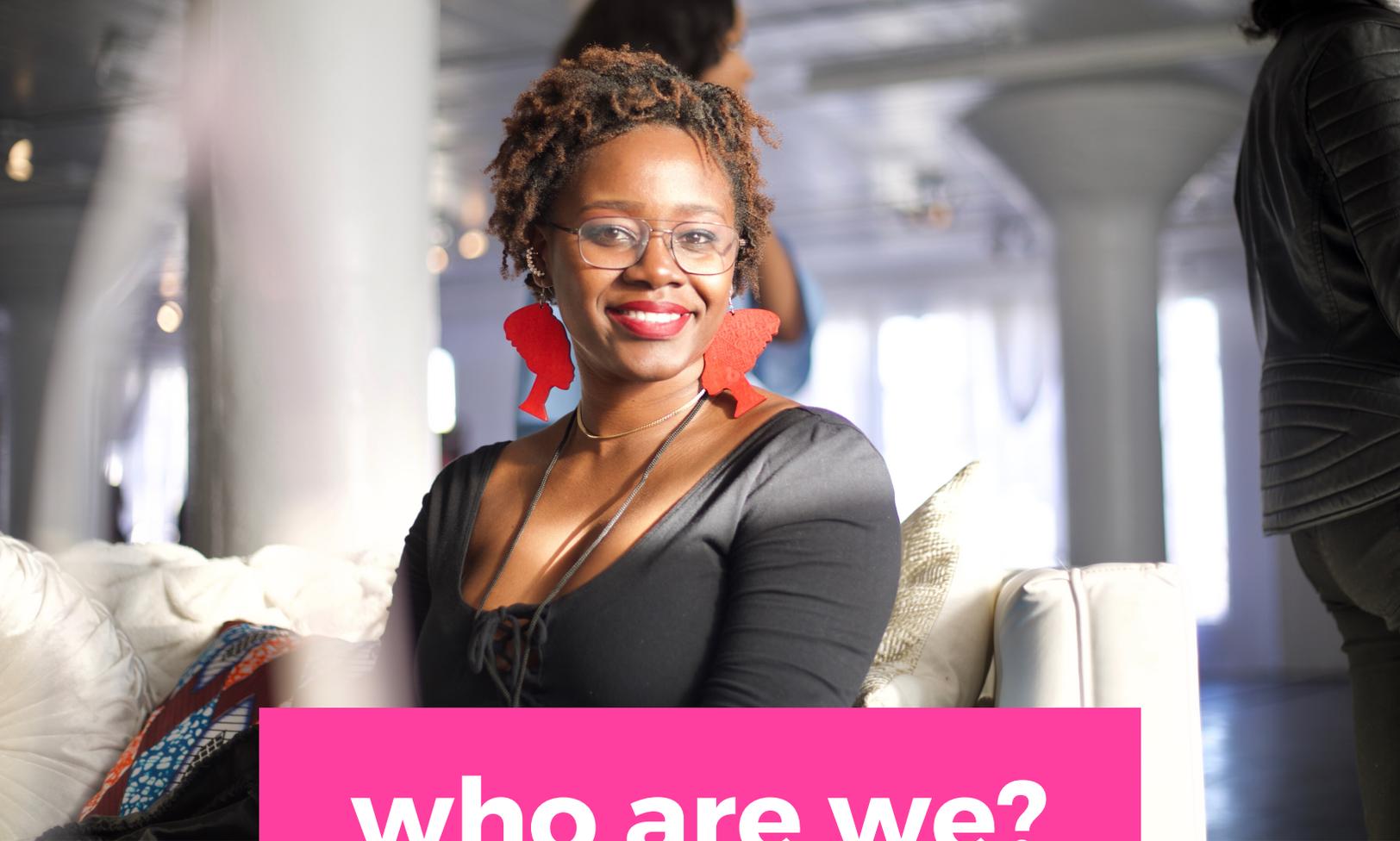


Every Arie

THE EXPERIENCE

NOVEMBER 2019 ISSUE | HOUSTON TX





who are we?

Ivery Arie: The Contemporary African Woman is an empowerment platform that serves to inspire African women through our own stories. We recognize the need to share our personal experiences and unique stories as it relates to the African woman to build a sisterhood and positively impact our community, abroad and at home.

her tribe

Ivery Arie Her Tribe is an extension of Ivery Arie: The Contemporary African Woman, which is an intimate learning and networking experience for women looking to be the best versions of themselves.

Ivery Arie: The Experience is our annual event designed to equip you with the tools and community needed to help you live up to your fullest potential as a black woman in diaspora! Our special guests & speakers will be offering practical tools and advice based on their unique experiences in the areas of career, culture and self development.

the experience

2019 partners



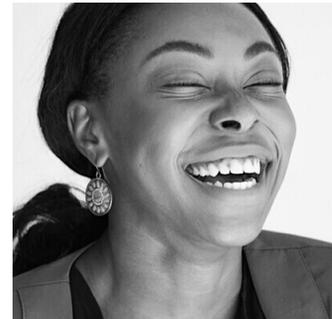
our team

Ijeoma Ivery Ejimadu is the Founder and Executive Director for Ivery Arie. She is an engineer by day and women empowerment advocate through our media outlet, iveryarie.com.



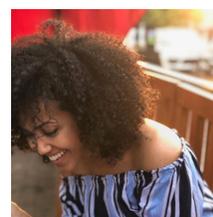
Eso Omson is the Strategic Planning and Programs Director of Ivery Arie. She is a Registered Nurse in Los Angeles, CA and has been practicing for 2 years working with psychiatric patients. Eso joined Ivery Arie because she wanted to be a part of a team that uplifts and appreciates African women. She believes that being apart of an organization that spreads positivity and sheds light on women of the African diaspora is rewarding.

Chimnonso Tiffany Okochi is a Nigerian, military brat who graduated from Winthrop University with a Bachelors in Business and focused her Degree in Marketing. She has always had a passion for fashion, which is why she moved to California to pursue a fashion career. She attended The Fashion Institute of Design & Merchandising, and currently works for a startup maternity line company. She currently serves as the Assistant Executive Director for Ivery Arie.



Temi was born and raised in Lagos, moved to Houston at 15 and then relocated to Los Angeles to study in the fashion/beauty industry. She currently works as a Sales Planner for a beauty company during the weekday and works with Ivery Arie to create content on the weekends. She is passionate about Fashion, Beauty and Technology and a huge lover of fantasy novels.

our contributing writers team



the line up



orobosa owie

Orobosa Owie is a Professor, Executive Trainer and Author of the book titled “Be Bold, Be Confident, Be You”. With over 10+ years of experience in the healthcare management and community development sectors, Orobosa has built a professional development and empowerment brand that is dedicated to cultivating people from all walks of life globally. She has been recognized and endorsed by influential leaders and academic institutions including New York State Senator Leroy Comrie and New York University.



eboni harris

Eboni Harris is a licensed relationship therapist, co-founder of Melanin and Mental Health™, Founder of Room for Relations and host of Room for Relations: Sex and Relationship Podcast. Through her education, she has learned the skills and techniques to help individuals and couples love better, stronger and longer. Through life she has learned that taking care of yourself is the best thing you can do for you and the ones you love.



olumide afolabi

Olumide Afolabi is a 23 year old born & raised in Nigeria. An Engineer who uses poetry to share true life stories and give voices to those who don't speak up for themselves.



michelle ngome

Michelle Ngome, a Cameroon-American, is the Founder and President of the African-American Marketing Association (AAMA) and Line 25 Consulting. Her contributions have been featured in numerous publications including Entrepreneur, Inc, and Yahoo Finance. She is a two-time author and host of the Networking With Michelle Show, where she interviews experts on life and business strategies.

stephanie nweke

Stephanie Nweke is the Co-Founder of Blademy, an online platform where Black millennials come to learn new skills, land better jobs, and reach their full potential. She is also a second-year student at the University of Houston Law Center and plans to build her career in transactional and corporate law. Stephanie is passionate about creating spaces for people from underrepresented groups to contribute to the innovation economy.



vivian jokotade adeniyi

Vivian Jokotade Adeniyi fondly known as “Jokotade” (JOE-KOH-TAH-DAY) is a contemporary, Nigerian-American artist, creative entrepreneur, and speaker who inspires a global audience with her art, words, and voice. Her journey as a serial entrepreneur and innovator began at an early age of six and for many years, Jokotade struggled with rising above the cultural label – “Jack of all trades, master of none.”



chioma adure nwogu-johnson

Chioma Adure Nwogu-Johnson, Creative Director of the highly acclaimed Dure Events, has created over 200 exclusive events all over the world. From intimate affairs to opulent soirees and corporate events, she has spent over a decade amassing a wealth of industry knowledge and a vast network of incredible vendors. Known for her attention to detail, passion and drive, Chioma ensures that each event is unique and flawlessly executed.



john & paige okpamen

John and Paige Okpamen are the co creators of Fighting the Fray, a movement that exists to inspire greater acts of love in relationships, marriages, and homes. They are invested in showing that marriage is and can be awesome and that it is always worth fighting for. They are the proud parents of 2 children and live in Houston, Texas.



nia black amuzie

Nia Black Amuzie is a Nigerian American, TedxSpeaker, traveler, visionary and world changer. She is also the founder of GlowUpAfrica and delivered an eloquent TedTalk in Accra Ghana in the recent past.



our interns

Ivery Arie continues to find creative ways to give back to women in the African continent. This year, we partnered with the University of Witswatersrand in Johannesburg South Africa with notable alumni such as Nelson Mandela, to give them an opportunity to expand their writing portfolio. The Ivery Arie Writers and Media Internship Program is a 12-week program curated to give aspiring and experienced writers & content creators an opportunity to share their work on a global scale.

leah wilson

My name is Leah Wilson from Johannesburg, South Africa. I am twenty one years old. I am majoring in media and linguistics, with a special interest in pursuing journalism as well as exploring language's impact on African identity. I seek to connect with the challenges faced by other Africans, being from a group a previously marginalised racial group in my country. I have a firm foothold in my faith and seek to humbly learn from every experience.



zandisiwe mhlekwa

Zandisiwe Mhleka is an up and coming journalist and writer currently enrolled in the University of Witwatersrand for a Bachelor of Arts in Media Studies and African Literature. During her tertiary studies, she was selected as one of the Top 15 students in her programme and became a member of the Golden Key International Honours Society. Among these achievements, Miss Mhleka holds a certificate of first-class in African Literature and one of merit in Media Studies. When she doesn't have her head buried in a book -- or making plans to write one -- Miss Mhleka enjoys the cathartic feeling of playing the piano and learning new melodies.

india masisi

India Masisi - I am a young black South African woman who advocates for gender equality, currently studying Psychology and Media. My interests lie in exploring the meaning, relevance and nature of feminism in the contemporary African context. I trust that I can contribute towards a progressive society, in which African women can thrive.





THIS IS WHAT A
FEMINIST
LOOKS LIKE

why “anti-men” is not feminist

by India Masisi

A common misconception associated with the feminist theory is the idea of being “anti-men”. Feminism is not anti-men, it is anti-patriarchy, inequality and systems of oppression. It is important to always keep in mind that the theory is rooted in the principle of equality. Being “anti-men” cannot be regarded as feminist, because “killing all men” does not coincide with equality.

It is critical to understand that social theories are established within context, they are not birthed on a blank canvas. Indeed, feminism prioritises women because it exists in a context in which women have been — and continue to be — marginalised. However, the aim is not to reverse the problem. If we were to propel feminism into the direction of “anti-men”, equality would not be reached. We would constantly be going in circles and arrive to the inverse side of the same problem.

“I do not wish women to have power over men, but rather over themselves” – Mary Wollstonecraft
Men, we are not against you; we are against the aversive acts you perpetrate on us. We encourage you to detach yourselves from toxic masculinity and find uplifting ways to define manhood.

To regard us as equals, as opposed to being superior and having entitlement over us. We ask that you assist in promoting a society that reinforces our autonomy. We request that you strive to flatten power imbalance.

In order for the movement to thrive, it requires radical action. It needs people in their masses. It necessitates drive, persistence and courage. It calls for all sexes and genders to stand in solidarity to defeat sexism and patriarchy. Men cannot be socially excluded from the movement, because it demands them to confront themselves. Thus, we cannot continue to perpetuate the idea that feminism is hostile towards men.

Social theories are complex. We need to be informed about them and understand their meaning, before launching them. I find it disheartening that people have done feminism such a disservice and interpreted it in a contradictory manner. Truthfully, those who want to be “anti-men” should start their own misandry movement, because it does not, in anyway, unite with feminism.

"who is the contemporary african woman?" video series

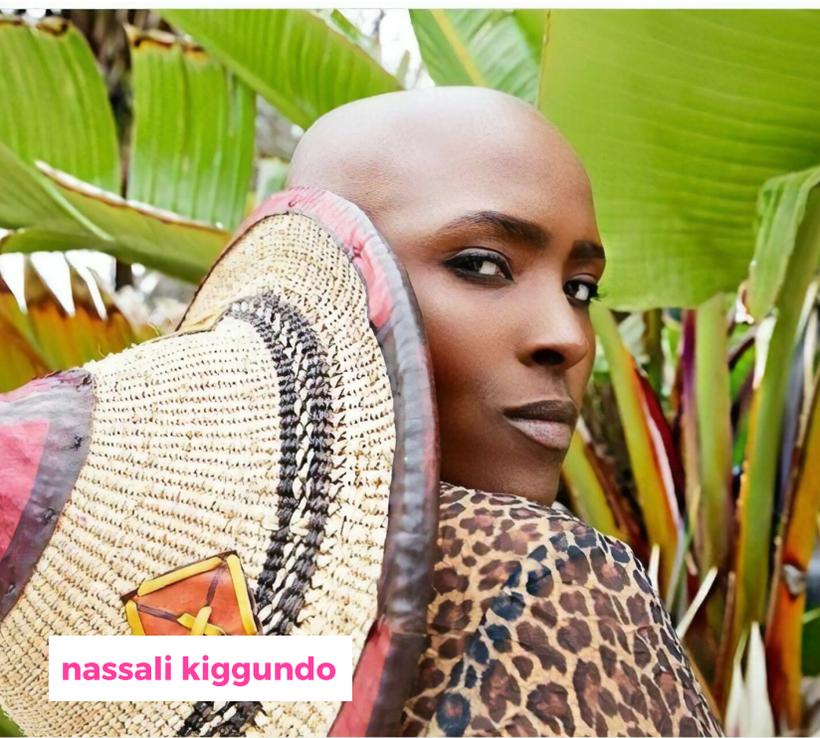
Ivery Arie is vocalizing who the African woman is in the diaspora with her first video series, "Who is the African Woman?" We set out to discover dynamic and passionate female leaders and creatives to bring the world, their story unique story and beautiful ideas. Watch all the videos here - iveryarie.com/videoseries/



ewurabena mensa-woode



jubilee gamaniel



nassali kiggundo



feven & helena yohannes

"I am never falling in love again. Only being present in it. Actively choosing it—every moment." ~Brandon Alexander Williams

I read this quote a year ago and it really resonated with me. I decided that this would be the way I look at love. It is easy to get carried away by emotions, especially when falling in love, and sometimes, on that roller coaster of emotions, we can miss important information needed to determine whether this relationship is truly good for us. However, when you are present in love, you are more likely to be aware of what's going on, to a certain extent, and you process it. This made sense to me.

At the beginning of this year, I decided that I was open to being in a relationship after years of being committed to just grad school. Graduate school, while it had its challenges, had a clear trajectory, filled with milestones and checkpoints. Basically, I had an idea of where I was going and what I was doing. However, being open to love in the form of a romantic relationship was not as simple. For someone who likes to be in control and have a sense of direction, being open to love sounded hella scary.

There are no milestones and checkpoints, no concrete thing to tell you that you're on the right path. I was not aware of how closed off I was until I noticed how quickly I would shut down guys' advances. If for some reason, I didn't shut it down early, I found some reason to shut it down later. It was then I realized that opening myself up to love was going to be more of a process than I had anticipated. It was one thing to SAY I was open and another to BE open. Being present in love started BEFORE the relationship... it started with being present with myself. I realized that I had to consider a few different things:

Patterns and behaviors. We are creatures of habit and I had become a pro at being closed off. If I wasn't closed off, then I had super high expectations of the relationship. Because in our late twenty's, we're dating for marriage, am I right? In identifying my patterns and behaviors, I had to identify that a lot of my patterns in romantic relationships were based on fear of rejection. If I let myself to close, I risk being hurt, so I built walls. Being present with myself meant embracing myself fully and coming to term with the fact that I am not for everyone, nor do I want to be. That way, my decisions would be made from a place of power and not a place of fear.

present in love

by Stephanie Okpara

Expectations. I have historically had high expectations. Let that not be confused with standards as there are certain things that are non-negotiable for me (religion, etc.). However, because I eventually want to get married, I often would try to fit guys into my life upon first meeting them. You can only imagine how heavy of an expectation that is to take to a first date. Being present in love for me means allowing myself to be present during the first date, getting to know the person and having a genuinely good time without burdening myself with the "what ifs..." and the "hows."

Consider me FIRST every single time. Being present with myself requires that I listen closely to my emotions. I'm so quick to intellectualize my feelings instead of allowing myself to feel my feelings and process the experience of it. If I feel uncomfortable, that is valuable information letting me know that something is amiss. If I don't have a good feeling about something, experience shows me that 9 times out of 10, I'm right. By checking in with myself, I am more likely to make a decision that is in my best interest.

This process of being present with myself and opening myself up to love has required a lot of self-reflection, which has included going to therapy and unlearning some things. It has required me to take calculated risks that normally would cause me a level of anxiety, such as online dating. And even though I'm still single single, I've learned so much about myself along the way. This is all a part of the process of being present in love because I am now present with myself. I am aware of my likes and dislikes, which makes it less likely for me to put up with anything that goes against that.

Being present in love causes self-growth. It exposes places where you are broken and helps with healing. And that is hella scary. Somehow, this article, intended to be on dating, turned into an article on self-love. But that's where the journey really begins. So that's what I choose. I choose to be deliberately present in self-love, actively choosing it every day so that when a romantic relationship comes, I won't fall in love, but be present in it.



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