

THE LOOP

STAY INFORMED, STAY CONNECTED!

Volume 2 Issue 8

August Edition

Ctrl + Alt + Del: Resetting Workplace Culture

A quick reset. A fresh start. A chance to clear out what's stuck and get back on track.

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The Temptation of Busyness

That's the tricky part of busyness. It wears the disguise of productivity

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Pitch Perfect: Football, Data & Music

That love for the game extends beyond the real pitch into the virtual world

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Against All Odds: Journey Of Resilience And Focus

Sometimes, life doesn't take us where we planned, but where we're meant to be.

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EDITOR'S NOTE

By Joy Ahaiwe (Social Media & Community Manager)



Dear Readers,

Hello August,

August arrives with its own energy: a month that nudges us to rethink how we move through life, work, and everything in between.

In this edition, we start with *The Temptation of Busyness*, a reminder that not every full calendar equals a fulfilled life. Sometimes, slowing down is the real productivity hack.

Then, in *Pitch Perfect: Football, Data & Music*, we dive into the surprising ways numbers shape the game we love, the songs we can't stop humming, and even the strategies we use in finance.

Finally, *Against All Odds: Journey of Resilience and Focus* take us through stories that prove setbacks aren't dead ends, but detours that sharpen determination and character.

As always, you'll find sparks of inspiration and thoughtful takeaways.

Here's to balance, rhythm, and resilience in August. Thanks for looping in.

With warmth,

Joy Ahaiwe

Editor, The Loop



MISSION

Connecting markets,
creating value, promoting
sustainability.



VISION

To be the most respected
multi-asset investment
and capital management
business in Nigeria.



VALUES

Productivity, Proactivity,
Integrity, Adaptability,
Leadership, Intellectual
Curiosity, Entrepreneurial
Mindset, Service Oriented.

EDITORIAL TEAM



Joy Ahaiwe
Editor



Abimbola Adigun
*Executive Creative
Director/Designer*



Henry Onyekachi
Creative Director



Adedoyin Samo
*Editorial
Board Member*



Babajide Lawani
*Editorial
Board Member*



Akindele Ogundepo
*Editorial
Board Member*

Writers



Adedoyin Samo
(Head, Corporate Services)

Joy Ahaiwe
**(Social media and community
manager)**

Abideen Mikail
(Alternatives trader)

Samuel Idoko
(IT intern)

Rebecca Okunlola
(Finance Intern)

Ctrl + Alt + Del: Resetting Workplace Culture

By Adedoyin Samo (Head, Corporate Services)



We all know that moment when our computer freezes, nothing works, the mouse won't move, and frustration starts to build. What's the magic solution? Ctrl + Alt + Del. A quick reset. A fresh start. A chance to clear out what's stuck and get back on track.

Our workplace culture isn't so different. Sometimes, routines get stale, energy drops, or old habits sneak back in. That's when it's time to hit our own reset buttons.

Ctrl – Take Control

Culture begins with you. Every team member shapes the environment we all share.

Taking control means:

- Choosing positivity over complaints.
- Owning your contribution, whether big or small.
- Bringing respect and professionalism to every interaction.

When we manage our own attitudes, we create ripple effects that set the tone for the whole organization.

Alt – Choose Alternatives

Innovation thrives when we're willing to try new approaches. "Alt" reminds us to:

- Look for alternative ways of solving problems.
- Listen to different perspectives, especially from colleagues who see things differently.
- Be adaptable when things don't go according to plan.

When we embrace alternatives, we unlock creativity, collaboration, and forward thinking, the very heart of progress.

Del – Delete What Holds Us Back

Sometimes the biggest gift we can give ourselves is letting go. That might mean:

- Deleting negativity, gossip, or blame.

- Unlearning habits that slow us down.
- Removing the "we've always done it this way" mindset.

By clearing out the clutter, we make room for resilience, productivity, and excellence.

The Big Reset

Just like our computers run faster after a reset, our teams function better when we refresh our culture. Imagine a workplace buzzing with fresh energy, ideas freely exchanged, and colleagues cheering one another on. That's the power of Ctrl + Alt + Del.

So here's the challenge: the next time you feel stuck or notice the culture around you slipping, ask yourself:


- What can I control?
- What alternatives can I explore?
- What should I delete to move forward?

Together, let's keep hitting reset, not because things are broken, but because growth demands fresh starts.



The Temptation of Busyness

Abideen Mikail (*Alternatives Trader*)

A man in a light-colored suit and white shirt is walking through an office hallway, carrying a large white box. He has a serious expression. The background shows office desks and other people working, slightly out of focus.

There's a strange comfort that comes with being busy, with scrolling from one page to another, shuffling papers, rushing from one office to the other, moving from meeting to meeting. It creates the sense of momentum, as though the mere act of being in motion, jumping from one task to the other, translates to progress. People feel useful, important, self-satisfied, when they are busy.

But after a while, it's worth asking: Busy doing what, exactly?

These active moments bring the fulfilment of “doing” the self-satisfaction that comes with hard work, but they often keep us moving in a giant circle, in motion, but stagnant.

Some days, one's schedule could be crammed from start to finish with back-to-back tasks, yet at the end, one could realize that nothing of real substance has been accomplished. Boxes get ticked, meetings attended, emails are answered, phone calls returned, and the to-do list looks slightly shorter but none of it makes a ripple big enough to change anything. The activities are exhausting but they lead nowhere new, rather they burn energy better spent on more productive endeavors.

That's the tricky part of busyness. It wears the disguise of productivity. It looks like progress, but in reality, can be the distraction, a self-inflicted hindrance flying under one's radar. Busyness allows us to avoid the deeper, harder work that requires real focus, time, and often discomfort. Being busy with inconsequential tasks provides the individual with an excuse to avoid the bigger ones; the real hard work that invites progress and solves problems. It's easier to answer a flurry of emails than to sit and make strategic decisions and implement them.

Sometimes busyness is even a way to avoid fear, the fear of failing, of making the wrong choice. We use keeping busy as a way of avoiding bigger responsibilities. We tell

ourselves we're "too busy" to make that big decision, to send that really important email, to write that book, to start that side business, or have that very important talk, when in truth, we're simply protecting ourselves from uncertainty. Due to the fear of facing what's really at stake, it often feels safer to keep moving quickly rather than slow down to face our fears.

What's more, busyness is often rewarded. People see it, they acknowledge it, and they praise it. A crowded calendar becomes a sign of importance. A constantly ringing phone is taken as proof of relevance. Real value, on the other hand, is different, quieter, less flashy. It happens in moments when no one is watching. A man who has busied himself with ten lesser tasks of little importance is seen and praised, the one with one viable idea, a well-planned outline and the focus to achieve it goes unnoticed until the fruition of his efforts. The former individual is distracted, the latter is fulfilled.

And yet, life's most meaningful progress rarely

happens in the rush. It happens in stillness, through deliberate thought and effort that is barely acknowledged or seen until the ensuing result is apparent. It happens when every action of your "busyness" is deliberate, productive, and aiming towards the achievement of a particular goal, when every task is geared towards achieving rather than burning time, when every step has a point and every moment counts.

True productivity is rarely loud. It doesn't always feel urgent. Sometimes it means stepping back, rethinking, and choosing a single action that genuinely matters. It takes little effort to fill a day with activity, but it takes courage and intention to fill it with purpose. So, every now and then, it's worth pausing to ask: Is this helping me move forward, or just keeping me occupied?

It's a small question. But asked often enough, it can change how we work, how we live, and how we measure what truly matters.



Pitch Perfect: Football, Data & Music

By Samuel Idoko (IT Intern)



Football has always been more than just a sport to me, it's a way of life. Supporting Manchester City has been a journey filled with highs, lows, and unforgettable memories. Watching the team transform into one of the greatest sides in world football has been inspiring. From the breathtaking passing of Kevin De Bruyne to Erling Haaland's unstoppable goals, City represents not only excellence on the pitch but also the beauty of teamwork and strategy.

That love for the game extends beyond the real pitch into the virtual world. I spend countless hours playing Football Manager, where I get to step into the shoes of Pep Guardiola and test my tactical creativity. Whether it's scouting the next wonderkid, tweaking formations, or leading an underdog club to glory, the game captures everything I adore about football: strategy, vision, and passion. Football Manager isn't just a game, it's an outlet that fuels my curiosity for how the sport truly works behind the scenes.

Football is often called the beautiful game because of its artistry, passion, and unpredictability. But beneath that beauty lies

a world of numbers, patterns, and insights waiting to be uncovered. As someone passionate about both football and data, I envision a career path where I bring these two worlds together, as a data analyst in football.

Modern football is no longer just about raw talent and instinct. Clubs like Manchester City have shown how much data can transform performance, recruitment, and strategy. Every pass, sprint, and shot generates information that, when properly analyzed, reveals deeper truths about the game. From identifying undervalued players to predicting injury risks, data has become the new competitive edge.

This is where I see myself. With a foundation in data analysis, I aspire to work with football clubs or sports organizations to translate complex numbers into actionable decisions. Tools like Football Manager, which I've spent countless hours exploring, already give a taste of how scouting, player development, and tactical planning can be guided by data. But I want to take that experience into the real world, helping managers, coaches, and scouts make smarter choices that can change games and even entire seasons.

The future of football is data-driven, and I want to be part of that revolution. For me, it's not just about watching or playing the sport, it's about understanding it on a deeper level. My dream is to contribute to the game I love, blending passion with profession, and helping shape football's next chapter through analytics.

Besides football, music is another passion that defines me. Just as football has the power to unite thousands in a stadium, music has the power to connect souls across cultures and languages. Music gives me balance. Where football excites me, music grounds me. Where football tests my competitive spirit, music feeds my creative side. Whether it's the energy of Afrobeats, the storytelling of rap, or the calm of soulful instrumentals, music keeps me going. If football fuels my competitive spirit, then music nurtures my soul. Music has always been more than just background noise for me, it's a companion, a motivator, and sometimes even a healer. No matter what mood I'm in, there's always a song or a rhythm that seems to understand me perfectly.

What I love most about music is its versatility. On one hand, it's the soundtrack to celebration, think of the energy of Afrobeats

that makes you want to move, or the pulse of hip-hop that commands confidence. On the other hand, it's deeply reflective. Soulful ballads or acoustic instrumentals give me moments of calm and clarity, especially after a long day. Music shifts with me, mirroring the highs and lows of life.

It's also inseparable from my passion for football. There's nothing quite like listening to an upbeat playlist before diving into a Football Manager session or catching a live match. Just like a stadium erupts when fans sing in unison, music connects people across cultures, backgrounds, and beliefs. It bridges gaps, builds memories, and creates a sense of belonging.

For me, music is creativity in its purest form. It inspires me to think differently, to imagine, and to keep dreaming, whether that dream is about building a career in football analytics or simply finding joy in the everyday. Where football gives me structure and discipline, music gives me freedom and expression. Together, they balance my world.

Where football gives me structure and discipline, music gives me freedom and expression. Together, they balance my world.



Against All Odds: Journey Of Resilience And Focus

Rebecca Okunlola (Finance Intern)

Sometimes, life doesn't take us where we planned, but where we're meant to be.

When I gained admission to Caleb University to study Accounting, it wasn't my dream school. I had my eyes set on another university, but circumstances had other plans. My only goal was to get my degree and leave. Little did I know that my time there would shape my greatest lesson in resilience.

From my very first semester, I discovered the power of hard work. I scored a perfect 5.0 GPA, not because I was the smartest, but because I was willing to ask questions, study with others, and put in long hours. I didn't let the fear of being laughed at stop me from learning. My parents were making sacrifices for my education, and I refused to let them down.

But success came with its own battles. By my second semester, people started talking. Some were supportive, while others doubted me. At one point, a classmate even bet that I

would never achieve a perfect GPA again. That moment changed me. I told myself, "Whether they like it or not, I will graduate with a first class."

The journey wasn't smooth. My grades fluctuated, sometimes dropping. I faced rumors, jealousy, and even ridicule. I remember crying the day I got a D in a course, and again after a tough project defense where I thought I had failed completely. But even in my tears, I never lost sight of the bigger picture.

I doubled my effort. I burned the midnight candle, reading in hostel corridors when others were asleep. I reached out for help when I needed it, even from those who doubted me. And in the end, all the sacrifices paid off. I graduated with a First Class degree.

What mattered most wasn't the certificate. It was the fact that everyone saw the effort. There were no shortcuts, no malpractice, no favors, just consistent, disciplined hard work.



The lesson is clear: resilience pays. You don't need perfect conditions to succeed. You don't need to silence the critics. All you need is focus, consistency, and the courage to keep moving forward even when the odds seem against you.

So, the next time you feel overwhelmed by challenges at work or in life, remember this story. Hard work never goes unnoticed, and resilience always wins.



Takeaway:

- *Challenges are not barriers, they are stepping stones.*
- *Doubt from others can be fuel for focus.*
- *True success is not luck, it's consistency.*
- *Resilience turns pressure into power.*



Pause & Play!



Did You Know?



ABOUT AUGUST

Did you know August was named after the first Roman Emperor, Augustus Caesar, in 8 BC?



SAME NUMBER OF LETTERS (6)

Did you know August is the only month that shares the same number of letters (6) as the number of the month it is in the calendar (8th month)?



THE LAST FULL MONTH OF SUMMER

Did you know in the Northern Hemisphere, August is considered the last full month of summer, while in the Southern Hemisphere, it's the last full month of winter?



THE 6TH MONTH OF THE YEAR

Did you know August was once the 6th month of the year before January and February were added to the Roman calendar?



MONTHS THAT CAN END WITHOUT A "31ST" IN LEAP YEARS?

Did you know August and February are the only two months that can end without a "31st" in leap years?

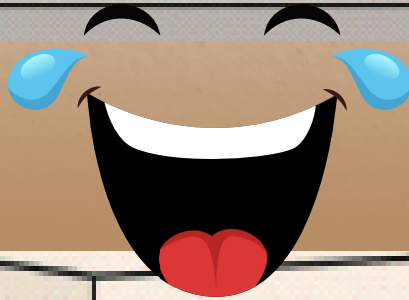


Pop Quiz!

- 1 Which Roman emperor is August named after?
 - a. Julius Caesar
 - b. Augustus Caesar
 - c. Nero
- 2 What was August originally called in the Roman calendar?
 - a. Quintilis
 - b. Sextilis
 - c. Septimus
- 3 Which Asian country celebrates its Independence Day on August 15th?
 - a. China
 - b. India
 - c. Japan
- 4 Which phrase is often linked with the hottest stretch of August?
 - a. The Lion's Roar
 - b. Dog Days of Summer
 - c. Sun Season

Corporate Humour

We'll increase tasks,
deadlines, and expectations
without increasing staff.



Flash fiction: The Three Calls

By Joy Ahaiwe (Social media and community manager)

Ada was the kind of person who planned her day down to the last minute, 6:00am jog, 7:15 breakfast, 8:00 office commute, 10:30 tea break, all neatly locked into a Google Calendar that looked like a patchwork quilt.

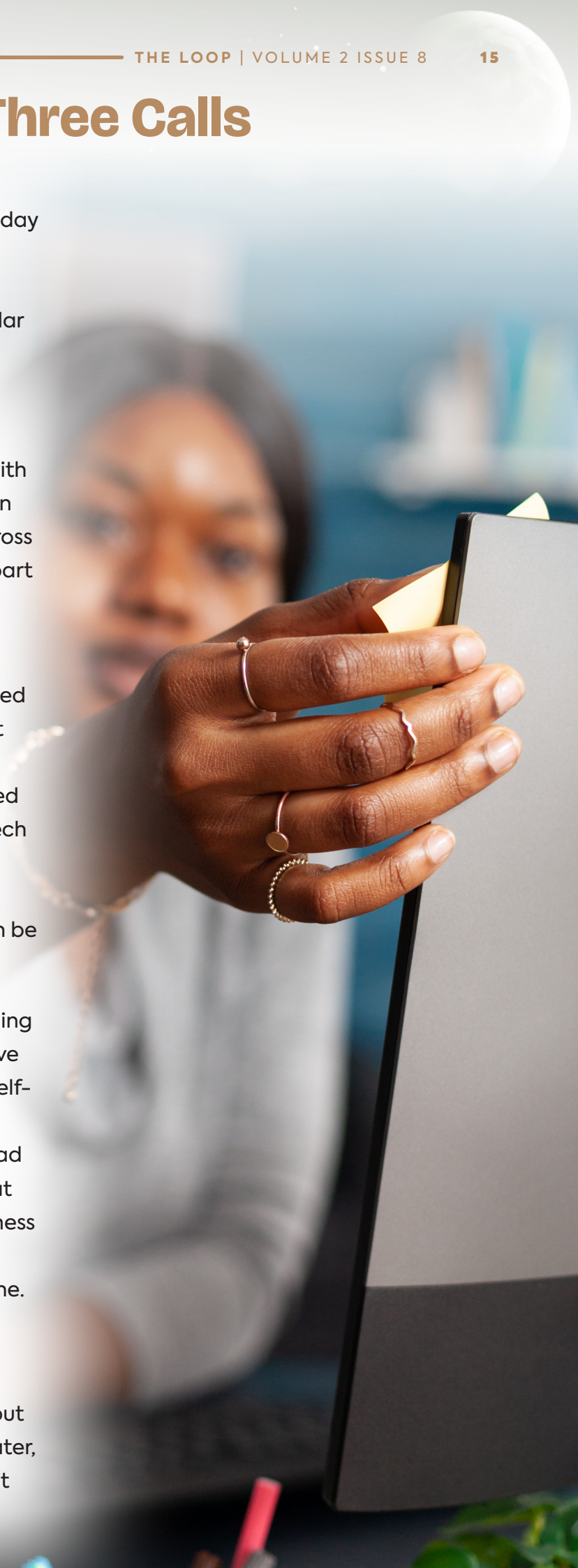
But that Tuesday was different.

She was running late, her calendar buzzing with “9:00am: Investor Pitch,” when she spotted an old high school friend waving at her from across the street. The spontaneous part of her, the part she often buried under lists and alarms whispered: “Go say hello.”

Against her usual instincts, Ada did. She crossed over, chatted for five minutes, laughed about the past, and left with a phone number scribbled on a napkin. That same friend turned out to be the Chief Operations Officer of a tech startup looking for an investment banker. A chance encounter became a million-dollar client, proof that not everything valuable can be scheduled.

Later that day, as the adrenaline of her morning wore off, Ada reflected. Normally, she would’ve brushed past, too focused on her pitch. But self-awareness reminded her of something she’d been ignoring: her rigidity. She realized she had been so busy controlling her environment that she was missing out on life’s surprises. Awareness gave her the insight she needed to start embracing moments outside her comfort zone.

Of course, she also knew balance was key. Spontaneity had opened the door, self-awareness helped her recognize the lesson, but discipline was what sealed the deal. Weeks later, when that COO became her client, Ada didn’t



leave it to chance. She showed up to every meeting prepared, delivered flawless strategies, and built trust brick by brick. Because she knew: discipline is what transforms opportunity into lasting success.

At the end of the week, Ada looked at her calendar. For the first time, she left some white space, little gaps where life could surprise her. Not chaos, not recklessness, just room for magic.

She had learned the dance:

Spontaneity opens doors.

Self-awareness tells you which ones to walk through.

Discipline makes sure you never walk back empty-handed.

And Ada smiled, realizing she didn't just have a new client, she had a new rhythm for life.



Restaurant & Café Recommendations

Locale, Victoria Island LAGOS

- 📍 2 Saka Jojo Street, Victoria Island, Lagos
- 🍴 Best Meal: Plantain Gnocchi, Seared Fish Fillet
- 🍷 Drink to Order: Cocktail or Fresh juice
- 💰 ₦12,000 – ₦30,000 per person

Pitstop Village, Ikoyi LAGOS

- 📍 44/46 Alexander Avenue, Ikoyi, Lagos
- 🍴 Best Meal: Gourmet Burger + Fries
- 🍷 Drink to Order: Craft Beer or Artisan Lemonade.
- 💰 Price Range: ₦8,000 – ₦20,000

Cafe De Vie, Abuja ABUJA

- 📍 12 Amazon St. Off Alvan Ikoku Way, Abuja
- 🍴 Best Meal: Salad/Wrap + Dessert.
- 🍷 Drink to Order: Iced Coffee or Tea
- 💰 ₦5,000 – ₦10,000 per person

Sky Restaurant & Lounge (Eko Hotel)

- 📍 Victoria Island, Lagos
- 🍴 Best Meal: Lobster Thermidor or Ribeye Steak
- 🍷 Drink to Order: A glass of red wine or champagne.
- 💰 ₦40,000 – ₦80,000 per person

The Harvest Lagos LAGOS

- 📍 8A Adebayo Doherty Street, Lekki Phase 1, Lagos
- 🍴 Best Meal: Crispy Duck Breast
- 🍷 Drink to Order: Cosmopolitan
- 💰 ₦20,000 – ₦40,000 per person



COFFEE WITH **Oluchi Juliet Omokpo**

Private Wealth Manager

By Joy Ahaiwe (Social Media & Community Manager)



Please Introduce yourself

My name is Oluchi Juliet Omokpo and I am a Private Wealth Manager. My role in CFG Africa mainly involves working closely with clients to manage and grow their wealth through personalized investment and financial planning solutions.

What inspired you to get into wealth management?

I've always enjoyed building relationships and being someone people can count on. Wealth management gives me the chance to do that while also helping clients make sense of their finances and reach the goals that matter most to them. Over time, I also saw that many people work hard but don't always have the right support to grow and protect what they've earned. That inspired me to bridge that gap, helping clients safeguard their wealth and make confident decisions about their future.

What was your very first investment, and how did it go?

My first investment was small but very meaningful. Early in my career, I decided to put money into a savings bond. The returns weren't anything extraordinary, but the experience gave me confidence. It was my first real step into investing, and it taught me something I still carry with me today: building wealth isn't about chasing quick wins or overnight success. It's really about patience, consistency, and having the discipline to stick to a plan. That first step shaped the way I approach wealth management—not just for myself, but also for the clients I work with.

What's one common mistake you see people make with their money?

A lot of people get caught up chasing quick returns, jumping into the latest trend without really understanding it. Sometimes it works, but more often it backfires. The truth is, wealth grows through patience and consistency, not shortcuts. Another thing I see is people focusing only on growing money but not protecting it. Simple things like an emergency fund, insurance, or even estate planning get overlooked, and that can leave them exposed when life throws surprises.

If you had to give just one investment principle to live by, what would it be?

If I had to give just one investment principle, it would be this: Always prioritize preservation of capital before chasing returns. Growth is important, but lasting wealth comes from safeguarding what you've already built before reaching for higher returns.

How do you usually guide clients through market volatility?

I guide clients by helping them understand what's driving the volatility, but also by reinforcing the importance of discipline. Rather than reacting out of fear, we focus on opportunities, diversification, and sticking to strategies that have been



designed with risk in mind.

What's the first thing you try to understand about a new client?

The first thing I try to understand about a new client is their goals, what truly matters to them financially and personally. Whether it's preserving wealth, planning for retirement, or creating a legacy, knowing their priorities helps me tailor the right investment option.

What do you wish more people knew before coming to a wealth manager?

Wealth management is like building a house or planting a tree, you need to start early to create a strong foundation that lasts. It's not just about investing, it's about building peace of mind over time.

Do you think younger generations view wealth differently from older ones?

Yes, I do think younger generations view wealth differently from older ones. For many in the older generation, wealth is like a fortress, something to build, protect, and eventually pass on as a legacy. It represents security and stability.

Younger generations, however, often see wealth more like a passport. It's a tool that gives them freedom, access to opportunities, and the ability to shape experiences or support causes that reflect their values.

Neither perspective is right or wrong—it simply reflects different life stages and priorities. My role is to bridge that gap, helping clients protect their fortress while also using their passport wisely, so they can enjoy today while still securing tomorrow.

What's one financial habit you personally swear by?

One financial habit I personally swear by is staying aware of where my money is going. I don't mean tracking every single detail every day, but I make it a point to regularly review my spending and investments. That simple awareness creates intentionality, it helps me cut out waste, stay aligned with my goals, and make better decisions. Over time, I've found that being mindful of the flow of money is just as powerful as the act of saving or investing itself, because it keeps you in control rather than letting money control you.

If you could give your 20-year-old self one money tip, what would it be?

If I could sit down with my 20-year-old self, I'd say: "Don't wait until you feel ready or until you're earning more, start investing now, even if it's just a tiny amount." Back then, I thought I needed bigger money to begin, but I've learned that time is the real secret to building wealth. The earlier you start, the more compounding works in your favour. Even a small habit, kept consistently, grows into something



meaningful. Looking back, I'd tell myself that it's not about the amount, it's about starting the journey early.

What's your guilty-pleasure purchase?

My guilty-pleasure purchase would have to be anything related to self-care. Whether it's a spa treatment, wellness products, or little things that help me recharge, I see it as an investment in my energy and focus. It's a small indulgence, but it makes a big difference in staying balanced and performing at my best.

Describe wealth in one word that isn't "money."

I often describe wealth as 'value' because it's not just about the money itself, it's about the worth it brings to your life, your family, and your future. True wealth lies in the value it creates, not just the numbers on a statement.



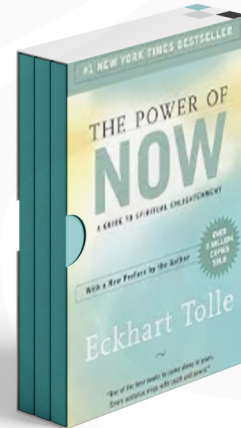
Recommended Books

By Joy Ahaibe (Social media and community manager)

The Power of Now

ECKHART TOLLE

The Power of Now: A Guide to Spiritual Enlightenment is a book by Eckhart Tolle. It is a discussion about how people interact with themselves and others.



The story of Golibe

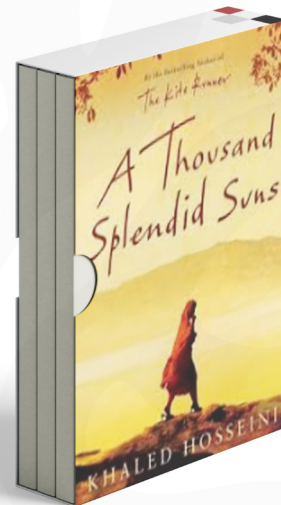
BY ADESUWA OMAN NWOKEDI

The story of Golibe, a young woman who embarks on a mission to find her birth parents but instead finds herself on a journey of love and self discovery.

A Thousand Splendid Suns

BY KHALED HOSSEINI

When Breath Becomes Air by Paul Kalanithi
Part memoir, part reflection, a dying neurosurgeon confronts what makes life meaningful when time runs out.



The 5 AM Club

The book is a fictitious story about morning routine and its effect to change lives for the better.



check out the Answers to
the POP QUIZ!



ANSWERS

- 1** Which Roman emperor is August named after?
b) Augustus Caesar
- 2** What was August originally called in the Roman calendar?
C. Sextilis
- 3** Which Asian country celebrates its Independence Day on August 15th?
C. India
- 4** Which phrase is often linked with the hottest stretch of August?
C. Dog Days of Summer

Puzzles

V A C A T I O N K X I E I T M
R B Z S B A R B E C U E Z J T
M O L V A G K N V N F C S J I
Q E G C I H C B A S E B A L L
X S W L U Y A Q C A M P I N G
A N E I Z A N A N F G B S L I
C T B M G N O B Z I Y O U N D
R R T B U K E F A S I A N B A
A A M I W S I C H H K T S K R
F V T N G U N B O I U I H Y K
T E D G I J G P T N N N I V M
S L F A G W F P E G M G N Y Z
S S U I F E R F I R E U E N W
O H N L I G O B A C K P A C K
F R I E N D S G W I P K A B C

CLIMBING
CRAFTS
BACKPACK
FUN
FIRE
SUNSHINE
HOT

BARBECUE
CANOEING
FISHING
CAMPING
VACATION
TRAVEL
BOATING

BASEBALL
FRIENDS

Movies to Watch

By Joy Ahaibe (Social Media & Community Manager)



The Wrong Paris

Rating: ★★★★★

A single woman enters a dating show thinking it's in Paris, France only to discover it is actually in Paris, Texas.

Where to watch: [NETFLIX](#)

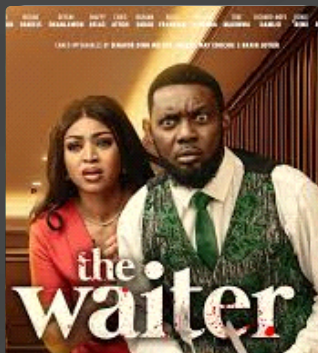


Beyond the Bar

Rating: ★★★★★

A young, rookie lawyer with a strong sense of justice joins a top law firm - navigating the complex legal world under a cold, demanding mentor.

Where to watch: [NETFLIX](#)



The Waiter

Rating: ★★★★★

A struggling individual, takes a temporary job as a waiter at Crystal Hotel for an event hosted by the Minister of Poverty Alleviation, where a scheme to assist the underprivileged is being launched.

Where to watch: [NETFLIX](#)

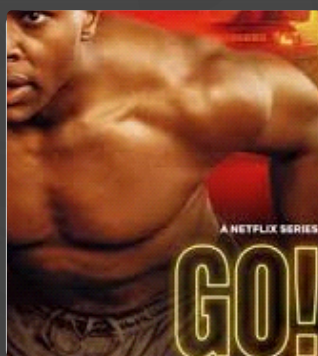


Hostage

Rating: ★★★★★

When the British prime minister's husband is kidnapped and the French president starts receiving threats, both leaders must face an impossible choice.

Where to watch: [NETFLIX](#)



Go!

Rating: ★★★★★

A young sprinter tries to overcome trauma from his past as he attends a prestigious school in Johannesburg on scholarship

Where to watch: [NETFLIX](#)

SEPTEMBER CELEBRANTS!!



Justus George

03



Henry Onyekachi

06



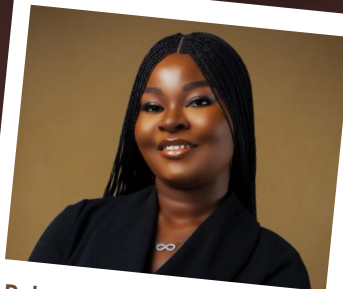
Kolawole Abayomi

09



Sunday Uloko

21



Rebecca Okunlola

28



Ohie Egboja

29

HAPPY Birthday



www.cfgafrica.com



info@cfgafrica.com



4th Floor, KPMG Tower, Bishop
Aboyade Cole Street, Victoria
Island, Lagos



02018870020



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