



PHOTO: Dr. Adebola Ajao, senior epidemiologist, author, and empowerment advocate, shares insights on career growth and work-life balance.

Empowers Professional Women

ADEBOLA AJAO

Insights, Strategies, and Inspiration for Thriving in Career and Life

Dr. Adebola Ajao is a force to be reckoned with. A senior epidemiologist, accomplished author, dynamic keynote speaker, and devoted wife and mother, she embodies the essence of empowerment in every facet of her life. With over two decades of experience in public health research, Dr. Ajao is not only dedicated to advancing women's health but also to guiding professional women towards unlocking their full potential.

Her journey is one marked by resilience and a relentless pursuit

Dr. Adebola Ajao shares her journey, empowering principles, mentorship insights, and practical advice for professional women striving to balance career and family.

of growth. Armed with a Doctor of Philosophy degree in molecular epidemiology, a master's degree in public health, and a Bachelor of Science in Biology, with a minor in Psychology, Dr. Ajao has navigated the complexities of academia and the professional world with grace and determination. Yet, it was during a period of internal

struggle that she found her true calling: empowering women to transcend limitations and embrace their greatness.

Dr. Ajao's commitment to empowerment is palpable in everything she does. As the founder of empowering initiatives, she has created a platform where professional women can

harness their passion, embrace personal development, and serve humanity with purpose. Her debut book, "Empowered Woman," is a testament to her mission, offering practical insights and transformative principles to help women unlock their potential and thrive in their careers and personal lives.

In her speaking engagements, workshops, and coaching programs, Dr. Ajao imparts invaluable wisdom drawn from her own journey. She emphasizes five growth principles—Thinking Big, Conquering Your Fears, Seeking and Acquiring Knowled-

Empowered Woman and The Habits Code by Dr. Adebola Ajao, offering transformative wisdom for professional women navigating their careers.

ge, Finding Mentors, and Acting and Following Through—as the cornerstone of empowerment for professional women. Through these principles, she equips women with the tools they need to cultivate a growth mindset, embrace their strengths, and chart a course towards success.

However, Dr. Ajao's impact extends beyond the podium. As a mentor and advocate, she understands the critical role that mentorship plays in the journey of professional women. She emphasizes the importance of finding the right mentors and cultivating meaningful relationships that foster growth, support, and opportunity.

Yet, Dr. Ajao's insights are not merely theoretical—they are rooted in her own experiences as a professional, wife, and mother of three. She understands the challenges of balancing career aspirations with family responsibilities firsthand. Her advice is grounded in practical wisdom, encouraging women to prioritize their values, set realistic goals, establish healthy routines, delegate responsibilities, and prioritize self-care.

In a world where the journey of professional women is often fraught with obstacles, Dr. Adebola Ajao stands as a beacon of hope and empowerment. Through her words, actions, and unwavering

What inspired you to write "Empowered Woman" and focus on empowering professional women?

In my post-doctoral career, I landed a dream job as an epidemiologist at a highly prestigious federal agency. However, many years into my career, I was feeling stretched, stuck, stagnant, and unfulfilled with no understanding of how to navigate my career growth as a minority female scientist, wife, and mother of three and no female mentors to guide me. This period of internal struggle was pivotal in my personal development and career growth. During this period, I came to realize that even though I was highly educated, I did not have the necessary tools to move to my next levels in my life and career. This period of navigating my career path was a pivotal time that taught me the power personal development, leaning into my strengths, redefining mentorship, growing my community, and the importance of service in reaching my potential and finding fulfillment. From this experience, I wrote and publish my first book "Empowered Woman" in 2021. This book is a culmination of the principles and lessons I learned in my journey as a female professional. I focused on inspiring professional women

Dr. Adebola Ajao's empowering journey and principles inspire women to embrace their potential and thrive in both career and life.

because as a professional woman, I did not have a female mentor who had successfully navigated a successful career and motherhood to give me the tools to advance my career while raising my three children. I believe that it is imperative for women to see other women in positions where they aim to be.

How do you believe the principles outlined in your book can specifically benefit professional

women in their careers and personal lives?

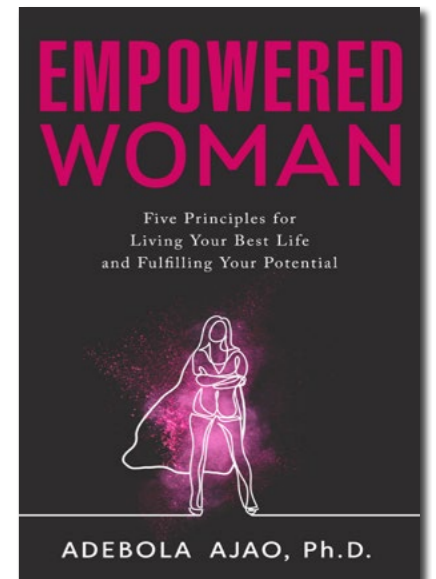
The five principles outlined in the book are the basic growth requirements for reaching one's potential as a professional woman. The empowering principles when practiced consistently allows a woman to develop a growth mindset that is focused on vision, innovation, and progress to grow in their career and create a life of purpose. These principles empower women to discover their strengths, define their professional goals, take more risks, and consistently step up to their next professional challenge increasing their confidence, success, and impact.

As a keynote speaker, what are some common challenges you observe among professional women, and how do you address them in your presentations?

As a keynote speaker, one common challenge I see among professional women is that women are not thriving in their careers. Most professional women see their career as a job and a means to a paycheck and they no longer see their career as a calling or serving their life's purpose. Another common challenge is that most professional women who love what they do and are advancing get burned out quickly from overworking to prove themselves and feel their impact. This was where I was in my career so I can relate to both challenges. I address these challenges by teaching self-discovery, mindset shift, and practical action tools.

In your experience, what role do mentors play in the journey of professional women, and how can they effectively find and cultivate mentorship relationships?

Female mentors play a fun-



damental role in women's professional journey. Mentors can be an advisor, advocate, or sponsor. Professional women must identify key areas they want to grow in order to identify a mentor that can support their area of desired growth. Mentors and mentees must be appropriately matched, and expectations and deliverables must be clearly communicated upfront. Peers and community are also important for support, motivation, accountability, and opportunity for growth and visibility. All of these relationships should be cultivated and nurtured.

What advice would you give to professional women who are struggling to balance their career aspirations with family responsibilities, based on your own experiences as a professional, wife, and mother of three?

Balancing career aspirations with family responsibility is a huge challenge. My first advice would be to know your values and prioritize what is important to you including family, career, business, and self-care. Second, set realistic goals and timelines so the different areas of life can be nurtured to the extend necessary. Third, create healthy daily routines to improve predictability, time management, and prevents chaos. Fourth, delegate responsibilities that can be outsourced to free up time for important goals. Firth, prioritize self-care. Every woman must define what self-care means to her and incorporate into their daily routine.