

ISSUE NO. 5

ISSUE NO. 5

BANWO

Magazine

TECH SPACE

UNLEASH THE POWER & POTENTIAL OF TECH

MANGOES

THE LUSCIOUS DELIGHTS OF THE SEASON

RHONDA

MACK ROGERS

ADVOCATE FOR EDUCATION & WOMEN EMPOWERMENT

BE ABOUT IT

SHAPING YOUR FINANCIAL FUTURE

Shop the Look

2023 A120PS5



Image by Olú Akinyinka

BANWO

Magazine

BASK IN YOUR GLORY

Inspiring, educating & motivating an
empowered feminine lifestyle.

Image by Nina Malyna

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LIFESTYLE+BUSINESS-MINDSET

BANWO

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ABOUT US

Banwo is a quarterly published lifestyle & professional magazine for the everyday woman looking to connect with authentic content.

A source of motivation and inspiration for young girls, ladies and women who are simply looking for something refreshing.

BM really wants to give readers more to look at, to inspire, and remind them that life is not just a box of chocolates! Life is what you make it and we encourage all to reach beyond and find their own voice and lane.

Our goal is to provide as much inspiration as possible through organized content that has been intentionally curated from inspirational stories that are relatable and encouraging to our audience.

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Dear Readers,

Delving into the pages of this issue of Banwo Magazine, you will find yourself reflecting on the resilience and tenacity that defines the human spirit. Life, at its core, is a series of experiences, a journey of highs and lows, of triumphs and setbacks. It is these very setbacks that often serve as the catalysts for transformation, for the **reimagining of a new future**.

In a world that has witnessed unprecedented challenges, always remember the strength from within that allows you and I to scale above such challenges. From personal struggles to global crises, we all have bare witness to individuals and communities rising above adversity, reinventing themselves, and emerging even stronger. That's why, we must remember we are not alone.

In this issue, you will read about overcoming and becoming and how navigating setbacks with grace and determination doesn't make you weak but formidable. We delve into the realms of entrepreneurship, technology, personal growth, and community building, seeking inspiration and wisdom from those who have turned setbacks into stepping stones.

These stories serve as a testament to the indomitable human spirit and the potential for growth and transformation that resides within each of us.

As we rekindle our dreams and aspirations, let us remember that setbacks are not the end but a chance for a new beginning. They are opportunities to reinvent, to reimagine, and to shape a brighter future. In the face of adversity, we discover resilience; in setbacks, we uncover the seeds of innovation.

So, let us embark on this journey together, exploring stories of hope, determination, and reinvention. As we read the pages that follow, may we find the inspiration to reimagine our own futures, forging ahead with unwavering resolve and the knowledge that setbacks are but the prologue to a new and extraordinary chapter.

With hope and determination,

Tinú Peña
Editor-in-Chief

Editor-in-Chief's Note



BE ABOUT IT

SHAPING YOUR FINANCIAL FUTURE



CREATING THE PATH TO WEALTH DEVELOPMENT

By Staff, Funke Akinyinka

The age-old adage "learn one thing and do it well" is encountering new perspectives, especially among Black women. The notion that singular expertise is the only pathway to success seems to be giving way to a multi-faceted approach, as women seek alternative avenues to create wealth.

This article embarks on a journey through knowledge landmines, offering a fresh perspective on initiating the path to wealth creation. While embracing multiple ventures that might challenge the conventional wisdom, it aligns with the evolving landscape of wealth development in the 21st century.



BE ABOUT IT

SHAPING YOUR FINANCIAL FUTURE

THE DAWN OF DIVERSIFICATION: Shifting Mindset

The concept of excelling in one domain before venturing into others was once the hallmark of success. However, the digital age and changing socio-economic dynamics have led to a paradigm shift. This shift is especially pronounced among Black women, who are forging new paths to economic empowerment. By embracing diverse avenues, they are challenging traditional norms and finding innovative ways to create wealth that resonate with their individual strengths and aspirations.

BREAKING THE MYTH: Knowledge Landmines

Myths, whether consciously or subconsciously, exert a significant influence on people's approaches to various aspects of their lives. Consequently, skillfully navigating the terrain of knowledge landmines has become indispensable in debunking these myths. This myth-busting journey follows a train of thought that encourages the evolution of the mind, enabling individuals to embark on a new and empowering path to wealth."



Continuous Learning

#01

In a world where knowledge evolves rapidly, continuous learning is essential. Black women are navigating knowledge landmines by engaging in a spectrum of learning experiences. From online courses to workshops and mentorship programs, they are actively broadening their horizons to stay ahead in various fields.



Collaboration & Networking

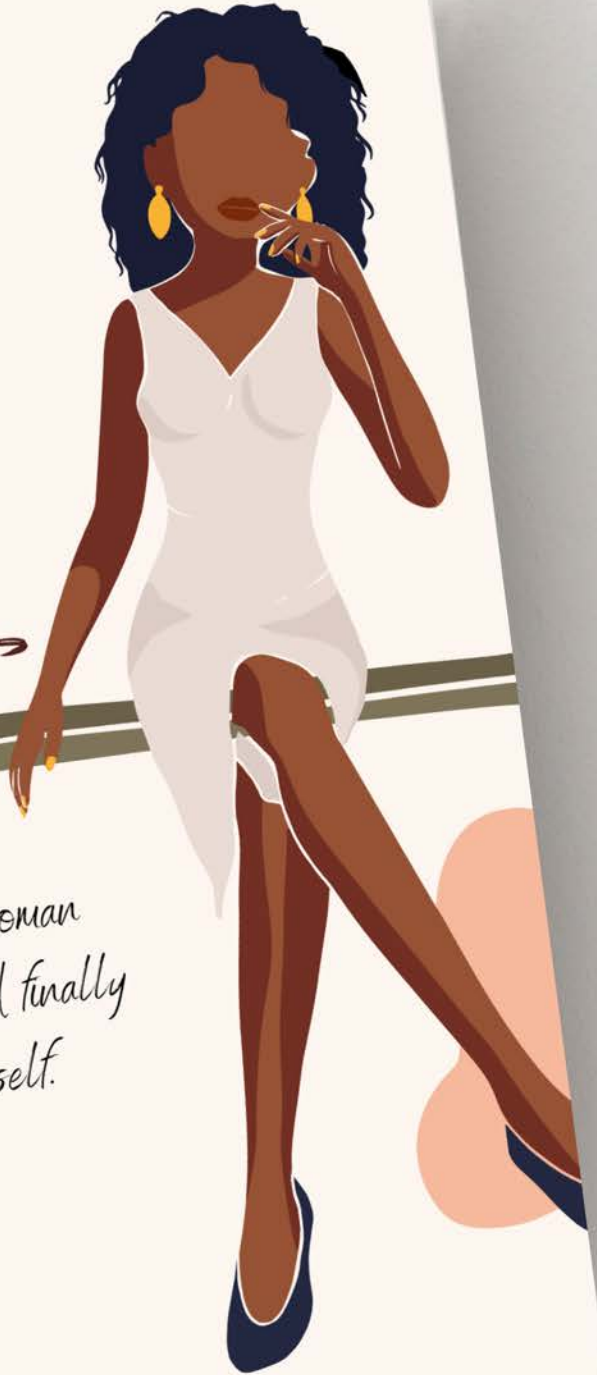
#02

Rather than confining themselves to a single discipline, women are forming networks that cut across industries. Collaborative efforts foster creativity, stimulate innovative thinking, and enhance business prospects. The ability to connect, collaborate, and learn from diverse perspectives is shaping a new era of wealth.

Book Release
Coming Soon
amazon

When We Met

A riveting story about a woman rediscovering who she is and finally meeting her authentic self.



Tinu Akingzinka Peña

A whimsical & refreshing look for an adult book with a captivating story of self-discovery and acceptance.

BE ABOUT IT

SHAPING YOUR FINANCIAL FUTURE

MINDSET SHIFT: Building Generational Wealth

Rather than being restricted by the notion of mastering one skill, Black women are embracing a mindset that transcends boundaries. This shift is a reflection of the changing nature of wealth creation. The ability to adapt, learn, and innovate across multiple domains is becoming a hallmark of modern entrepreneurship.



Embracing Entrepreneurship

#03

Entrepreneurship is a favored route for Black women to express their creativity and innovation. Many women are juggling multiple entrepreneurial ventures, from e-commerce to consulting and creative pursuits. The evolving digital landscape provides opportunities to explore various niches and tap into global markets.

Sources include Forbes, Entrepreneur, and Black Enterprise.



Financial Literacy & Investment

#04

Knowledge of finances is crucial to wealth creation. Black women are actively engaging in financial literacy programs, understanding investment opportunities, and taking calculated risks. This empowers them to build generational wealth, one diversified investment at a time.

Remember, the path to success is paved with multifaceted endeavors, women especially Black women are challenging traditional norms. The narrative of learning one skill and excelling in it is giving way to a more expansive approach.

Navigating knowledge landmines and venturing into diverse domains is becoming a hallmark of Black women journey towards wealth creation. As the pursuit of financial empowerment takes on various forms, embracing change, innovation, and continuous learning is key.

The path to wealth creation is no longer linear, but a dynamic journey that shapes not just individual prosperity, but also paves the way for generational wealth.

the foodie corner

BANWO MAGAZINE



THE LUSCIOUS DELIGHTS OF MANGO SEASON

"The "king of fruits" grace our tables with their unparalleled sweetness and tropical charm.



Mango Season

It's the enchanting season of mangoes! For Women especially Black women who are embracing healthy living, mango season is not just a time of juicy indulgence but also an opportunity to infuse wellness into the journey with the vibrancy and nourishment that this luscious fruit offers.

These succulent fruits are not only rich in flavor but also packed with essential nutrients. From vitamin C to vitamin A, antioxidants to fiber, mangoes offer a dynamic cocktail of health benefits that contribute to radiant skin, boosted immunity, and improved digestion.

In this whimsical exploration, we delve into the magic of mango season and savor a delectable recipe for a healthy mango dessert that will have you dancing to the tune of summer.



THE ALLURE OF MANAGOS



THE MOOD



A WHIMSICAL WHIRL RECIPE

Mango Tango Chia Pudding

Indulge in a guilt-free delight that perfectly captures the essence of mango season – Mango Tango Chia Pudding. This dessert is a harmonious fusion of wholesome ingredients that pay homage to the magic of mangoes.

This dessert is a harmonious fusion of wholesome ingredients that pay homage to the magic of mangoes.

Ingredients:

- 1 ripe mango, peeled and pitted
- 1/4 cup chia seeds
- 1 cup almond milk (or any plant-based milk)
- 1 tablespoon pure maple syrup or honey (optional)
- 1/2 teaspoon vanilla extract
- Fresh berries and mint leaves for garnish

Instructions:

1. Dice the Mango:
 - Cut the ripe mango into small cubes. Set aside a few pieces for garnish.
2. Prepare the Chia Base:
 - In a bowl, combine chia seeds and almond milk. Stir well to prevent clumps.
 - Add vanilla extract and maple syrup (if using), and mix thoroughly.
 - Let the mixture sit for about 10 minutes, stirring occasionally until it thickens.

3. Blend the Mango:

- In a blender, blend the remaining mango cubes until smooth and creamy.

4. Layer the Dessert:

- In serving glasses or bowls, layer the chia pudding and mango puree alternately.
- Begin with a layer of chia pudding, followed by a layer of mango puree. Repeat as desired.

5. Garnish and Serve:

- Top the dessert with fresh mango cubes, berries, and mint leaves.
- Refrigerate for an hour to allow the flavors to meld.

Dive into Mango Season!

Remember that mango season isn't just about the fruit – it's about embracing the vibrant symphony of life itself.

RECIPE AND ARTICLE PREPARED WITH INSPIRATION FROM SOURCES LIKE HEALTHLINE, MEDICAL NEWS TODAY, AND EATINGWELL.



RECRUITING



New Board Members

ACCEPTING APPLICATIONS

Banwo Foundation, Inc. is a 501 (3) organization focused on empowering women between the ages of 18 - 24. Our mission is driven by four pillars and we look to bridge the gap in connecting all women to empowerment tools.

BE A PART OF THE MOVEMENT OF SISTERHOOD, SUPPORT AND SUCCESS.

APPLY AT WWW.BANWOFUNDATION.ORG

OUR FOUR PILLAR PROGRAM

W

Wealth Development

Begin. Wealth building isn't limited to job income. It's about multiple income sources, assets, and generational wealth.

A

Advocacy

Representation is vital in the 21st century. We emphasize women's voices in shaping inclusive policies

E

Entrepreneurship

Entrepreneurship has various levels, dissect these levels to provide insights on the path to legacy wealth.

H

Health & Wellness

Self-care isn't selfish. Let's explore why this belief exists and its profound role in self-discovery.

ENLIGHTEN

ENRICH

EMPOWER



INTERVIEW WITH
RHONDA
MACK ROGERS
ADVOCATE FOR EDUCATION & EMPOWERMENT

Image by Olú Akinyinka

A GLIMPSE

Rhonda Denise Mack Rogers is a dedicated advocate for high-quality educational services for vulnerable populations. With nearly three decades of experience, she's a successful nonprofit leader, specializing in innovative program development and overseeing diverse academic and social initiatives for adults and children.

Rhonda's commitment extends to her roles as the Immediate Past Chapter President and 3rd Vice President of Membership for the National Coalition of 100 Black Women, West Palm Beach Chapter, and her active membership in the South Palm Beach County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. She's also a board member and alumni member of Leadership Palm Beach County.

INTERVIEW WITH RHONDA

ADVOCATE FOR EDUCATION &
EMPOWERMENT

MACK ROGERS



Image by Olú Akinyinka

As the founder of Rhonda's Promise, Inc., a nonprofit organization dedicated to uplifting women and girls through education and life skills, Rhonda Rogers embodies her mission to lead a life of service and provide a legacy for others to follow.

Rhonda holds a Bachelor of Science Degree in Organizational Management (Cum Laude) from Palm Beach Atlantic University with a concentration in Human Resource Management. She's also a Certified Program Planner (CPP) with credentials from the LERN Institute. Rhonda's unwavering commitment to community service and leadership has garnered her multiple awards and recognitions.

A proud mother of two sons, Rhonda's legacy is a testament to her unwavering dedication to empowerment and education.

We wanted to get a bit more personal with Rhonda and learn about what drives her to be the exceptional leader and advocate in her field.

What was a defining moment for you in your career when you realized you had to either accept the situation or move on?

The moment one of my female board members disrespected me as a Black woman in leadership. The board member continued to belittle and disrespect me, which caused me to reexamine my future with the organization as their CEO. I met with the board of directors, and she gave me a fake apology, but things were never the same. I decided to move on and start my own nonprofit organization. I knew I had too much to offer to be treated that way.

You are in a space where there are very few minority women in non-profit executive positions. How did you chart your career path in such a way that led you into that field?

I started by working with organizations led by powerful women. I have been in the nonprofit sector since 1993, working exclusively under female leadership. Two of them have been Black women. Some have provided support and mentorship, while others were quite the opposite, not reflecting the kind of leadership I aimed for. Therefore, I observed, learned, asked questions, and took initiative by volunteering for new projects. This approach allowed me to showcase my skills and talents. Progressing through the ranks, I eventually attained the position of Director. However, aspiring for more, I began monthly meetings with the CEO, seeking mentorship for a C-Suite role. Following this guidance, I applied for my first Chief Executive Officer position, and the board appointed me a day after my interview.



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INTERVIEW WITH
RHONDA ADVOCATE FOR EDUCATION &
 MACK ROGERS EMPOWERMENT

What would you suggest to someone looking to venture into nonprofit leadership within established organizations?

I would suggest starting with a solid idea of what problem you are trying to solve. For example, homelessness, food insecurity, etc. Then create a business plan and budget. Pitch your vision and concept to community leaders, volunteers, and business leaders and establish a board of directors to help you plan and govern the organization. The board is your right hand and should be willing to give their time, talents, and treasure to ensure the organization's success.

What skill sets would you say are very important to have when you are leading a non-profit organization?

I believe you should be able to motivate and encourage the staff and board of directors. Be a great communicator. Be creative and flexible. Also, empathy helps leaders understand how their staff/team feels about their workload and workplace relationships. My favorite aspect of leading a nonprofit organization is creating change for our clients and making significant waves in the community with limited resources. I am innovative, resourceful, and un-intimidated by the unique challenges of the nonprofit world. I enjoy managing my budgets responsibly while keeping my eyes on the next financial opportunity for the organization.

Leadership can be demanding. What would you say is your go-to regimen that helps you maintain focus and rejuvenate?

I believe in putting myself in 'timeout.' This is my time to refocus and reenergize. I do this by turning my phone off and focusing on the moment. I love the water, so I enjoy the pool and the beach, and I listen to the calming sounds of the water. It also helps me to hear from God. I am a believer, and He has guided my steps. Usually, after my 'timeouts,' I feel rejuvenated and ready for my next big project.

Everyone should carve out time for themselves!

What advice would you give to anyone looking to work for an established non-profit organization, and what leadership skills are most critical?

Be patient with yourself. Do not try to do it all by yourself. Consider hiring a leadership coach or an experienced nonprofit leader to guide you through the process. It's okay to ask for HELP! Critical leadership skills are time management, problem solving, strategic thinking and flexibility.



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LAUGHTER COSTS
NOTHING.
LIVE BOLDLY!



UNLEASH THE POWER & POTENTIAL OF TECH

Image by WC Studio

By Staff

In a rapidly evolving digital era, technology and online platforms have reshaped the way we connect, learn, and disseminate information. The power and potential of this technological wave are undeniable, yet it remains an elusive tide for those without access. While it has the capacity to amplify the voices and accomplishments of women, the inclusion of Black women in the tech sector has been a gradual ascent.

That is why in this interconnected world, it's imperative that as a community, we recognize and unlock the untapped potential and influence of technology by any means necessary. Knowing the space's standard is not always inclusive of the global majority, we must actively strive for inclusivity through self-promotion and pulling resources, especially for Black women in the tech industry to be able to tap into the power and use its potential for our development.

THE TECH REVOLUTION: TRANSFORMING LIVES AND OPPORTUNITIES

Technology has transcended mere convenience: it has become an integral part of modern life. From online education to remote work, from e-commerce to telemedicine, technology has transformed industries and opened new avenues for personal and professional growth. However, this transformation is only accessible to those with the means to embrace it fully.

TECHSPACE

UNLEASH THE POWER & POTENTIAL OF TECH

THE DIGITAL DIVIDE: A BARRIER TO INCLUSIVITY

While technology has immense potential to level the playing field, it has inadvertently created a digital divide. Access to technology and the internet remains a privilege that many take for granted. This digital divide disproportionately affects marginalized communities, including Black women, limiting their access to educational and economic opportunities.

EMPOWERING BLACK WOMEN IN TECH: A COLLECTIVE RESPONSIBILITY

As we navigate this digital age, we must recognize the imperative to empower Black women in tech. Their perspectives, innovations, and leadership are essential in shaping a more inclusive, equitable future. We have a collective responsibility to bridge the gap, ensuring that all voices are heard, and opportunities are accessible.

BREAKING BARRIERS: ENCOURAGING STEM EDUCATION

To empower Black women in tech, we must start with education. Encouraging young Black girls to pursue STEM (Science, Technology, Engineering, and Mathematics) fields is vital. Initiatives that provide scholarships, mentorship programs, and exposure to tech careers can pave the way for future success.

FOSTERING DIVERSITY AND INCLUSION IN TECH COMPANIES

The tech industry must take proactive steps to foster diversity and inclusion within its ranks. Companies should implement policies that promote diversity in hiring and leadership positions. Creating safe and inclusive spaces for Black women in tech to thrive is not just a matter of equity; it's also a matter of innovation.

EMPOWERING BLACK WOMEN ENTREPRENEURS IN TECH

Entrepreneurship in the tech sector offers a pathway to empowerment and economic independence for Black women. Initiatives that provide resources, funding, and mentorship for Black women entrepreneurs can help bridge the gap. Supporting the growth of Black-owned tech startups is a strategic investment in the future.



Shop this Look

This look is a simple sophisticated look that is sure to capture the essence of your femininity. From the office to cocktails, its such a versatile look.



Wrap Tie Mini Dress with Point Collar

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\$14.95

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PAVOI

www.amazon.com

\$14.00



14K Gold Plated Beaded/Cuban/Cubic Zirconia Station Chain Adjustable Bracelet

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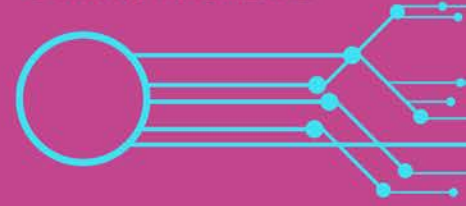
Minimalist makeup and elegant hair balances the look.

Black Designers

Availability of pieces and prices are subject to brand availability.

TECHSPCAE

UNLEASH THE POWER & POTENTIAL OF TECH



THE IMPORTANCE OF REPRESENTATION

Representation matters. Black women need to see themselves reflected in tech leadership, media, and decision-making roles. Positive role models and mentors inspire the next generation of Black women in tech, proving that their aspirations are achievable.

AMPLIFYING VOICES: THE ROLE OF SOCIAL MEDIA AND ONLINE COMMUNITIES

In the digital age, social media and online communities provide platforms for Black women in tech to connect, share their experiences, and collaborate on initiatives. These spaces amplify their voices, enable knowledge sharing, and promote solidarity.

THE FUTURE OF INCLUSIVE TECH

The future of tech must be inclusive. It should reflect the diversity of our society and harness the talents and innovations of all individuals, regardless of their race, gender, or background. By actively working to bridge the digital divide and empower Black women in tech, we can create a more equitable and prosperous future for all.

“You cannot innovate if you do not have diversity of thought, diversity of experience, and perspectives. Leaders need to cultivate an inclusive environment so we can innovate and solve the world's problems.” – **Jacky Wright, Chief Digital Officer at Microsoft U.S.**

In our interconnected world, technology is a driving force that shapes our lives and opportunities. To harness its full potential, we must strive for inclusivity, especially for Black women in the tech industry. Empowering Black women in tech is not just a matter of equity; it's a matter of innovation, progress, and building a future where the digital landscape truly represents the global majority. As a community, we have the collective responsibility to bridge the gap, recognizing that when we empower Black women in tech, we empower the future itself.



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BUSINESS CREDILITY

Navigating Business Accounts for Growth and Credit Building

Sustaining and achieving growth is what every business wants and it's crucial for enterprises to establish and manage various types of business accounts effectively to achieve those goals.

Beyond financial management, these accounts also play a pivotal role in building business credit—a vital asset for securing financing, partnerships, and opportunities.

Let us explore the types of business accounts needed for small, minority-owned, and woman-owned businesses, and provide insights on leveraging them for credit building.

#1 – Operating Account

At the heart of every business is the **Operating Account**, where day-to-day financial transactions unfold. This account serves as the operational lifeline, enabling you to receive payments, pay expenses, and manage cash flow effectively. To leverage it for credit building, establish a solid track record of timely payments and responsible financial management.

#2 – Business Credit Card

A **Business Credit Card** offers more than just a convenient payment method. It's a powerful tool for managing expenses, earning rewards, and building business credit. Make regular, on-time payments to demonstrate your business's creditworthiness. Consider a card that reports to business credit bureaus to maximize its impact.

#3 – Business Savings Account

A **Business Savings Account** isn't just a place to park excess funds; it's a financial buffer for unexpected

expenses and future investments.

While it may not directly impact credit scores, it can indirectly support creditworthiness by ensuring financial stability and resilience.

#4 – Vendor Credit Accounts

This type is more likely the most common boots for riders. You may find them in similar designs with general working boots or army boots. They have thick soles and are typically made from leather or other materials. They probably offer less protection, yet are surely comfortable.





Banwo Foundation, Inc.

Fellowship Program 2024



About Us

Banwo Life Skills (LS) Fellows Program provides essential life skills and coaching to young women aged 18-24. Focused on Wealth Development, Entrepreneurship, Advocacy, and Health & Wellness, the program bridges information gaps, fostering social mobility and professional growth.

Our mission is to empower young women through a positive cohort experience, adhering to Banwo Foundation's governance. Fellows gain knowledge, skills, and develop a capstone project.

The 4-month program runs from July to October, and graduates are expected to complete scheduled courses for certification.



Wealth Development

Financial literacy for lifelong economic empowerment.



Entrepreneurship

Igniting innovative ideas into thriving ventures for economic autonomy.



Advocacy

Championing social change and equality through informed advocacy efforts.



Health & Wellness

Nurturing holistic well-being for a fulfilling, balanced life.



Visit our website: www.banwofoundation.org

APPLY NOW

BUSINESS CREDILITY

Navigating Business Accounts for Growth and Credit Building

your personal credit history being linked to your business's creditworthiness. Keep personal credit strong to protect your business credit.

#8 – Business Credit Reporting Agencies

Register your business with credit reporting agencies like Dun & Bradstreet, Experian, or Equifax. Regularly review your business credit reports to monitor your credit standing and address any discrepancies promptly.

#9 – Financial Statements

Maintain up-to-date and accurate **Financial Statements** for your business, including income statements, balance sheets, and cash flow statements. Lenders and investors often rely on these documents to assess creditworthiness.

#10– Build Credit Relationships with Banks

Establishing a relationship with a **Bank** can be advantageous for your business credit. Open accounts, apply for credit lines, and demonstrate responsible financial management to build trust with your banking institution.



Establishing and managing various business accounts is not just about financial management; it's about building a solid foundation for creditworthiness. A positive credit history opens doors to financing opportunities, partnerships, and business growth.



#5 – Business Loans and Lines of Credit

Access to **Business Loans** and **Lines of Credit** can fuel growth and expansion. By borrowing responsibly and repaying on time, you demonstrate creditworthiness, which can open doors to larger loans and better terms in the future.

#6 – Trade Credit Accounts

Trade Credit refers to credit extended by businesses to one another. Establishing favorable terms with trade creditors can help you manage cash flow and build credit. Ensure that these accounts report to business credit bureaus.

#7 – Personal Guarantees

For small and newer businesses, **Personal Guarantees** may be necessary when seeking loans or credit lines. This involves

Purposeful Digital Dating

BY ELLY PENA



Swipe left or right has come to become an extension of the dating scene with the enchanting realm of digital dating defines whose profiles sparkles based on curated interests, photos and emojis initiates the start of conversations with the quest for meaningful connections. This new twist to a whimsical age of dating, where swipes and clicks shapes the romantic landscape, the art of "dating with a purpose" has emerged as a guiding star for those seeking more than fleeting encounters. This article ventures into the heart of the digital dating maze, offering sage advice for dating with intention while ensuring safety in every step.



Quick Tip

Be clear about your intentions and values. Communication is key to finding someone who shares your goals and values for a meaningful relationship."

Unveiling the Purpose: Beyond the Swipe

Digital dating with purpose transcends the notion of casual interactions. It's a deliberate stride towards forming genuine connections that align with your values and aspirations. In a world inundated with swipes and fleeting chats, the intention to truly connect and invest time in understanding potential partners marks a paradigm shift.

Digital Safety Guide: Navigating the Terrain

1 Curate Your Profile: Your profile is your digital first impression. Showcase your personality and interests honestly. Use recent pictures that reflect your true self. Authenticity is magnetic.

2 Vet Your Matches: Before you engage in conversations, take a moment to review their profiles. Shared values, interests, and goals provide a solid foundation for meaningful discussions. Also, Safety is paramount as the conversation progresses, background checks are available.



Purposeful Digital Dating

3 Virtual Dates: In the digital age, virtual dates are your window into the world of your potential partner. They offer a chance to assess compatibility and chemistry before meeting in person.

5 Trust Your Instincts: If something feels off or uncomfortable during conversations, trust your instincts. Prioritize your well-being and don't hesitate to disengage if needed.

7 Communication Is Key: Maintain open communication about your intentions and expectations. Clear communication sets the tone for a purposeful connection.

Crafting Purposeful Conversations

Digital dating isn't just about profile aesthetics; it's about forging meaningful connections through conversations. Ask open-ended questions that encourage deeper discussions. Share your interests, values, and dreams. Engaging in conversations that go beyond surface-level chitchat sets the stage for a more profound bond.

In the enchanting digital age, dating with purpose unveils a path rich with intention and genuine connections. As you navigate the digital dating maze, prioritize safety through cautious steps. Engage in purposeful conversations that illuminate the traits and values that matter most to you. Ultimately, whether you find your soulmate or a trusted friend, the pursuit of meaningful connections is a journey that enriches your life in delightful and unexpected ways.

4 Guard Your Personal Information: While open conversations are essential, avoid sharing sensitive personal information early on. Protect your privacy until you've established a level of trust.

6 Meeting in Person: If you decide to meet in person, choose a public place for the first few meetings. Inform a friend or family member about your plans.

Embrace the Journey, Navigate the Maze

In the whimsical dance of digital dating, remember that the journey itself is a treasure trove of experiences. Embrace the connections that align with your purpose. Whether it's a blossoming friendship or a potential love story, each interaction is a stepping stone towards understanding yourself and what you seek in a partner.



BANWO FOUNDATION

5th Annual

AWARDS

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GALA



**NOMINATION OPENS
SEPTEMBER 15TH**

The Events
**AWARD CEREMONY
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NOMINATION CATEGORIES

- ★ **RISE AWARD**
Recognition of rising star women uplifting other women through their respective industry, community, or profession.
- ★ **SOAR AWARD**
Recognition of women uplifting other women as they set the stage as leaders in expanding their platform.
- ★ **BLAZE AWARD**
Recognition of established women uplifting other women through exemplary leadership, mentoring and sponsoring.
- ★ **VANGUARD AWARD**
Recognition of organizations that uplift women and equip them to live boldly in becoming the best versions of themselves.

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EMPOWERING EXCELLENCE

SEEKING DIVERSE MENTORSHIP AND SPONSORSHIP FOR PERSONAL AND PROFESSIONAL GROWTH

In the pursuit of personal and professional growth, mentorship and sponsorship play pivotal roles. For Black women, who have historically faced unique challenges in the workplace, finding diverse mentors and sponsors can be a game-changer. In this article, we delve into the key concepts of mentorship and sponsorship, explore their significance, and highlight the importance of seeking diverse guidance for a brighter future.

The Power of Mentorship

Mentorship is a dynamic relationship that transcends mere guidance; it's about fostering personal and professional development. Black women seeking mentorship often face a lack of representation in their respective fields. Here's where diversity in mentorship becomes invaluable.

Why Diversity Matters

Diverse mentors offer perspectives and insights that transcend boundaries. They provide fresh outlooks and challenge conventional thinking, enriching the mentee's journey. Black women



can benefit significantly from mentors who understand the unique experiences and hurdles they face.

The Role of Sponsorship

While mentorship nurtures growth through guidance and advice, **sponsorship** takes it a step further. A sponsor is someone who advocates for your advancement within an organization or industry. They use their influence to open doors and create opportunities.

Why Sponsorship Matters

In many industries, the upper echelons still lack diversity, making sponsorship crucial for Black women aiming for leadership roles. Sponsors help amplify their voices, vouch for their capabilities, and propel them into positions of influence. Continue on page 29

EMPOWERING EXCELLENCE

SEEKING DIVERSE MENTORSHIP AND SPONSORSHIP FOR PERSONAL AND PROFESSIONAL GROWTH

Continue from page 28



Seeking Diverse Mentorship and Sponsorship

For Black women, seeking mentorship and sponsorship from diverse sources is paramount. Here's why:

1. **Varied Perspectives:** Diverse mentors and sponsors offer insights that enrich your perspective. Their unique backgrounds and experiences can provide valuable guidance.
2. **Breaking Stereotypes:** By seeking mentors and sponsors from different backgrounds, Black women challenge stereotypes and showcase their potential across a broader spectrum.
3. **Networking Opportunities:** Diverse mentors and sponsors introduce mentees to diverse networks, expanding their reach and fostering inclusivity.
4. **Innovation and Adaptation:** In our rapidly changing world, diverse mentorship and sponsorship encourage innovation and adaptability, essential qualities for success.

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Building a Support System

Building a support system that includes mentors and sponsors from various backgrounds requires proactive steps:

● Networking

Attend industry events, join professional organizations, and engage in online communities to connect with potential mentors and sponsors.

● Identify Allies

Seek out individuals who actively support diversity and inclusion. They are more likely to become effective mentors and sponsors.

● Mentorship Programs

Explore mentorship programs designed to foster diversity, both within your organization and externally.

● Personal Development

Invest in your personal development by continuously learning and honing your skills. This makes you an attractive candidate for mentorship and sponsorship.

● Reciprocity

Remember that mentorship and sponsorship are mutual relationships. Be open to giving back and supporting others as you progress.

The journey towards personal and professional growth, mentorship and sponsorship are invaluable resources, for women but especially for Black women. As seeking diverse mentorship and sponsorship is a strategic move that will broaden perspectives, challenges stereotypes, and paves the way for a more inclusive and equitable future.



“ —

...NEVER

DIM

YOUR

LIGHT.

SHINE

BRIGHT

~Chanel Ayan

Image by Lorado

4th BANWO Awardees & Honorees

RECOGNIZING
EXTRAORDINARY
WOMEN & ADVOCATES OF
EMPOWERMENT FOR
GIRLS AND WOMEN

The **Banwo Awards & Honors** ceremony stands as a testament to the indomitable spirit and dedication of women who champion initiatives that empower girls and women. Through their selfless efforts, these exceptional individuals inspire change, transform lives, and create a more equitable and inclusive world.

Awardees

The awardees are recognized as rising, soaring, blazing, or forefront influencers who, through their respective industries, communities, or professions, have empowered other women through impactful work.

Rise Awardee



Sarah Haas

"I've been devoted to empowering women, aiding their self-sufficiency, and facilitating their integration into new communities. In my current role, I enrich women's lives through community training for welcoming new Americans and direct client support. Additionally, my work with the League of Women Voters empowers female voters to engage in the political process."

Descriptor: Welcoming

Soar Awardee



Georgette Cartagena

"Over three years, I've mentored 30 women on capstone projects involving business startups, job search professional development, and nonprofit establishment.

My business, *InternGal*, promotes internships in women-run small businesses, resulting in a 66% hire rate for female-identifying interns."

Descriptor: Coaching

Blaze Awardee



Sheree Wolliston

"I lead an organization where we promote women as community lifesavers through initiatives like hands-only CPR classes, infant CPR kits, and providing blood pressure monitors to those in need. I also had the honor of serving on the planning committee for 'Nourish,' a wellness event where 100 accomplished women come together...even powerful, healing, and leading women must prioritize self-care..."

Descriptor: Relentless

4th BAH Awardees & Honorees

RECOGNIZING EXTRAORDINARY WOMEN & ADVOCATES OF EMPOWERMENT FOR GIRLS AND WOMEN

Honorees



"...Our Human Trafficking partnership with Delray Police Department had over 630 views with 24 shares as our panelist presented Facebook Live educating our communities. This forum heightened the awareness of Human Trafficking in our communities while providing notification on the different ways to identify trafficking and what measures to take."

Descriptor: Advocacy



"I am here to stay; I am here to transform our continent. I believe that empowered women empower other women. Most important, women who have found their voice must Speak Up and Speak Out for women who are yet to find theirs. There is no doubt that assisting women to focus and learn

The honorees are recognized for their high-impact work at the grassroots level, which has resonated in national or international spaces. Their efforts have had a significant impact on young women, fostering the development of the next generation of community leaders and influencers.



"...As we evolve education, many of us heart-centered educators fight against this behind the scenes.

We hold space. We hold our students' hands and rebuild trust that was broken by those other than us.

We create sacred environments.

You reading this, may have experienced, educational trauma.

It creates wounds. These wounds are attached to triggers that may show up in your adult life."

about financial literacy and the use of digital technology will undoubtedly create wealth, economic sustainability, whilst fostering social development for now and the future. Even at Happy Coffee, one of my brand's missions is to assist our female farmers and women to start their own business, which will position them to support their communities. It is imperative to pay It Forward. I am Princess Adeyinka, I am an African Woman."

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BLAZIN CROWNZ FOUNDATION

As a nonprofit organization, Blazin Crownz Foundation focuses on uniting women to create a robust sisterhood that boosts self-esteem and confidence among those who have triumphed over challenges. Our aim is to cultivate a positive self-image for all women through development and enhancement initiatives.

We wanted to learn more about them so we sat with the founder, Brittany Shabazz to learn more about this organization and how its being intentional in its impact amongst girls and women.

What strategies does the non-profit employ to restore self-esteem and confidence in woman who've faced hardships?

Blazin Crownz empowers individuals by offering knowledge and skills to evolve through established training, coaching, and guidance, considering emotional, mental, and

Our hopes and dreams are to transform individuals into fearless, confident well equipped assets to society.



Brittany Shabazz, Founder of Blazin Crownz Foundation, hails from West Palm Beach, FL, where she resides with her family. A survivor and advocate, Brittany dedicates her life to empowering women and girls. As a teen mom, she triumphed over challenges and worked as a lead tech in mental health, creating self-awareness and life skills groups. An entrepreneur in the beauty industry, she's a certified cosmetologist specializing in alopecia solutions, hair loss treatment, skincare, and makeup. Beyond her career, Brittany founded Blazin Crownz, bridging survival and growth by boosting self-image and confidence. Her passion is empowering others and setting an example in her community.



Our Inspiration

To create a safe space for girls and women alike to find beauty within through self-development and individual acceptance and we champion this cause through our grassroots work, collaborating with like-minded organizations with vision to empower girls and women.

BLAZIN CROWNZ FOUNDATION

physical well-being. Our four-step programs are designed to:

- **Bundles Of Joy:** Promote self-care, teaching how physical well-being positively affects mental and emotional health.
- **2nd Impression of Life:** Encourage self-reflection, helping individuals extract lessons from their experiences for personal growth and resilience.
- **Funding Your Future:** Provide resources, workshops, and counseling to emphasize the importance of financial literacy.
- **Healthy Habits:** Cultivate realistic goals for evolving self-worth and a sense of accomplishment.

Can you share insights about how individuals are envisioned to transform into confident and fearless contributors to society, as outlined in the vision?

Upon completing our program, participants reveal their renewed and regenerated selves through a multifaceted process that encompasses personal growth, self-discovery, and the development of diverse skills and attributes. Blazin Crownz Foundation supports and encourages the enhancement and development of self-awareness, the conquering of



fears, the building of confidence, emotional intelligence, adaptability, resilience, and perseverance, ultimately equipping them to become fearless contributors to society.



In what ways does the nonprofit work towards developing and enhancing a positive self image for woman?

we offer a tailored curriculum that concentrates on honing skills and techniques to cultivate a positive self-image from within. Our approach isn't limited to enhancing external beauty

How do you help your target audience identify triggers and help establish coping skills in managing life pressure?

Recognizing triggers and establishing coping skills to manage the pressures of life as a woman necessitates comprehending the distinct stressors and challenges frequently faced by women. It also involves developing effective strategies to address these issues. Our approach includes collaborating with professional counselors and therapists to design assessments and courses centered around self-awareness, caregiving responsibilities, social expectations, work-life balance, and relationship dynamics. The coping mechanisms we offer encompass journaling, meditation, exercise, and participation in support groups and networking events that offer safe spaces. It's important to acknowledge that each individual's experience is unique, and while we provide resources, seeking professional assistance might be necessary and is something we can also offer.

through makeup, hair tutorials, workouts, and fitness tips; we also provide comprehensive strategies and advice to underscore the importance of prioritizing mental and emotional well-being for women.

To learn more about the resources visit www.blazincrownz.org



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