

# ○ ADVANCE ○



**PERSONAL DEVELOPMENT:**  
CAREER TALK

**A HEALTHY HUSTLE**  
STRESS MANAGEMENT &  
WORKLIFE BALANCE

**QUIZ:**  
A HEALTHY HUSTLE

**7 BENEFITS OF**  
BEING A MEMBER OF  
ADVANCE NETWORK

**AMAZING PERSONALITY:**  
A JOURNEY OF GROWTH

**Strategic Advisor**  
**Dr. Oyebisi T. Adebambo**

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# Editor's Note



**JOSHUA OLARINDE**  
**ADMIN**  
ADDVANCE NETWORK



Last month was all about connecting and rising, and honestly, the energy was electric.

But now that we've climbed a little higher, September is tapping us on the shoulder with a gentle reminder: slow down, breathe, and find your balance.

This month's theme, "A Healthy Hustle – Stress Management and Work-Life Balance," is one we can all relate to. Because truth be told, hustle is part of the journey, but so is rest.

What's the point of chasing big dreams if you're too drained to enjoy them when they arrive?

At ADDVANCE NETWORK, we're shining a light on what it really means to hustle healthily, the small daily habits that keep you grounded, the art of setting boundaries, and the courage to say "yes" to rest without feeling guilty.

So as you flip through this edition, ask yourself: Am I just working, or am I truly living?

Here's to a September where we grind smarter, breathe deeper, and live fuller.

Welcome to this month's edition of ADDVANCE NETWORK MAGAZINE.



# Focus for the month



## A Healthy Hustle: Stress Management & Work Balance

We live in a world where hustle has become a badge of honor.

Everyone wants to be busy doing something, being productive, always on the move.

But here's the truth: hustling without balance can cost you your health.

Think about it. How many times have you pushed yourself to meet deadlines: skipping meals, losing sleep, and promising yourself you'll "rest later"? At first, it feels normal. But over time, stress quietly builds up. And before you know it, you're exhausted, irritable, and no longer enjoying the work you once loved.

## Understanding Stress and Its Effects

Stress is the body's natural response to pressure, deadlines, or challenges. And it's not just in your head: your body feels it too.

## The Subtle Signs

Constant fatigue, even after resting, Loss of appetite or, on the flip side, overeating.

Headaches and muscle tension, Difficulty concentrating Irritability and frequent mood swings Left unchecked, these signs can lead to burnout: a state where you feel drained and struggle to function.



## So, How Do We Hustle Healthily?

Here's the good news: you don't have to choose between success and health. You can have both: if you create balance.

Time Management: Prioritize tasks, set realistic goals, and avoid unnecessary multitasking.

Take Intentional Breaks: Step away from your desk, stretch, or take short walks to refresh your mind.

Healthy Lifestyle: Eat balanced meals, stay hydrated, and exercise regularly to keep energy levels high.

## Mindfulness Practices:

Meditation, journaling, or deep breathing exercises can calm the mind and reduce stress.

Boundaries: Learn to say no when overwhelmed, and disconnect from work during rest periods.

## The Beauty of Balance

A healthy hustle means you're not running on fumes. You're productive yet also present, happy, and in control of your well-being. The secret is realizing that rest doesn't slow you down, it fuels you to go further.



## Conclusion

Success tastes better when your health is intact. Don't just hustle hard, hustle healthy. Your body and mind will thank you.

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# Personal Development



## Career Talk:

A career is a long-term sequence of work-related experiences, roles, and positions that an individual undertakes to achieve personal and professional growth. It's a journey that encompasses various aspects, including education, training, work experience, and skills development.

## Types of Careers:

- 1. Corporate Career:** A corporate career involves working in a large organization, often in a hierarchical structure.
- 2. Entrepreneurial Career:** An entrepreneurial career involves starting and running one's own business.
- 3. Creative Career:** A creative career involves working in fields like art, design, music, or writing.
- 4. Service Career:** A service career involves working in fields like healthcare, education, or non-profit.
- 5. Technical Career:** A technical career involves working in fields like IT, engineering, or science.

## Career Stages:

- 1. Entry-Level Stage:** This stage involves starting a new career, often with limited experience.
- 2. Growth Stage:** This stage

involves developing skills, gaining experience, and taking on new challenges.

**3. Establishment Stage:** This stage involves establishing oneself as a professional, building a reputation, and achieving stability.

**4. Advancement Stage:** This stage involves seeking opportunities for advancement, such as promotions or new roles.

**5. Maintenance Stage:** This stage involves maintaining one's career momentum and continuing to develop skills and expertise.



## How to start a career

- 1. Self-Assessment:** Identifying your strengths, weaknesses, interests, passion and values to inform career decisions.
- 2. Career Planning:** Setting career goals and developing strategies to achieve them. Understand the industries that interest you and explore various professions that you enjoy.
- 3. Skill Development:** Acquiring new skills and knowledge to enhance career prospects.
- 4. Networking:** Building relationships and connections to access career opportunities and advice like attending industry events, seminar and online meetings and group

**5. Mentorship:** Finding guidance and support from experienced professionals.

## Career Theories:

- 1. Holland's Career Theory:** This theory proposes that individuals are suited to specific career environments based on their personality, interests, and skills.
- 2. Super's Career Development Theory:** This theory suggests that career development is a lifelong process, influenced by various factors, including self-concept, life stages, and environmental factors.
- 3. Social Cognitive Career Theory:** This theory suggests that career choices are influenced by self-efficacy, outcome expectations, and learning experiences.



## Career Management:

- 1. Goal-Setting:** Setting specific, achievable career goals.
- 2. Career Exploration:** Exploring different career options and industries.
- 3. Skill Building:** Acquiring new skills and knowledge to enhance career prospects.
- 4. Networking:** Building relationships and connections to access career opportunities and advice.
- 5. Career Transition:** Managing career transitions, such as job changes or industry shifts.



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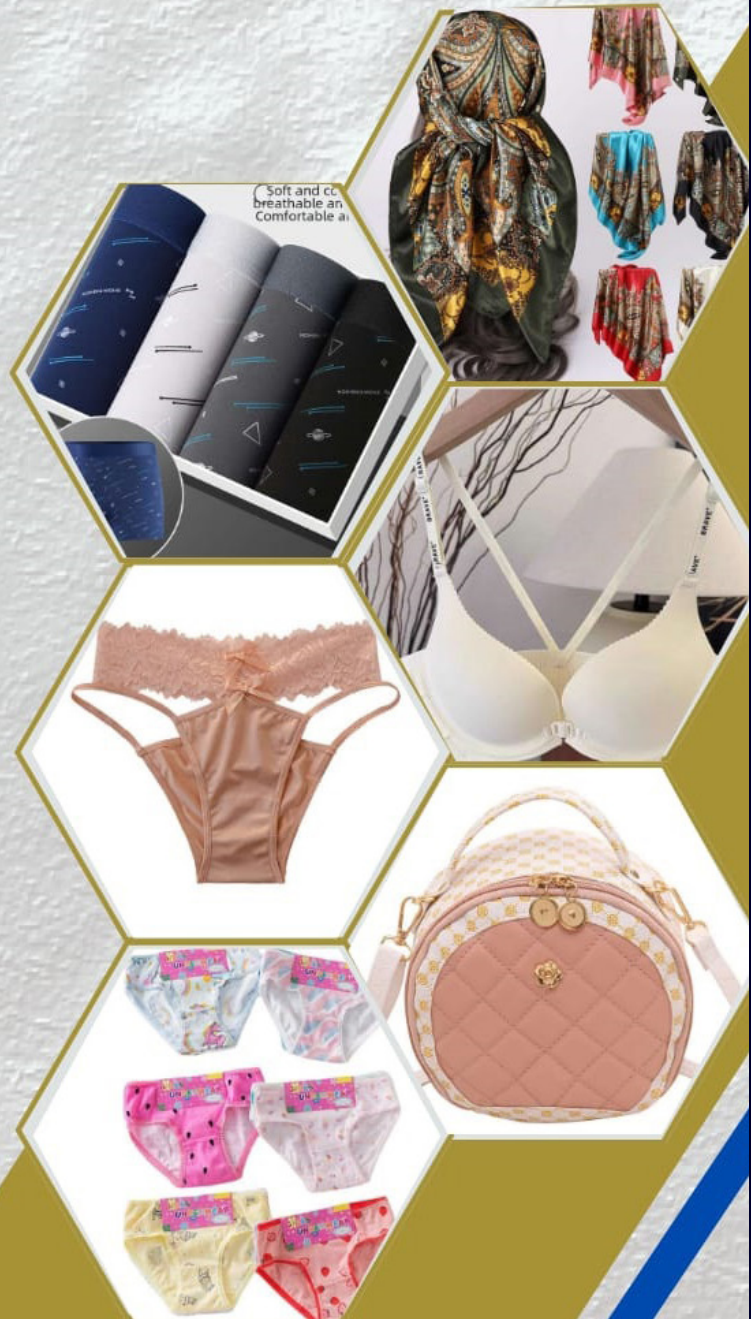
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# **Advance Network Appoints Dr. Adebambo as Strategic Advisor**



Olusegun Pelemo, Founder and CEO of Advance Network, articulated the strategic significance of Dr. Adebambo's unparalleled global leadership experience, coupled with her profound depth in institutional transformation and organizational systems design, will be absolutely invaluable as Advance Network strategically scales its impact and significantly enhances governance across every facet of its platform.

Her expertise will be particularly instrumental in refining the organisation's Education Technology offerings, optimizing its Business Development

frameworks, and ensuring its skill Development & Training initiatives remain at the forefront of industry demands.

Dr. Adebambo Oyeibisi currently holds the position of Chief Operating Officer at the Centre for Public sector Governance (CPSG).

As an active voice in the global professional space, Dr. Oyeibisi regularly shares her expertise through articles and public commentary which explores the strategic frameworks behind learning and development systems, corporate academics, and how organizations can harness these structures for workforce and organizational performance.

She is also the visionary founder of Comperio Consult and the driving force behind the highly anticipated Public Sector Pan African Directors Conference, slated for October 2025.

Read more about this day live on  
<https://www.thisdaylive.com/2025/07/21/advance-network-appoints-adebambo-as-strategic-advisor/>

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# 7 BENEFITS OF BEING A MEMBER OF ADVANCE NETWORK

## 1. **Access to Exclusive Courses**

Unlock a world of professional and personal development with free and discounted courses in various fields. From digital skills to entrepreneurship, these resources are designed to equip you with practical knowledge that sets you apart in today's competitive world.

## 2. **Business Financing Support**

As a member, you gain access to tailored financial solutions to help grow your business or bring your ideas to life. With Advance Network, lack of funding is no longer a barrier to your entrepreneurial dreams.

## 3. **Networking Opportunities with Industry Leaders**

Connect with a thriving community of like-minded individuals, mentors, and leaders eager to collaborate and share opportunities. This vibrant network opens doors to partnerships, mentorships, and long-lasting relationships.

## 4. **Seminars and Exclusive Events**

Attend engaging seminars and events tailored to inspire growth, innovation, and success. As a member, you'll have front-row access to transformational experiences that fuel your aspirations and keep you ahead of the curve.

## 5. **Advertising and Marketing Support**

Showcase your business, products, or services through our platforms. Members enjoy promotional opportunities on our social media channels and newsletters, giving your brand the visibility it needs to thrive in a competitive market.

## 6. **Branded Merchandise**

As a member, you'll receive exclusive branded merchandise that reflects your affiliation with Advance Network. These items are not just stylish but also serve as a symbol of your commitment to growth and excellence.

## 7. **Employment Protection Benefits**

As a member, you enjoy company policies and programs that protect employees from unfair treatment, job loss, or financial hardship, promoting job security, fairness, and well-being.





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# Amazing Personality



## **Who is Grace Chinaza Moses in her own words?**

I'd say I'm a young woman who's constantly chasing growth through creativity. I currently work as a creative designer at A tech firm and I am also the CEO for my Fashion Brand. Fashion and design are my languages, and I use them to express beauty, culture, and purpose. At the same time, I'm just a simple girl who loves laughter, good food, and peace of mind.

## **What are your biggest dreams and aspirations?**

My dream basically is Growth in all spheres. To grow a brand that tells authentic African stories through fashion and design. I want to run a creative hub where young people can learn, work, and build their confidence while creating. For me, it's about impact as much as it is about personal success.

## **How do you stay motivated when things get tough?**

I remind myself of why I started. I also lean on my faith, my family, and a few close friends who always encourage me. And sometimes, motivation is just about discipline. I show up even when I don't feel like it.

## **How has the Network challenged you?**

For me, it's continuous learning and intentionality. Advance network has helped me to be more intentional, creative and realistic. I've been able to do away with procrastination and I've become more intentional with my growth. Even to the point of financial literacy and communication with people in the general world. Also Participating in Projects, meetings, seminars has equipped me more. I read, I take online courses, watch others who are ahead of me, and I also practice gratitude. I believe growth is a decision you have to choose every day.

## **What's something people don't know about you that might surprise them?**

I'm actually very shy. Most people think I'm this bold, outspoken person, but I recharge by being quiet and in my own space.

## **What challenges have you encountered and how did you overcome them?**

Growing up as a young, short / Petit girl among people older and bigger than me affected my self esteem for a long time. And most times I feel like I'm not good enough for anything. So it affected my communication with people especially in Higher institution and workplace. Sometimes I even got bullied because of my height and gentleness or let me say I was naive. But over time, I've learned that confidence is built. I wear confidence, courage and self esteem like clothing everywhere I go. Taking time to read, studying people, volunteering for seminars and talks within older people and my age mates, caring for myself and doing other things that build my self worth.

## **If you could give young people one piece of advice about chasing their dreams, what would it be?**

Don't wait for perfect conditions. Start with what you have, where you are.

Advance Network is the best platform you can join to build a better version of yourself. Perfection comes with practice. And don't compare your journey. It's not a race, it's your story.





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## Quiz: A Healthy Hustle – Test Your Understanding

1. True or False: Hustling without balance can improve your health over time.

Answer: False — it can damage your health.

2. Which of the following is NOT a subtle sign of stress?

a) Headaches (b) Constant fatigue (c) Increased creativity (d) Irritability

Answer: c) Increased creativity

3. Fill in the blank: Stress is the body's natural response to \_\_\_\_\_, deadlines, or challenges.

Answer: Pressure

4. Short Answer: What usually happens before burnout sets in?

Answer: Stress builds up, causing fatigue, irritability, and loss of focus or enjoyment.

5. Which of these habits supports a healthy lifestyle?

a) Eating balanced meals (b) Staying hydrated (c) Exercising regularly (d) All of the above

Answer: d) All of the above

6. True or False: Stress only affects the mind, not the body.

Answer: False — stress affects both mind and body.

7. Which one of these is a mindfulness practice mentioned in the text?

a) Watching TV (b) Journaling (c) Overworking (d) Scrolling social media

Answer: b) Journaling.

8. What is burnout as described in the text?

Answer: A point where you're drained and struggling to function

9. Fill in the blank: "You don't have to choose between \_\_\_\_\_ and health."

Answer: Success

10. Which of these is an example of poor time management?

a) Setting realistic goals (b) Prioritizing tasks (c) Avoiding unnecessary multitasking  
d) Constantly multitasking without focus

Answer: d) Constantly multitasking without focus

11. True or False: Taking intentional breaks during work makes you less productive.

Answer: False — it refreshes your mind and increases productivity.

12. Why is rest described as a secret weapon?

Answer: Because it doesn't slow you down—it fuels you to go further.

13. Which of the following is a boundary practice?

a) Saying no when overwhelmed (b) Working longer hours (c) Answering emails at midnight (d) Skipping meals to meet deadlines

Answer: a) Saying no when overwhelmed

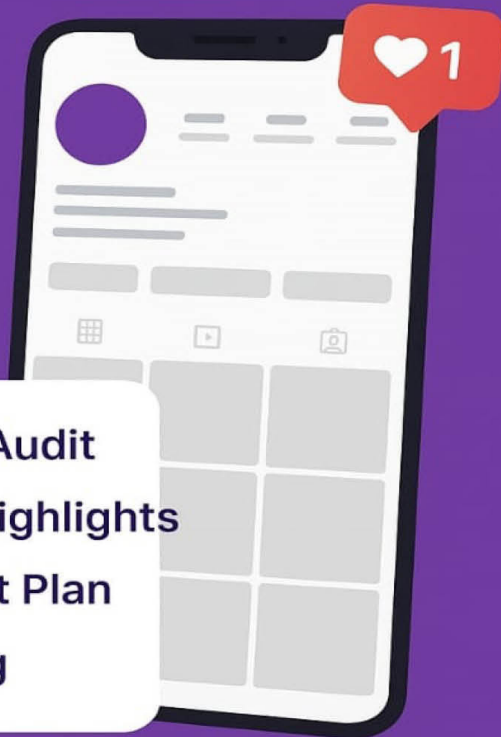
14. Success tastes better when your \_\_\_\_\_ is intact.

Answer: Health

15. In one sentence, how will you personally apply the idea of a "healthy hustle" in your daily routine?

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