

# GIFBM

SPECIAL EDITION 2023

TOP ■

## 50

Impactful  
Women

I was inspired on  
this Impact Journey  
by My Mother  
- Enolia Foti

Promoting Mental  
Health and Emotional  
Well-being in Women



Meet

# Enolia Foti

Founder ENOLIA LLC





# Celebrating the Top 50 Impactful Women to Watch in 2023

Welcome to the highly anticipated July edition of GLEBM, where we proudly present our list of the Top 50 Impactful Women to Watch in 2023. As we enter the year's second quarter, we celebrate the remarkable achievements, resilience, and influence of women from diverse fields and backgrounds, making an indelible mark on the world.

These women are pioneers, leaders, and change-makers who have broken barriers, shattered glass ceilings, and continue to inspire others with their extraordinary accomplishments. From entrepreneurs, Thoughtful leaders, Visionaries, Speakers, Coaches and scientists to artists and activists, each woman on this list embodies the spirit of determination, innovation, and empowerment.

In this edition, we explore the stories and achievements of these remarkable women, shedding light on their unique journeys, their dedication to their crafts, and their commitment to creating positive change in their respective fields. From established names to rising stars, we showcase the diversity of talent and their impact across various industries and sectors.

These women on our list have achieved personal success and are using their platforms to create a more inclusive, equitable, and sustainable world. They are advocates for gender equality, social justice, and environmental stewardship, working tirelessly to dismantle barriers and uplift marginalized voices.

As we navigate a complex and rapidly changing global landscape, these women will continue to guide us towards a future of endless possibilities. Their leadership, resilience, and unwavering dedication to their visions are beacons of hope and inspiration for future generations.

In this edition, we invite you to delve into the stories of these extraordinary women, learn from their experiences, and be inspired by their journeys. Each has a unique story, and their collective impact resonates far beyond their achievements.

Honouring the Top 50 Impactful Women to Watch in 2023, we extend our heartfelt congratulations to these trailblazers. We express gratitude for their unwavering commitment to making a difference and for inspiring others to dream big and pursue their passions.

May their stories ignite the fire within each reader, encouraging them to reach for the stars, defy expectations, and create their legacies of impact and empowerment.

We also have, within the pages of this edition, articles on Empowering Women's Health, Promoting Mental Health and Emotional Well-being in Women, the power of Networking, health benefits of Beetroots, and many other educative pieces.

Together, let us celebrate and amplify the voices of these incredible women and others not listed here as we witness their continued journeys and the profound impact they are destined to make.

Cheers with love and admiration  
Happy Reading. ■



Mrs Shirley Murphy

*“I learned a long time ago to stop trying to fit into other people's boxes. If you do not like the status quo, create your own framework.”*





# I was inspired on this Impact Journey by My Mother

- Enolia Foti

**E**nolia Foti, dedicated her life to making a difference in the world. Her journey began in the corporate world, where she achieved remarkable success in designing computer networks for top Fortune 500 companies. However, a pivotal moment at her mother's funeral transformed Foti's perspective, inspiring her to shift her passion from corporate contributions to uplifting humanity. Since then, she has founded her company, "ENOLIA, LLC.," focusing on empowering individuals, groups, and businesses through mindset shifts and self-mastery. With a heart-centered approach and a commitment to positive outcomes, Foti strives to leave a lasting legacy of transformation and empowerment.

Can you tell us about your journey as an impact-driven woman, what led you to become passionate about making a difference in the world?

In life, we all have a vision that drives us. For me when I started out, it was to climb the corporate ladder in my career as a person



Enolia Fo

who designs computer networks. I had just received my Bachelor's degree in mathematics at the

University of Massachusetts in Amherst and started my career at a dealership that designed the



# Interview

top 10 networks for businesses. At this time my focus was like anyone else, to make something of myself. I wanted to make my contribution to technology significant. As my career advanced, I was recruited by a top Fortune 500 corporation as a Senior Analyst to design their network. The success of the project put me on the fast track within my corporation. I was already married and after 10 years had my 2 beautiful sons, 2 years apart. Passionate about my work, its contribution, and its impact on bringing the corporate out of the middle ages of technology was part of the heights of my career. It was my legacy to be the first and only African American woman in the corporation to successfully implement a multinational Network upgrade for my company. However, when my mother passed away just past my 30th birthday, having only seen my first son at 6 months old, it changed my life. Why? Because at the funeral, I was told story after story by visitors about how my mother – Nurse Harris changed each person's life. What I learned that day was that every kind act that my mother did, was not only remembered but in many instances, changes the way people say life, how people related to others, and how people chose to treat others. The acts of kindness she enacted did not just help others and change their outlook but had a ripple effect that was circling back even after she was gone and I was encountering it at



Enolia Fo

the funeral with the stories.

It was at this time that the way I chose to be passionate about my impact shifted. It shifted from the contribution to corporations to the contribution to humanity. I wanted to impact people the way my mother's stories showed me. I wanted to leave a legacy of lifting people up. completed my corporate position and, instead of retiring, created my company "Infinite Possibilities, Journey to Empowerment. My company later changed names to ENOLIA, LLC., but the focus has not been. I work directly with individuals, groups, and businesses to shift their mindsets. To create a solid foundation to thrive in their visions and goals. I have written 4 books, (1) How I Found My Sovereign Voice With My Grandmother Elder, (2) Discover Your Sovereign Self Journal, (3) The 7 Principals for Self-Mastery and (4) Know Thyself – 30 Day Program to Living Consciously.

**How do you define "impact" in your personal and professional**

**life, what specific goals or outcomes do you strive to achieve through your work?**

When I define impact, I believe it has nothing to do with trying to impact something. I believe it has to do with how you carry yourself and your intentions behind what you do. I lead with my heart, both personally and professionally. To want a positive result and the best for all situations and people I engage. As I teach with a strong foundation of connection to Spirit, love in my heart, light in my voice, and truth where I stand, I

remain in my "I AM" presence and I welcome all that I encounter.

With this foundation, every action I choose comes from a place in my heart with the intention of a positive outcome. This is what I strive for, and this is , who I am.

**Can you share a project or initiative that you're particularly proud of, where you were able to make a significant positive impact, what were the key challenges you faced and how did you overcome them?**

I am thrilled with my Empower to Achieve Succeed Through Self-Mastery Master Classes and Coaching Certification Courses. These courses take my life experiences and lessons learned to help and teach others to shift from a mindset that is not serving them, establish a stronger foundation to build success upon, and help others do the same. The key challenges were to face my own dysfunction, to look in the mirror and love the totality of self, and



# Interview

to adapt these changes in mindset to everyday living.

**Collaboration and partnerships are often key to creating sustainable impact. Can you share an example of a successful collaboration you've been a part of, what made it successful, and what lessons did you learn from that experience?**

I learned that to succeed is to collaborate with a partner who complements your skill set. In other words, their strength is different from yours, so working together and weaving a tapestry of complementary partnerships is strategic and significant. I work with my dearest friend and business partner, and what makes it successful is that we do not compete with one another but work together towards a common vision, goal, and result. We are in multiple successful companies together. In doing so, her success is my success, and my success is her success. The foundation is trust in self and trusts in each other with a complimentary of skills.

**Being an impact-driven woman often means challenging the status quo and advocating for change. Can you share an instance where you faced resistance or pushback, how did you handle it, and what strategies did you use to create a positive outcome?**

I learned a long time ago to stop trying to fit into other people's boxes. If you do not like the status quo, create your own



Enolia Fo

framework. I stand by this hand and have been doing so for years. If you do not like how business is done, nothing prohibits you from creating your own and designing the framework the way you want it to be. This is why I am a Social Entrepreneur, an Author, an Executive Personal and Business Coach, and an Elder.

**Lastly, what advice would you give to other women who aspire to positively impact their communities or industries. What practical steps can they take to get started and overcome any barriers they may encounter?**

I would advise establishing a solid foundation in which you trust yourself, your ideas, and your abilities. It starts with you. Do not look outside of yourself for answers. The answers do not reside in others but in the courageousness and trust in yourself and in Spirit. This is not to say that there are no others to help you pave the way. I help people construct a strong

foundation to learn how to reflect inward so that they trust their own abilities, visions, and purpose. When you believe in yourself, your skills, and your gifts, you are unstoppable, and you do not have to look outside of yourself to know what you should be. Once you understand and set a vision for yourself, life becomes a journey to that vision. Dream a beautiful Dream or You Will BE Dreamt. What this means is that if you do not hold a vision for yourself, you will lead your life living how everyone else sees you.

When this happens, we are often miserable – even though you may be making money. You must learn to trust what you want in your heart and live your own life seeking it to truly live a fulfilled life YOU love. ■

*“When you believe in yourself, your skills, and your gifts, you are unstoppable, and you do not have to look outside of yourself to know what you should be”*



# GLEBM

—Magazine—

## TOP 50 Impactful Women 2023







# *Promoting Mental Health and Emotional Well-being in Women*

Kikelomo Darasimi



Photo Credit: Freepik.com

In today's fast-paced and demanding world, prioritizing mental health and emotional well-being has become increasingly crucial, particularly for women who often juggle multiple roles and responsibilities. Mental health encompasses our emotional, psychological, and social well-being, affecting our thoughts, feelings, and actions. It is vital to recognise women's unique challenges and experiences and foster a supportive environment that empowers them to thrive mentally and emotionally.

Promoting mental health and emotional well-being among

women involve understanding the specific factors that impact their mental health, providing access to adequate support systems, and dismantling the stigma surrounding mental health concerns. Women face various societal pressures, including gender inequalities, unequal distribution of household and caregiving responsibilities, workplace stress, reproductive health issues, and experiences of violence or trauma. These factors can contribute to higher rates of anxiety, depression, eating disorders, and other mental health conditions among women.

Promoting awareness, education, and open dialogue surrounding women's mental health is essential to address these challenges. This includes fostering conversations about self-care, stress management techniques, healthy coping mechanisms, and seeking professional help. Additionally, providing resources and support networks tailored to the unique needs of women can play a significant role in ensuring their mental well-being.

This article aims to delve into various aspects of promoting mental health and emotional well-being, specifically for

women, since this edition is all about women who have passionately impacted their world. It is a fact that women can lead healthier, more fulfilling lives by prioritising mental health and emotional well-being. Together, let us embark on a journey of understanding, support, and empowerment to promote mental well-being among women and create a society that values and nurtures their mental health needs.

## Understanding Women's Mental Health:

Women's mental health encompasses many emotional and psychological well-being factors. Societal pressures, gender inequalities, and unequal responsibilities can contribute to increased stress, anxiety, and depression among women. Recognizing these unique challenges and creating a supportive environment that encourages open dialogue about mental health is essential.

## Building Resilience:

Resilience plays a vital role in promoting mental health and emotional well-being. Women can cultivate strength by developing coping mechanisms and healthy strategies to navigate life's challenges. Encouraging self-care practices, such as engaging in physical activity, practising mindfulness and meditation, and maintaining a balanced lifestyle, can significantly contribute to building resilience. Women can better manage stress and enhance their overall well-being by acknowledging and honouring their needs.



Photo Credit: Freepik.com

## Empowering Women's Mental Health:

Empowerment is fundamental to promoting mental health and emotional well-being in women. Empowerment involves providing women with the necessary tools and resources to advocate for their mental health needs and make informed decisions about their well-being. It also requires addressing societal stigmas surrounding mental health and creating safe spaces where women can seek support without judgment.

## Accessing Support Systems:

Establishing support systems is crucial in promoting women's mental health. Women should have access to various support networks, including friends, family, healthcare professionals, and mental health organizations. These resources can offer guidance, provide a listening ear, and connect women with appropriate services when needed. By fostering collaboration between various support systems, we can create a comprehensive network that addresses women's mental health concerns holistically.

## Destigmatizing Mental Health:

Dismantling the stigma associated with mental health is essential for women to feel comfortable seeking help. Open conversations about mental health challenges, experiences, and recovery journeys can raise awareness and reduce the shame and isolation often associated with mental health issues. By promoting empathy, understanding, and acceptance, we can create a society where women can openly discuss their mental health concerns without fear of judgment.

In conclusion, promoting mental health and emotional well-being in women requires a multifaceted approach. It involves understanding women's unique challenges, building resilience, empowering them to prioritize self-care, accessing support systems, and destigmatizing mental health. By nurturing women's mental health, we can create a society that values their well-being and ensures they have the necessary tools to lead fulfilling lives. Let us work together to promote mental health and emotional well-being in women, fostering resilience and empowerment at every step of their journey. ■



## Personality Profile



### Enolia Foti

contributions on the global stage.

She holds prestigious titles such as International Peace Ambassador from the United Nations and Ambassador for Human Rights by the Secretary-General from the World Assembly for Peace. Additionally, she received an award for Human Rights and Ambassadorship from the International Interdisciplinary Innovation Center of Life, "Alliance of the People of the World."

Enolia is a co-founder of various ventures, including Easy Step Group Management Consulting (UK), TRE Global (Namibia), Yovan International (South Africa), WE Champions International (South Africa), and FAVUniteTV (USA). She also serves as the Global Affairs Director for uThink Indigo, a prominent think tank in the USA. Notably, she holds the position of Global Director for VisionAfric Development based in Zambia.

Furthermore, she is the CEO and founder of ENOLIA, LLC (USA), and the co-founder and CEO of Expressions of Humanity Foundation (USA). The foundation provides emergency humanitarian aid and promotes global activism and life-skill training to underserved communities. Enolia leverages the power of education, media, and technology to facilitate accessible knowledge exchange and foster cultural understanding across the globe.

Enolia Foti holds a Bachelor's degree in Mathematics from the University of Massachusetts in Amherst and an MBA from Regis University, where she graduated Summa Cum Laude and earned a lifetime membership and award from the Alpha Sigma Nu Honor Society.

With over two decades of experience in the corporate world, Enolia has honed her leadership skills through top-tier development programs and various certifications. Some of her certifications include Lean Six Sigma Greenbelt & DMAIC Methodology for Performance Excellence, PMP Project Management certification, ISO9000 certification, Function Points Counter, Global Process Owner, Program Management, IT Manufacturing Management, Vendor Management, Operations Management, and Portfolio Management. Additionally, she has attained multiple IT certifications and successfully implemented networked IT solutions for global organisations, both profit and non-profit.

Enolia has served as Vice President and President on several boards of directors, further solidifying her expertise in leadership and management.

As an award-winning Leadership and Women's Empowerment Coach, Enolia has made significant strides in championing the cause of self-mastery and personal development. She is the visionary behind the Empower, Achieves, Succeed (EAS) Through Self Mastery Online Master Classes and Coaching Certification program. This program is built upon Enolia's self-mastery methodology, which she developed from her extensive studies with indigenous teachers worldwide.

Enolia is also an accomplished author, with notable works such as "ENOLIA: Finding My Sovereign Voice with My Grandmother Elder" and "ENOLIA: Discover Your Sovereign Self" - a self-help memoir combined with a workbook journal. She has delved into ancient practices and teachings from diverse traditions worldwide, including the Ojibwa, Lakota, Yaqui, Hopi, Apache Nation of North America, Mapuche of Chile, Mayan and Toltec of Mexico, Waitaha of New Zealand, Amazonian of Brazil, and Luhya of Kenya. Moreover, she is an initiate of the Ovimbundu of Angola and a formally recognized member of the Q'eros Indian Tribe of Peru as a keeper of their cosmological traditions. She imparts these profound insights to inspire and empower others on their life journeys.

Given her exceptional contributions, Enolia has been honored with the title Grandmother Elder by the Ojibwe tribal nation, signifying her role as a teacher, counselor, and healer.

Enolia Foti's exceptional dedication to empowering individuals and promoting global understanding makes her a valuable asset as the Director of Operations at VisionAfric Development. Her leadership and experience are instrumental in driving positive change and making a lasting impact on communities worldwide. ■

# *The Power of Networking: Building Strong Connections for Women Entrepreneurs*

Kodere Daniel



Photo Credit: The New York Times

**N**etworking is vital to entrepreneurial success and holds particular significance for women entrepreneurs. Building a solid network of connections is essential for fostering growth, accessing opportunities, and overcoming the unique challenges women face in business. In this article, we explore the power of networking and how it can empower women entrepreneurs to thrive in their entrepreneurial endeavours.

### **Expanding Horizons through Networking:**

Networking opens doors to a world of opportunities for

women entrepreneurs. Women can connect with like-minded individuals, potential clients, partners, mentors, and investors by actively engaging in networking events, conferences, industry associations, and online communities. These connections can provide valuable insights, collaborations, and support, accelerating business growth and personal development.

### **Learning and Knowledge Sharing:**

Networking allows women entrepreneurs to tap into vast knowledge and expertise. Engaging in conversations with other professionals in their

industry or related fields provides an opportunity to learn from their experiences, gain insights into emerging trends, and exchange ideas. Sharing knowledge and expertise helps entrepreneurs refine their skills and enhances their credibility within their industry.

### **Support and Encouragement:**

Entrepreneurship can be challenging and isolating, but networking helps alleviate these feelings. Building relationships with fellow women entrepreneurs creates a support system that understands the unique struggles and triumphs of being a woman in business.



Through networking, women entrepreneurs can find mentors, accountability partners, and peers who offer encouragement, advice, and motivation.

## Access to Resources and Opportunities:

Networking opens doors to valuable resources that can propel business growth. Connecting with industry professionals and influential individuals can lead to partnerships, collaborations, and joint ventures. Moreover, networking events often provide access to potential investors, grant programs, and business development opportunities that might not be readily available elsewhere. These connections can be instrumental in securing funding, scaling the business, and expanding market reach.

## Overcoming Gender Bias:

Networking offers a platform for women entrepreneurs to challenge and overcome gender bias. By actively participating in industry events and networking groups, women can break through barriers, shatter glass ceilings, and demonstrate their expertise and capabilities. Strong networks can create opportunities for women to showcase their talents, challenge stereotypes, and foster an inclusive entrepreneurial ecosystem.

## Building a Personal Brand:

Networking helps women entrepreneurs establish a solid personal brand. Women can showcase their unique skills, knowledge, and achievements by consistently engaging with peers,



mentors, and industry leaders. Attending conferences as speakers, sharing expertise on panels, or publishing thought leadership articles could enhance visibility and reputation, positioning women entrepreneurs as influential figures in their respective fields.

## Networking Tips for Women Entrepreneurs:

- Be Proactive:** Seek networking opportunities and events within your industry or target market. Attend conferences, seminars, and workshops related to your field of expertise.
- Leverage Digital Platforms:** Utilize social media platforms, professional networking sites, and online communities to connect with like-minded professionals globally.
- Build Authentic Relationships:** Build genuine connections rather than exchanging business cards. Take a genuine interest in others, listen actively, and offer support where possible.
- Embrace Diversity:** Engage

with professionals from diverse backgrounds and industries. Embracing diversity broadens perspectives, fosters innovation, and opens doors to unexpected collaborations.

- Give and Receive:** Networking is a two-way street. Offer support, share insights, and provide value to your network. In return, be open to receiving guidance, advice, and opportunities from others.

Networking holds immense power for women entrepreneurs, enabling them to build strong connections, access opportunities, and overcome challenges. Women entrepreneurs expand their horizons, gain knowledge, find support, and establish a personal brand by actively networking. Building a robust network of connections empowers women entrepreneurs to navigate the entrepreneurial landscape confidently, driving their businesses to new heights of success. Embrace the power of networking and unlock the potential that lies within the connections you create. ■



# 7 Amazing Health Benefits of Beetroot



Beetroot, also known as beets, are vibrant and nutrient-rich root vegetables that offer a wide array of health benefits. Their deep red colour indicates their high content of beneficial compounds, including vitamins, minerals, antioxidants, and dietary fibre. Incorporating beetroots into your diet can provide several fantastic health benefits. Let's explore seven of them in detail:

## Enhanced Heart Health:

**B**eetroots are a heart-healthy food due to their rich nitrate content. When consumed, nitrates are converted into nitric oxide in the body, which helps dilate blood vessels, improve blood flow, and lower blood pressure. This vasodilation effect reduces the risk of cardiovascular diseases, such as hypertension, heart attacks, and strokes. The dietary fibre found in beetroots also aids in maintaining healthy cholesterol levels, further supporting heart health.

## Improved Exercise Performance:

The nitrates present in beetroots have been shown to enhance exercise performance and stamina. Nitric oxide promotes better oxygen delivery to the muscles, improving endurance, increasing exercise efficiency, and reducing fatigue during physical activity. Consuming beetroot juice or incorporating beetroots into pre-workout meals can improve exercise performance, making it a favourite among athletes and fitness enthusiasts.

## Detoxification and Liver Health:

Beetroots contain a group of antioxidants called betalains, which aid in the body's detoxification processes. These antioxidants help neutralize and eliminate toxins, supporting liver function and overall detoxification. Beetroots also stimulate the production of enzymes

in liver detoxification pathways, promoting a healthy liver and efficiently removing waste products from the body.

## Anti-Inflammatory Properties:

Chronic inflammation is linked to numerous health problems, including heart disease, diabetes, and certain types of cancer. Beetroots possess potent anti-inflammatory properties, primarily attributed to betalains and other antioxidants. These compounds help reduce inflammation, mitigating the risk of chronic diseases and promoting overall well-being.

## Digestive Health and Weight Management:

Beetroots are an excellent dietary fibre source, which is crucial in promoting healthy digestion and weight management. Fibre adds bulk to the stool, aiding in regular bowel movements and preventing constipation. Moreover, it encourages feelings of fullness, reducing overeating and supporting weight loss efforts. The fibre content in beetroots also helps maintain a healthy gut microbiota, essential for proper digestion and overall gut health.

## Cognitive Function and Brain Health:

The high content of nitrates and antioxidants in beetroots contributes to improved cognitive function and brain health. Nitric oxide derived from nitrates widens blood vessels,

increasing blood flow to the brain and enhancing mental performance. The antioxidants in beetroots protect brain cells from oxidative stress and inflammation, reducing the risk of neurodegenerative disorders like Alzheimer's disease and supporting overall brain health.

## Anticancer Potential:

Several compounds found in beetroots, including betalains and other antioxidants, have been associated with anticancer properties. These compounds help neutralize harmful free radicals, inhibit tumour growth, and induce cancer cell death. Additionally, the dietary fibre in beetroots aids in promoting regular bowel movements, which can reduce the risk of colorectal cancer.

To enjoy the health benefits of beetroots, consider adding them to your diet in various ways. Beetroots can be consumed raw in salads, juiced, roasted, pickled, or smoothies. The earthy flavour of beetroots pairs well with citrus fruits, leafy greens, and nuts, making them a versatile and nutritious addition to your meals.

However, it's important to note that beetroots may cause a harmless condition called beeturia, which is the appearance of red or pink urine after consumption. This occurs due to the presence of pigments called betacyanins in beetroots and is not a cause for concern. ■



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