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# WEEKLY NEWSLETTER

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- A HEALTH & WELLNESS TIP
- WEEKLY AFFIRMATIONS
- A WOMAN OF THE WEEK

IN THIS NEWSLETTER  
YOU'LL FIND:

- A QUESTION & ANSWER SECTION
- A CHALLENGE FOR THE WEEK
- AN INSPIRATIONAL WORD

# VAW

value adding woman

## INTRODUCTION

Dear Value-Adding Woman,

Happy New Week!

As we step into a brand-new month, we welcome you with open arms and hearts full of anticipation. Each new beginning brings a fresh opportunity to grow, reflect, and embrace the journey of becoming even more impactful—in our homes, careers, communities, and within ourselves.

This edition of the *Value-Adding Woman* newsletter is filled with insights, inspiration, and stories that we hope will empower and uplift you. We encourage you to read with an open heart—ready to receive, reflect, and take action. May these words spark new ideas, remind you of your strength, and reaffirm the value you bring to the world every single day.

Here's to a month of purpose, passion, and powerful transformation.



**DR. KEMI OYEDEPO**

Team Lead, Value Adding Woman

# WEEKLY NEWSLETTER

## REFLECT ON THIS

There has never been a miracle drug that could equal the Word of God. God's medicine is the answer to every need - **Gloria Copeland**

## PRAYER REQUEST

### Need prayer for something?

Don't hesitate to reach out to us @valueaddingwoman

## DID YOU KNOW...

**Did you know** women are more likely to multitask effectively than men due to differences in brain structure?



## WOMAN OF THE WEEK

This week, we celebrate **Ibukun Awosika**—a trailblazer whose life exemplifies leadership, faith, and purpose-driven impact.

As the first female Chairperson of First Bank of Nigeria, Ibukun shattered glass ceilings in the banking sector, inspiring countless women to pursue leadership roles. Beyond her corporate achievements, she is the founder of The Chair Centre Group, a leading furniture and security systems provider in Nigeria.

Ibukun's commitment to faith and service is evident in her role as an ordained pastor and founder of the Christian Missionary Fund, supporting missionaries across Nigeria. She also co-founded Women in Business, Management, and Public Service (WIMBIZ), empowering women to excel in various sectors.

Her accolades include the 2020 Forbes Woman Africa Chairperson Award and the Beta Gamma Sigma Business Achievement Award, recognizing her contributions to business and society.

Ibukun Awosika's journey reminds us that with faith, resilience, and dedication, we can make meaningful impacts in our communities and beyond.



### IBUKUN AWOSIKA

<https://wimbiz.org/ibukun-awosika/>

# Gods Word to YOU!!

## INSPIRATIONAL MESSAGE

*"For which of you, intending to build a tower, does not sit down first and count the cost, whether he has enough to finish it" - Luke 14:28*

The good news is that we still have time to build this year! Here are some helpful tips:

**1. SIT DOWN.** This is where you take time out of your busy-ness to ask for insight and divine direction. Here, you also begin to gain clarity on the things to embark on.

**2. COUNT THE COST.** Take the time to plan and estimate the cost you must pay financially and otherwise.

**3. MAKE IT VISIBLE.** Put your plan and vision for the rest of the year in a place you can see it. This could be printed out and pasted on your wall. If you would rather not print (if you intend to save a tree one paper at a time), you may have it on your phone, iPad or tablet. Just ensure your plan is well documented and visible to you.

**4. RUN.** Now it's time to run with what you have written and what you are reading. Also, ask yourself if those plans and ideas are conspicuous enough to read on the run.

When I desired to have a Masters Degree, I wanted to earn it from one of the most prestigious Universities in the world. To do this, I followed the tips listed. I knew exactly what I wanted to achieve and I did not allow myself to be enticed by other options. Praise God, it came to pass!

I trust God to help us plan the rest of our year well. The good news is that there is still time to make the most of it!

**Pastor (Mrs) Queen Great**  
@thequeengreat

### QUESTION & ANSWER SECTION

**Q: My self-esteem is low because of some experiences. Please share some tips to help me build it up.**

**A:** The first thing I want you to know is this: your worth isn't defined by what you've been through, but by who God says you are. He loves you deeply and unconditionally. Here are some steps to help rebuild your self-esteem in Christ:

#### 1. Recognize Your True Identity

Begin by meditating on what Scripture says about you:

- \* You are fearfully and wonderfully made (Psalm 139:14)
- \* You are chosen and dearly loved (Colossians 3:12)
- \* You are forgiven and made new in Christ (2 Corinthians 5:17)

#### 2. Reflect on Scripture Daily

Write down these verses and read them regularly. Let God's truth reshape how you see yourself.

#### 3. Spend Time in Prayer

Be honest with God about how you're feeling. Ask Him to heal the wounds in your heart and to help you see yourself through His eyes.

#### 4. Renew Your Mind

Romans 12:2 urges us to be *"transformed by the renewing of your mind."* Replace negative self-talk with God's truth.

#### 5. Surround Yourself with Encouraging Believers

Connect with people who uplift you and affirm your identity in Christ.

#### 6. Serve Others

Serving others helps shift your focus outward. It reminds you that God can use you, regardless of your past. This can also build your confidence.

#### 7. Pursue Healing

Consider speaking with a Christian therapist or counselor. God often uses professional support alongside prayer and Scripture to bring full healing.

#### 8. Learn from Trusted Resources

Read books or listen to teachings on Christian identity, self-worth, and healing. Solid, biblically grounded content reinforce God's truth and provide practical tools for growth.

**Remember:** You are not alone, and your story is not over. God is a master at restoration. He delights in you and has beautiful plans for your life. I believe that as you apply these practical tips consistently, you'll see an upward shift in your self-esteem and confidence.

**Answered by Dr. Kemi Oyedepo**

### BOOK OF THE MONTH (MAY)



Join the book review meeting on  
Monday, 27th of May @ 7 pm WAT

Lookout for more details!

## Building Stronger Marriages and Families Making Your House a Home

**Billy Joe Daugherty**



## FAITH AND LIFE APPLICATION TIP

### Faith & Life Tip: The Power of Obedience

Obedience is more than just following instructions—it's a demonstration of trust, surrender, and deep faith. For the godly woman, obedience to God is a pathway to peace, purpose, and divine alignment. It's in saying "yes" to His will—even when it's inconvenient, unclear, or uncomfortable—that true growth begins.

When we obey, we invite God's wisdom into our decisions, His strength into our weaknesses, and His favor into our journeys. Obedience positions us for blessings we may never see coming and protects us from pitfalls we may never know existed.

### Life Application Tip:

Today, choose to obey God in one area you've been resisting—whether it's forgiving someone, stepping out in faith, or letting go of something that no longer serves your purpose. Trust that on the other side of obedience is a life fuller than you could imagine.



## AFFIRMATIONS

**I am a woman of purpose**, and everything I do adds value.

**I carry strength, grace, and wisdom** into every space I enter.

### SCRIPTURE OF THE WEEK





## HEALTH AND WELLNESS TIP

### Health & Wellness Tip: Fuel Your Body with Fiber

Fiber is your body's natural helper—it keeps your digestive system running smoothly, helps regulate blood sugar levels, and supports a healthy heart. Found in foods like fruits, vegetables, whole grains, beans, and nuts, fiber adds bulk to your meals and helps you feel fuller for longer, making it a great ally for weight management.

### Wellness Boost:

Aim to include a variety of fiber-rich foods in your daily meals. Start your day with oats or whole grain cereal, snack on fruits like apples or berries, and add beans or leafy greens to your lunch or dinner. Don't forget to increase your water intake alongside fiber to keep everything flowing as it should!

Small, consistent choices lead to lasting wellness.

## CHALLENGE OF THE WEEK



### Challenge of the Week: Step Outside the Comfort Zone

Growth doesn't happen where it's safe and familiar—it happens when you dare to try something new, uncomfortable, or even scary.

### **This week, challenge yourself to do one thing that stretches you.**

It could be starting that project you've been postponing, speaking up in a meeting, initiating a difficult conversation, or trying something completely new. No step is too small—as long as it pushes you past your usual limits.



## HIGHLIGHTS!

- Our weekly prayer meeting - PRESS holds every Monday @ 10 pm WAT. Join [here](#)
- Monthly book review meeting comes up on Monday, 27th of May @ 7 pm WAT
- Ministers' Wives Connect comes up on Monday, 12<sup>th</sup> of May @ 7 pm WAT

## THE TEAM

### Editor in Chief

Dr. Kemi Oyedepo  
The visionary leader guiding our content with expertise and passion.

### Design & Research Lead

Mrs. Feyi Deji-Dawodu  
The creative genius and researcher who ensures our visuals and content are top-notch.

### Content Distribution Lead

Mrs. Tega Agbadagri  
The strategist working behind the scenes to get our newsletter in front of your eyes!

### Contributor

Pastor (Mrs) Queen Great  
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*Thank you for reading!!*

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