



## 21<sup>st</sup> CENTURY WOMEN'S ENTREPRENEURSHIP & LEADERSHIP

ANNUAL CONFERENCE

APRIL 21-22, 2023 | CROWNE PLAZA MADRID AIRPORT, MADRID

**P**ersonal Development and Transformational Self Discovery for SustPersonal Development and Transformational self-discovery are key to achieving sustainable impact. Various personal development strategies such as goal-setting, self-awareness and skill development are honed and will result in lasting positive growth and impact when combined with transformational self-discovery .The importance of incorporating personal development and transformational self-discovery cannot be overemphasized especially as every person has an impact on the people that surround them and the society at large, either they realize it or not.

The impact that a person has on her group, peers, relations, connections and the broader society, deliberately or not, can only be a guaranteed sustained positive impact when these concepts are continuously incorporated in all of one's journeys.

By investing in personal development and transformational self-discovery, individuals can create a ripple effect that impacts not only their own lives but also their communities and the world at largeainable Impact.

### Biography

Ruth Olowosile is a graduate of Microbiology from the Federal University of Technology, Akure. She holds certificates in ISO 14001: Environmental Management System, Sustainability and Climate Change, ISO 45001: Health and Safety Environment (HSE), and Quality Assurance and Quality Control. Ruth has previously held positions as the Creative designer and Quality Manager at Bedazzled Nigeria. She is a visionary, a prolific speaker and a seeker of knowledge; a problem solver, creative and a lover of the arts. Ruth is passionate about Environmental and Health issues, Sustainability, climate change and empowerment; and has previously volunteered and participated in various NGOs and campaigns including the Nigerian Urban Reproductive Health Initiative (NURHI), where she was a Radio talk show host. She also held positions as the President of the Orientation Broadcasting Service (OBS) and the financial secretary of the Editorial Board, when she was serving her country. Her purpose is to make professionals and common man understand the importance of

## PERSONAL DEVELOPMENT AND TRANSFORMATIONAL SELF DISCOVERY FOR SUSTAINABLE IMPACT

### Ruth Olowosile

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sustainability, saving the earth and educating the masses on how to achieve this. She is happily married with a kid.