of consistently high quality that people love. Tang is made from 100% natural flavour and includes vitamins A, B and C. It is available in Apple, Orange and Pineapple. It's got to be Tang, Tang, Tang!



## Achebe to Be Buried May 23



### Nigerian Professor of Physics, Fransisca Okeke, Clinches Science Award for Africa & Arab States

Francisca Okeke, a Professor of Physics at the University of Nigeria, Nsukka has recently received the 2013 L'Oréal-UNESCO for Women in Science Award for her contribution to the understanding of "daily variations of the ion currents in the upper atmosphere, which may further our understanding of climate change"

Professor Okeke who was the Dean in the faculty of Physical Sciences at UNN from 2008 – 2010 has been described as a huge inspiration to women in the sciences.

### "I Have Not Found The Right Woman" - Dbanj



Yes, we are just as confused as you! After only recently saying in an online videoed interview that he had found a woman, Dbanj has now had a change of heart saying - "I have dated a lot of women but I don't really want to talk about them because most of them have moved on and some are married. I don't have any regrets at all because I am still young and I am still a bachelor though my mum wants me to settle down... it's not that I don't want to marry, I just haven't found the right woman. If she finds the right one for me, she can call me.

\*\*\*Mum's the word.

The remains of the late literary icon, Prof. Chinua Achebe, will be laid to rest on May 23, 2013 as announced by the Chairman of the South-East Governors' Forum, Mr. Peter Obi.

\*\*\* May his gentle soul rest in perfect peace.

### Kim Kardashian Finally A Single Woman!

Ol! We simply mean Kim Kardashian and Kris Humphries are officially divorced. Reports state that an LA based Judge dissolved their marriage and Kris got nothing from Kim. Kris had initially asked for a divorce settlement of \$7 million in addition to an annulment of the marriage based on fraud. He however unexpectedly dropped all demands in the case.

### 22 Year-old Man To Die By Hanging

A court in Warri has sentenced a 22 year-old man to death by hanging for stealing N955,000. The convict was arraigned on a two-count charge of conspiracy to commit armed robbery and armed robbery, offences punishable under Sections 6(b) and 1(2)(a) respectively of the Robbery and Firearms (Special Provisions) Act.

\*\*\*Erm! We want to see this kind of justice for 'pen robbers' as well.

### 2face Donates Shoes and Cap to Charity

Not just any pair of shoes and cap, but 2face has donated the cap and shoes he wore for his traditional wedding to Charity. This unprecedented and unexpected act was done to help raise money for the Lagos State Motherless Babies Home through the Kaymu Celebrity Charity Auctions.

\*\*\*Thumbs up!

## Eradicating Polio

### 2018

New date set for the global initiative on eradicating polio

### \$5.5b

Cost for global eradication of polio

### 46million

The number of children that have been vaccinated against the spread and disease of polio with support from UNICEF

### 95%

Decline in ration of global polio as of 2010

### 85%

Of Africa still suffer from polio

### 61 Children

Reported cases of children paralysed from polio in three northern states in Nigeria in 2012.

\*\*\*Help Kick Polio Out of Nigeria And Out of Africa.



## Bethesda Celebrates 12 Years Of Educating Less Privileged Children

**O**n Wednesday 27th March 2013, Bethesda Child Support Agency, a not-for-profit, non-governmental organisation and educational arm of Freedom Foundation, celebrated its 12th anniversary of providing free education to less privileged children. Freedom Foundation, founded in 2001 by Dr. Tony Rapu, is a non-governmental organisation pioneering social reformation within communities by empowering individuals who are socio-economically disadvantaged.

The colourful anniversary event, which took place at the Harbour Point Event Centre, Victoria Island, was hosted by Mrs. Nkoyo Rapu, Project Coordinator of Bethesda Child Support Agency and Pastor Tony Rapu of This Present House. Guests included Mr. Ladi Balogun, Managing Director/CEO First City Monument Bank and Dame Abimbola Fashola, wife of the Lagos State governor. The anniversary event featured presentations of music, dance and drama by Bethesda children.





# SpongeBob SquareShorts

# Call For Entries

*SpongeBob SquareShorts* is a global short film competition inviting SpongeBob fans and filmmakers of all ages, around the world, to create an original, SpongeBob-inspired short film – no longer than three (3) minutes – that celebrates the yellow guy: his humor, his overflowing happiness, and his persistent positivity.

Shorts will be judged on creativity, originality, best incorporation of SpongeBob's attributes and overall appeal. The top shorts will be selected and posted on [www.SpongeBobSquareShorts.com](http://www.SpongeBobSquareShorts.com) where viewers will have the chance to vote for their favorite video.

One winner from each age group\* will win an all-expense paid trip to a screening event of the winning films in Hollywood, California.

**Submission Period:** May 6 to June 28, 2013

**Voting Period:** July 18 to August 2, 2013

**Age Group Categories:**

- Under 18
- 18 & Over

One winner will be chosen from each age group category based on a combination of total online votes and the producer selection.

**Each winner will receive:**

- An all-expense paid trip (roundtrip airfare, 2 Night/3 Day hotel accommodations) for 4 to Los Angeles, California
- 2-Day Admission for 4 to Universal Studios Hollywood and the SpongeBob Fan Shellabration, taking place September 7, 2013
- A screening of their film at the SpongeBob Fan Shellabration
- SpongeBob Prize Pack TBD
- Cash Prize: \$2,500

For more information visit [www.nickelodeonafrica.com](http://www.nickelodeonafrica.com)

**H**e grew up listening to artists like Eminem and Jay Z but today, the newest hip hop star and member of Syndik8 Records has already made a name for himself in the music industry. Blink, whose real name is Nelson Agose, speaks candidly about his love for the rap game, how he got involved with Lynxxx and how he unwinds when he's not working.

**What was growing up like for you?**

I had a very interesting childhood. When I wasn't in school, I would hang out with my siblings and neighbour and play football or ride my bike. Sometimes, I would go to my father's room and watch Michael Jackson's videos and concert tapes. Even at the tender age of 4, my parents had started calling me nicknames such as Bobby Brown, MC Hammer and Michael Jackson because I used to try to sing and dance like them.

**When did you start taking music seriously?**

I started to take music seriously while studying Economics at the University of Illinois, Urbana-Champaign. In my third year, I released my first mixtape, The Work Ethic, and I started performing at all the big shows and concerts in town. I was even offered record deals from independent labels. But I wanted to complete my college education before concentrating on my music career.

**You moved back to Nigeria from the United States to pursue your music; how was the transition?**

I moved back in November 2011 just a month after I released my second independent (online) album titled

American Dreams, African Principles. Prior to that, I had been studying the Nigerian music industry and noticed that the sounds then were so monotonous and commercialized. Being that I am super passionate about how I express my art, I decided to take my time and I made music after music after music until I felt I had found a style that people could relate to without compromising who I was or the art that I love and respect so much.

**You're signed on to Syndik8 Records. How did you meet owner, Lynxxx and what's your relationship like?**

I met Lynxxx while we were both at Kings College and we've remained friends since! Lynxxx has always been like a big brother to me, so we are not just label mates; we are family. We got into music based on passion and we never let ego or money get in the way. I trust these guys to be 100% honest with me about business and personal life at all times.

**When you're not working, what do you do to unwind?**

I love the outdoors! I hit the beach pretty often with my friends. When I'm indoors, I play a lot of FIFA games with my brothers Lynxxx and Nedu. I also love to read books and listen to music.



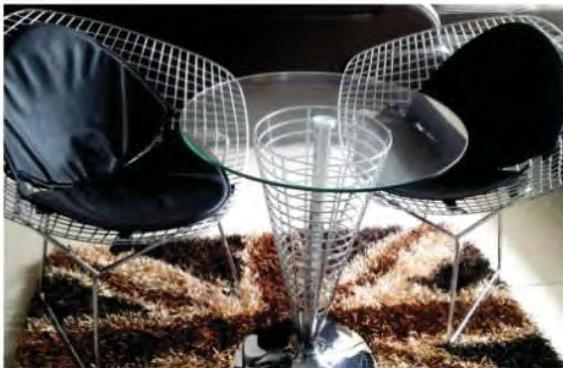
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**Blink**



*...living with style*



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Interiors Ltd.

