

GOD'S^{6.0} — Domestic — QUEENS

15 Queens Share their Mentoring Experience



EZIAHA BOLAJI-OLOJO

GOD'S DOMESTIC QUEENS 6.0

15 Queens Share Their Mentoring Experience

Facilitated by:

EZIAHA BOLAJI-OLOJO

GOD'S DOMESTIC QUEENS 6.0
15 Queens Share Their Mentoring Experience
Copyright © 2021 Eziaha Bolaji-Olojo

All rights reserved. No part of this publication may be reproduced, distributed or transmitted in any form or by any means including photocopying, recording or other electronic or mechanical methods, without the prior written consent of the author, except in the case of brief quotations embodied in reviews and certain other non-commercial uses permitted by copyright law. For information on getting permission for excerpts, contact the author via: eziahaolojo@gmail.com

Compiled By:

Iyeh Ugbo
+234 806 439 4911
hollyiyeh@gmail.com

Cover Design By:

Tadese Segun
+234 818 169 7750
tadesesegun2@gmail.com

Edited By:

ChinyereDistinguished
+234 806 859 6264
kompndiaconcepts@gmail.com

Content

| | |
|-------------------------------------|----|
| <i>Intro</i> | 5 |
| <i>Iyeh Ugbo</i> | 7 |
| <i>Rich Patience</i> | 11 |
| <i>Olurwadamilola Olopade</i> | 13 |
| <i>Ayomiku Oludotun</i> | 15 |
| <i>Lola Osunba</i> | 19 |
| <i>Chinenye Benson</i> | 22 |
| <i>Baba Toyin Funsho</i> | 24 |
| <i>Faith Oyebade</i> | 29 |
| <i>Adaobi Okoro</i> | 33 |
| <i>Toyin Dosunmu</i> | 36 |
| <i>Tomiisin Balogun</i> | 39 |
| <i>Catherine Obinne</i> | 42 |
| <i>Jessica Sampson</i> | 45 |
| <i>Adeola Nwabueze</i> | 48 |
| <i>Cynthia Nwosu</i> | 50 |
| <i>Outro</i> | 54 |

Intro



It's a great privilege to work with CoachE to mentor my sisters. I remember just like yesterday at the beginning of 2021 when CoachE mentored me alongside my sisters at GDQ 5.0; I saw how my life literally changed from then and ever since, it's been forward ever: my relationship with God, my marriage, my home, motherhood and everything. I see it as a great honour that God has bestowed upon me to work with CoachE as she mentored and poured into the lives of His daughters for 12 weeks in GDQ 6,0.

All I can say is that God did it! Yes, because He is the One who helped and carried us through these weeks. I'm thankful, especially for the lives of my sisters who were part of this journey, and whose lives I've seen God transform, elevate, prepare and strengthen as they navigate this season of their lives as God's Domestic Queens the way God would have them.

You will be reading their mentoring journey reviews on the following pages. I believe you'll also learn from it.

Enjoy!

Solamipe Bikers

Iyeh Ugbo



I told myself when I joined GDQ, though as an admin, that I would be a student. I won't let being an admin rob me of what I can learn. And it's been a truly insightful 12 weeks.

I was part of a previous GDQ set in 2019 and I can say with my full chest that this cohort in 2021 is on a whole new level. Coach has really upgraded as she said and with the help of the Holy Spirit, I can take what she teaches and customize them for my family.

In the first week we dealt on identity. Who are you as a woman? Apart from wife, mummy, friend, worker, business woman, who am I? *Authentically Me and Surprisingly Satisfied* blogpost really set me free. I can be myself and be content, joyful and satisfied. I learnt how important it is to keep in touch with myself, to journal my thoughts and feelings, be introspective and do those things that give me joy and life. Now I've started spending quiet time alone with myself regularly. Instead of jumping from one task to another at home, I'm giving myself breaks and a minute to think.

Coach E said this and it really struck me those first weeks. She said we should accept our season of life as a stay-home-mum (SAHM). There's work to be done at home so settle down, focus and get to work.

I followed people to despise my season and I started to look down on myself and the work I do at home. I certainly didn't work with all my heart or with joy. My children used to irritate me. I hardly enjoyed them. I wondered how I could ever be a rejoicing mom. Now, I intentionally declare this over them using the words of Jesus: "When I see you, I rejoice." Jesus said this to a Catholic nun, Maria Faustina. My children won't be this age forever and I'm thankful for this gift in my children and their age. It makes it easy to teach and train them in God's way.

The week we learnt about spirituality, was divine. As women, we have such super powers with which we can build the home of our dreams. I've picked up my confessions again and started praying daily for my home, marriage and children with the occasional midnight prayers. Spending time with Jesus daily is a must and I'm building up on that area.

One of my best weeks was when we learnt Time Management and Productivity. Gosh, so many time-wasters I had! A key takeaway from this week was: my life is a business, and time is my commodity for investment.

I got a book for planning and I try to do this as often as possible. I always wondered how people would plan their whole day, week, month and year. Seemed too much for me. Now, I've started to plan my week and it gives me such a sense of structure and purpose. I can turn off my data now and focus on my work at home. A major distraction for me was my phone viz WhatsApp, YouTube and browsing.

Now I ask myself, "Is what I'm doing now the best use of my time??" Just because time came at no cost to me doesn't mean I should be careless with it.

The week on domestic affairs as I call it was such a hit with everyone. We could all relate. *Arghhh*, the job of a homemaker is not an idle or easy one. I must embrace the work and grit it takes to run my home like a boss. I can now proudly say "I'm a stay-home-mum". Jesus will reward and honour me as He finds me faithful at home. Instead of running from the work at home, complaining and comparing my life with other women who have helps for instance, I've started to work at my home with joy. There's dignity in the domestic work at home: cooking, cleaning, washing, etc.; those traditional values that many of us seem to despise.

Subsequent weeks in GDQ till the end were focused on parenting, being a domestic boss/queen and answering questions. Coach E is very passionate about raising her children intentionally and she taught this to us. Motherhood will cost us; parenting must be intentional if we want to raise giants for the kingdom of God. Coach E talked about bringing the children into the process of the home. I used to be that overwhelmed mother, always working on chores at home while my children spend a lot of time in front of the TV. This didn't sit well with me but I felt helpless and lazy to chart a better course. Now I bring them into the cooking and cleaning process. They help me out in the kitchen and are

competing for who will do what to help mummy. Screen time, I now guard like a hawk and allow them to play and read books.

Thank you, Lord, for the return on investments in my children!

I wasn't maximizing my season as a stay-home-mum hence the lack of joy and overwhelm. GDQ has taught me how to keep in touch with myself, the importance of daily practicing the Presence of God, honouring God with the work I do at home, raising my children not like the world but according to the customized pattern for my family as received from God.

I'm going into 2022 with purpose, clarity and direction. For the first time, I know what to do and how to do it. I am not merely excited about the New Year but I'm filled with a sense of purpose. This is how GDQ has blessed me!

In our last meeting with Coach E, she said: "You have permission to build the home you desire. Don't copy or follow anyone, not even me Eziha. Learn the principles but always follow Jesus. He has the roadmap for our individual lives."

This word from Coach E truly set me free. It's like I was waiting for permission. I used to look at other people's lives and try to copy what they say is working for them. Now, I understand that God deals with us individually; what works for A may not work for B. Henceforth, I'll always take everything I want to do to Jesus first and get His perspective.

It's only God that can bless you, Coach E, for pouring into us like this. May the Holy Spirit continue to water you daily. Your home is forever blessed in Jesus name. Amen.

Rich Patience



This GDQ mentoring program came at the right time and season for me. I applied on the last day of the advert with plenty prayers to be accepted.

I have been in The WILD community and I know Coach E is big on accountability so another of my steady prayer was, “Lord, help me to finish and not default on any rules.” Thankfully, Coach already created a balanced environment that allowed us as mums to follow through. Thank you so much, ma.

My biggest takeaway is on how to manage my home. Coach E was very detailed on this topic.

So, me in this my current season without any domestic help, learnt how to get my kids to school early daily without plenty shouting.

This mentoring program taught me how to pray and believe again. Yes, somehow life happened and I only prayed as routine with zero belief. I'm so grateful to God for growth. I learnt how to really pray over my kids with God's word.

I love our assignments, Gosh! They helped me get deeper understanding of all the teachings.

Learning to plan ahead is also a big win for me. And slowly decluttering my home as we were taught is another major joy.

The community of awesome mum's pushing to be better was another highlight for me.

Thanks to our Admins, Iyeh and Faith.

Thank you, Coach E, for always showing up with zero excuses; this is not a paid program but you always showed up 1000%. God bless you and your family. I love you.

Thank you, JESUS, for the gift of GDQ program in a dark season of my life; I'm so grateful!

Oluwadamilola Olopade



I joined GDQ with no clarity on how to harmonize my home and the current realities surrounding it. The 12 weeks flew by so fast; and I have been immensely blessed by the program.

GDQ has taught me a lot of things: journaling, time management, planning, how to manage my home, bringing up my children in the way of the Lord, most importantly, understanding that I have to make my relationship with God work.

The 12 weeks were stretching I must say, from reading and reviewing every blogpost and meetings, to meeting deadlines; but I am coming out better from it. I now understand how to manage my time to avoid being overwhelmed. Scheduling and delegating are now a part of my life.

Ultimately, I have learnt the power of confessions and reading them, this is one of my big take homes.

Thank you, CoachE, and everyone that made this possible. May the oil on your head never run dry.

Ayomiku Oludotun



My name is Ayomiku Oludotun and this is my GDQ Review. It's been 12 amazing weeks of Immense Unlearning, Discipline, Stretching, Clarity, Inculcating, Fighting and Winning, Strategic Praying, Joy, Peace.

I could go on and on but let me pause here.

Before I joined GDQ, my life was far from all the things I listed up there. I was frustrated, blaming myself for getting married and for getting pregnant because I felt my mates are out there making waves and I'm just here doing nothing but sleep and wake up (a very stupid thought on my part though). I used to be so insecure and I was having breakdowns. Breakdown about not being enough, being a failure, and that my husband would cheat on me with a working-class lady because I don't have a job (this was as a result of things I've read online about marriages collapsing due to infidelity). I never knew they'd entered into my subconsciousness.

I was also struggling with my spiritual life (I couldn't pray more than 5 minutes, I wasn't going to church, I wasn't listening to any sermon and I wasn't reading my Bible). All of these made me so frustrated. I had no joy and I was filled with regrets. But to the Glory of God, all of these are now in the past. Hallelujah!

GDQ Mentoring Academy has reshaped me in many ways (more like a rebirth). My first week in GDQ was very intense because I had a lot of blogposts to review... before GDQ, I never created time to read or listen to anything on Self Development because I never felt the need to. But I always had time for TV and social media; I'd sit with these two things as though I'd be paid for watching TV and scrolling through social media. Seeing that I had so many blogposts to read and review, I felt like I wasn't going to make it to the end of the program but I was wrong because after I read about eight blogposts and also listened to Coach talk about social media and the damage its causing in our generation and the ones to come (the way it often makes us want to compare and even live a fake life just because we want to live up to people's expectations), I realized how much of a pressure I actually put myself under while being on some apps (E.g. Facebook, Twitter, Instagram). I always wanted to show people that I'm happy through these apps as if I would die if they don't approve of what I do or how I do it. But all thanks to CoachE, after just two weeks of being in GDQ, I deleted these three apps and released myself of the burden of being ON there. I

have just WhatsApp and Telegram left in my phone. And I muted the status of people that I know might post something that would make me want to go back to my old ways or uproot the seed that has been planted by CoachE.

After doing these, I saw changes. I had peace and nothing was disrupting it; there was no more pressure and the most amazing thing that happened after then was that I discovered that I HAD MORE TIME TO DO OTHER STUFFS. I was really wowed by this. I started reading more of Coach's blogposts whenever I feel the need to press my phone; by doing that, I was unlearning and learning new ways of living.

Next, I began to embrace my SEASON OF BEING A STAY-HOME-MUM, because now I know that seasons don't last forever and that I need to embrace this to allow God birth what He's trying to help me bring forth in this season of my life. I have decided to face what really matters in this season: MY LIFE AND MY FAMILY.

Then I faced another challenge: the problem of feeling overwhelmed because I realized there's so much to learn and I didn't know if I could make it. But guess what? Coach talked about feeling overwhelmed and encouraged us to pray our way out of it. I started praying for strength and rebuking laziness, procrastination and the likes. It worked like magic! I even put up a confession for it when coach asked us to create our confessions. My prayer life is very active now and I'm so happy about this; all thanks to God and GDQ.

Through CoachE and GDQ, I was able to trace my steps back to MY MAKER. I began to pray more strategically, and the deal breaker is that I don't get tired or weary while at it. I also became more spiritually sensitive; I now see when the devil is trying to attack, and I attack him back even before he finishes with his own plan.

No more arguments between my husband and I because I'm wiser now. I don't live my life because of him, I'm living for Jesus. I now understand my position in my family and why the devil was after me; it's because I carry so much power and authority without realizing it. I'm a GATEKEEPER, a BUILDER, a COMMANDER-IN-CHIEF. Yes, my husband is

the king of the house but NA ME BE THE BUILDER and I refuse to be caught off-guard. I will always be ON GUARD.

One of my biggest wins is learning how to plan my day and manage my time by understanding my energy gauge, and fixing activities to time according to my energy level; this has been so helpful! It totally changed how I run my home; I run it more effectively than I used to and my husband is proud of me. He sends me off to meetings with joy.

Also, through GDQ, I was able to join The WILD Sisters, and believe me when I say that was the best thing that happened to me in 2021; it's been totally BEAUTIFUL. Even my speaking in tongue has matured and I love it! We had a 10-day Daniel Fast and read an amazing book on *Fasting and Prayer* by Kingsley Fletcher. Oh my God! it was at this time that the devil suffered a big loss in the area of my family's nutrition. This used to be a big problem before the fast, but through the fast, I had a total reorientation about food and how overrated it is. I never knew that I'd made my belly a god that I serve by eating and overfeeding not just myself but my family too. Thankfully, to the Glory of God, that battle has been won, too.

AH! GOD BLESS COACH EZIAHA! Thank you for all that you do ma'am. This fire that you have awakened within me, I promise to keep it burning because I can't go back to being scared and insecure after this experience. I've been immensely blessed and I will always do business with all I have learnt. I know the battle never ends but I'm not afraid because I know victory is mine and I only fight from victory.

God Bless and reward you in a million-fold, ma'am. Much Love and Respect always.

Lola Osunba



Applying to be a part of GDQ was a decision that I took because I was in a phase (now I like to refer to it as a season). I knew I loved God, but drawing nearer to God had become a yearly goal; procrastination and “start and stop” syndrome

had me captive. There was also the feeling of ‘wasting away’; like these are my productive years and I am just here while my friends, colleagues and contemporaries are securing the bag and making a mark.

I am subscribed to Coach E’s newsletter, sometimes I read and other times I jump and pass – as the mood dictates. Sometime in the past, I had wanted to apply for GDQ, I even started the application process but I didn’t follow through. So, when I saw it again, I thought, “let’s give this another shot, shall we?” And I got in!

In the beginning, I practically had to keep telling myself, “Lola, you can do this”. I also set a goal for myself – that these 12 weeks, I MUST COMPLETE. Oh, there were times I literally had thrown in the towel because assignments and deadlines, plus home care, plus working with hubby, seemed undoable. But look who made it to the very end! And I make bold to say I barely missed assignments, prayer time (at least two watches every Wednesday), vigil or group sessions. And this was easy because there was always something to look forward to.

ALL the sessions were a hit – back-to-back. There is always just a new insight (even when the topic is not new to me). I particularly loved crafting confessions for the key areas and persons in my life. I even printed it and pasted on the wall in my room so I can be consistent. This confession has also worked as a prompt or ginger for when my prayer battery is low – I sometimes start out confessing it and then the urge to pray comes. My prayer life is better and richer.

Time management was also a vital one for me. *Focus, Flurry and Fringe* opened my eyes to properly prioritizing and scheduling. I am not “there” yet but I am on the right track. I also came to know about the Propel Series – I am still binging on these videos. Prior to joining GDQ, I had done an audit of my IG page and unfollowed pages that weren’t serving me any purpose; after some sessions, I have followed pages of people like Christine Caine and Lisa Bevere for edifying content.

Another session I thoroughly enjoyed was the week when the topic was *Domestic*. That particular session didn't follow Coach E's plan and we had to have it off the bat – it was so real, relatable and interactive.

Blogpost reviews were also a part of the program that was very enlightening; they covered and answered questions I didn't even know I had.

The sessions on how to relate with our husbands and children were also very eye-opening with several lightbulb moments.

Coach E literally emptied herself without reserve. There were times she was exhausted from doing several things but she still showed up and showed out! She gave wholly – sharing from her life experience and learning from books, videos and other resources. Thank you, Coach E!

Coach E's dedication to whatever she commits herself to and hunger for knowledge are traits I have added to my prayer points. GDQ is best experienced than explained, be sure to fight for a spot in the next session!

Chinenye Benson



I must say that GDQ was an answer to a prayer and a question in my heart. It came and connected the dots I have felt scattered in my spiritual and family life. CoachE, I lack words to express my gratitude to you for heeding God's call on your life. You are a blessing indeed.

GDQ helped me retrace my identity back to where it should be – Christ. I now know that living spontaneously is a big error. Routine is very good for me.

How about the power of confessions? GDQ reemphasized it. Thank you, coach.

My kids are my biggest investment so I must make all the sacrifices needed to secure their life and future in Christ.

Coach, your blogposts are inspired by the Holy Spirit. They are not mere letters but spirit and life. Thank you.

The 12 weeks were loaded; stretching but a huge impact on me, even my husband attests that he loves the fact that I'm relearning and willing to get things working better. He's so game on joining me in this new path.

GDQ has taught me to journal about everything.

I live more conscious of time and the Christ in me. My spiritual life is a work in progress but I'm loving every step of it.

Joining The WILD has been a great blessing, too.

CoachE, God will bless you. Your strength will not go down but it will be renewed daily. My husband blesses God for your life every day. He says it's not easy to find someone who spends time, money, intellect and her all, teaching others for FREE. Thank you, ma, for revamping my life for Jesus.

You are loved greatly!

Baba Toyin Funsho



It has been an amazing 12 weeks. In fact, it didn't even feel like 12 weeks yet; that was fast!

First, I will give myself a pat for doing this. I never thought I could. I kept contemplating to the last minute while I was applying even though I knew it was something I needed in this season of my life (where I am fully embracing being a stay-home-mum).

I almost chickened out because of the plenty “what ifs”. Now I know those were the tactics of the devil. I’m seeing my life go in another dimension and for the first time, I am embracing it fully with joy, not regret or shame.

There are so many lessons I have learnt so far and I am applying them daily and seeing results. I was telling hubby recently how my time is so precious to me now and I can't give it anyhow. Someone called me over the week and said she wants us to see. If it were before, I won't even ask why; I'd just fix an appointment to meet her and we would end up spending the time on gist and not really achieving the aim of our meeting.

But this time, I asked her why she wanted us to see and she told me she wants me to put her through something. I promised to give her 30 minutes of my time provided she comes over to me place. In her words, “*Hahahha, na wa for this new you o.*” I laughed, too, but I’m glad I passed a message. I am at home doesn't mean I can be anywhere with you when you need me.

I now plan my day. One word mama said that stuck till now is, "there is joy when you wake up to a planned day."

I enjoy planning my day. Even as little as when to submit an assignment. And this has really made things easy because I have planned them ahead.

My relationship with my kids has also increased greatly. I introduced some new habits to them and I’m seeing the result. They now recite Psalm 23 and say their confessions. We now have a night routine they look forward to. My son will even say, “Mummy, we haven’t said our confession”, or remind me of something I promised to do with them. In my husband’s words, "What you do with the kids, I give it to you; you are really trying and I can see the result!" He said he wished his mum did the same.

I was happy at my kid’s open day in school when the teacher commented on how my kids are different. How they act more mature than their age in the way they talk and character-wise. I am glad.

I somehow often hear CoachE's voice in my head. In a good way, lol.

Screentime wasn't an issue for me because naturally I don't have the energy to sit in front of a program so we hardly subscribe. Except when we have a guest around.

However, we download cartoons for them on a flash drive and it must have been screened by hubby (he is an artist and children's book illustrator and cartoonist). So, he knows the right content for them. What I do now is I imbibe Coach E's method of screentime being a reward. So, my kids only watch after they are done with their tasks for the day which are: bath, brush their teeth, pick up all used toys, take all plates to the dishwasher, etc. And so far, so good, no tantrums. They sometimes forget about it and concentrate on playing with each other.

Another thing I also did recently is set a timer on my Facebook that allows me log in twice a day for 30 minutes each. I also uninstalled my Instagram; I can't believe I did because Instagram had been one of my major challenges. But see me now, I am not afraid of missing out. I've embraced the joy of missing out (JOMO), haha.

I already deleted my Twitter account after the EndSARS saga. I am not afraid of missing out on information and what is trending because somehow, I still hear them. I am not bothered about what I don't have now. I am focused on what I have because I know somehow what I need will find its way to me if I am consistent. I also set boundaries in my home. Emotions don't rule anymore. I don't just want to copy and paste. I want to know why and if it is okay, I apply.

I can't believe I told my mum not to get junk for the kids but fruits. And truly, on her next visit, she came with bunch of bananas and a big watermelon. That was a win for me. I also told her I will appreciate if she doesn't watch African Magic when the kids are around. Though she complained, she complied.

I am now setting a culture in my home because I understand it is my jurisdiction and I need to protect it. My kids don't go to birthday party's because I can't control the content of

music they will listen to there and they are happy about it. We do Jesus' songs in my home, not "rubbish rubbish songs" (according to my 5-year-old) I am glad he knows that and he tells anyone who cares to listen. This is something I want to continue so they can stand out wherever they go and not feel they have to join the crowd.

My spiritual life is on another level. Nothing moves me because I have embraced this season and I am walking it out with God. No jealousy. No comparison.

A friend called me recently that she got a job. I was genuinely happy and concerned for her. I am happy because she got the job. Concerned because I know it will affect the home. I checked myself to see if I felt jealous or wished I was the one. But none.

Because I know the plan and path of God for my life now, though I don't have the full picture yet, I have peace. I know I'm on the path God wants me to be in this season of my life.

Another of my friends said she and her husband were discussing the significant change they see in me regarding the way I plan my visit to them or they coming to visit us, like I am working. I told her, "Yes, I am working at my home". My home is my office now so I plan.

I will really encourage you as a stay-home-mum if you are struggling in your season or not finding purpose in your season to apply for GDQ. It will not only change your mindset; it will help you carve out an identity that people around will know there is a change in you.

For me now, I am walking out my purpose in this season. I am not angry with life as I used to be. Or with people. I don't allow my emotions rule me and I am not ashamed of my season. Now I say it with my full chest that I am a stay-home-mum. No need to further explain what that means except someone asks me. Unlike before that I would want to attach something to it so no one would say, "So you are a full house wife?"

I really want to thank MamaE; you helped us believe again. You gave us hope. We see you do it so it's an assurance that if we put in effort, we also can do it.

Thank you so much for investing in us for 12 weeks, it's something I won't take for granted. And I promise to make you proud of your efforts. So, when I'm excelling, I can always point it back to God and you.

I didn't want the 12 weeks to end but then it is time to launch out. You have poured into us; it is time for us to apply and pour into someone else

Thank you, Coach!

Love you to the moon and back!!

God bless you!!!

Faith Oyebade



My name is Faith Oyebade, a mum of two pleasant boys and I currently live in Finland and I'm studying and working as a stay-home-mum with the kids. I got to know about the mentoring for GDQ at my low moment through Coach

E's broadcast and even though I was late to apply, I found exceptional favour which I know could only be God. I was accepted into the mentoring program, which I am so grateful to be part of.

I was at this moment in my life where parenting was becoming stressful and raising influential and godly kids is an utmost value to me. I was struggling at motherhood, marriage, managing the home, and every other area as well, and GDQ mentoring came to my rescue. Even though I had been in the mentoring before, this time around it was all new to me that I can't compare it with the past one.

I want to start by appreciating Coach E and I pray God will continue to increase her in wisdom and I pray I make her proud of all her investments in me through this mentoring. Love you, Coach E.

The truth is writing this review took me some time because I had a lot to share and sharing everything will be too much, because Coach turned us into an epistle to be read. But I will start and share as much as I can to bless another GDQ as well.

I love the fact that Coach started us with the fact that we should let go of overwhelm and fear. She said even though the journey will be tasking, it is not a thing we cannot go through if we are truly ready for it. She also told us to follow the principles and not compare because everyone's journey is different. I mentioned this because it was a major key that helped me not to become sad about myself or where to start from, because a times when I look at Coach E, I feel like "where do I even start from?" and "how will I get there?" But I thank God for the small wins and it is a gradual process coming through.

We started with *Finding Your Identity*. Here, Coach made us to realise that if we ignore ourselves as a human and concentrate on everyone else, we will not be able to give our best. We were to create ME times for ourselves every day where we journal and get to know WHO AM I and what gives me joy and not just live life as it comes.

Another thing Coach taught us is, *Your Home Is Your Power House*. In fact, when we were taught about this one, I got so fired up and angry in my spirit. I was mad at the devil and I prayed him out of my home; I took charge. Ever since then, I don't wait for my husband to lead the spirituality of my home, I take charge, especially because of the kids. I can't afford to let the enemy tamper with the gifts God entrusted into my hands; I must be a faithful steward. Coach also taught us on using confessions and making sure we take charge of the atmosphere in the home spiritually. Oh, I must be a praying woman and I must be intentional. God gave me this season for a purpose and I must maximise it well. Instead of allowing rubbish thoughts of worry and comparison, I must rather maximise this season well and build my spiritual muscles.

Next, she taught us on *Time Management*. Mehn, I won't lie to you, this one is not my area of strength. I was weak in this area, but when Coach spoke about it, I realized, Time is Life. Simply put, anyone that wastes your time is wasting your life. If we don't make good use of our time and steward it well, we will waste it; we can either invest time or waste time. As a woman building my home for Jesus, I must not waste time on frivolities that do not add up to my life, I must be intentional about managing my time wisely because that is my life.

Next, she spoke to us about *Domestic*. Coach E opened my eyes to a new wisdom about the domestic of the home. She said to us, "why do we now consider domestic duties to our family a time-wasting job that we would rather pursue a career than sit at home to plan and ensure how our family will live in a more joyful environment? It is good to pursue career but weigh your options and don't leave your family to be planned by outsiders or someone else." She admonished that we train ourselves at home and then take it to Harvard, rather than comparison and trying to fit in.

The most liberating one for me is FOMO – fear of missing out syndrome. This was deliverance for me because a times we desire to be everywhere and then we discover we are nowhere. We have to choose our priorities and allow God lead us into what matters.

Furthermore, I will go to Kids, because this topic took like almost two weeks for mentoring, I really appreciate how Coach went deeply into this and really taught us on what has been working for her. She buttressed on reducing screentime activities for kids because it hinders their creativity. She told us what she does for her kids to create engaging activities and how we can also do our research on Google to learn more. She also spoke about feeding and raising kids properly and all these should be planned. In fact, at the end of it all, we discovered we have a lot of work in our hands being a mum staying at home than looking outside and comparing ourselves and then feeling depressed. God has committed duties into our hands at home which we are despising and not taking seriously. She further said if we are faithful with little, God will entrust much to us.

I guess I have written a lot I learnt from this mentoring and many are still unwritten which are in my books. I bless God for Coach E, and I pray she continues to increase in wisdom.

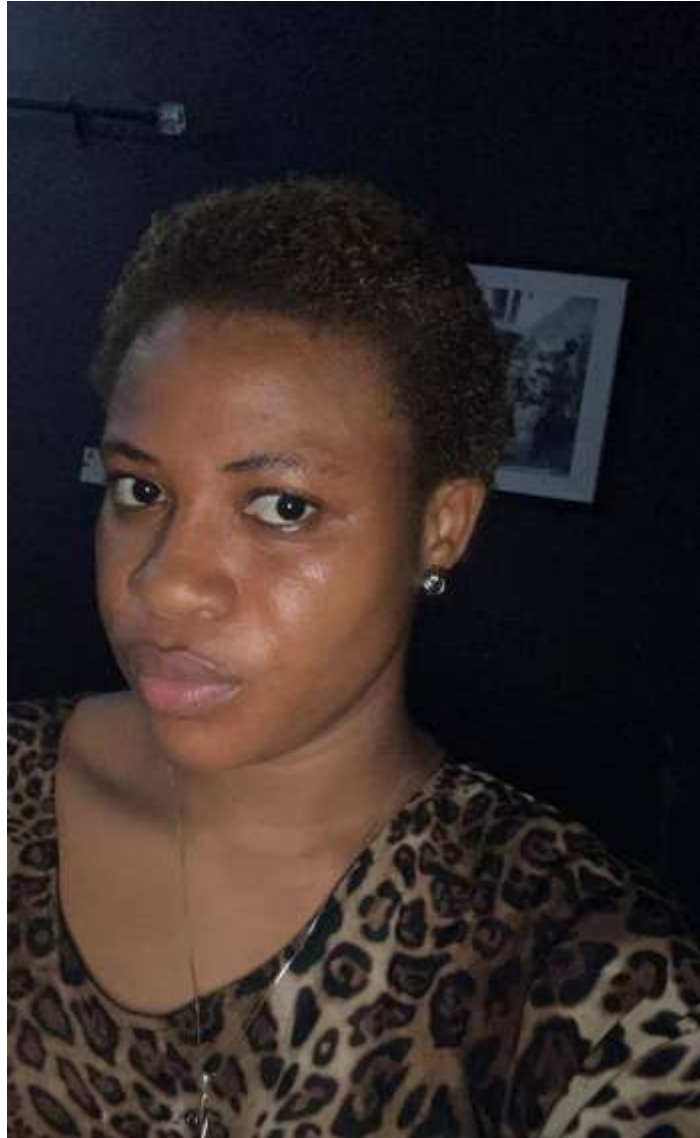
Some of the things I have been able to apply from the mentoring include:

- ✓ Reduce screentime for my kids.
- ✓ Ensure I pray with them every morning during the week before going to school. I don't see time with them as a waste, I create time to bond with them. I am still working on reducing my yelling, which I know is possible and I will achieve it.
- ✓ I set out things I want to achieve per day, no matter how little, and I make sure I read as well or listen to a message.
- ✓ And of course, being a praying mum and staying accountable.

Still working on many more things to ensure that I make God proud of this season I'm in as a stay home mum.

Thank you very much, Coach Eziaha,

Adaobi Okoro



Before the mentoring program, I heard about Coach E from one of my sisters-in-law. Then on another day, she called to inform me about GDQ Academy and referred me to the registration link.

This 12-week journey with Coach E has been a life transformation phase for me. I can proudly say I got transformed in almost all vital areas of my life, and empowered with the right tools to complete the transformation.

Before the mentoring program, I had the challenges listed below:

- i. My prayer life was struggling.
- ii. I hardly developed a daily schedule.
- iii. I go through each day without a proper time management plan.
- iv. I was easily depressed, and felt very sad for not supporting financially at home.
- v. I felt left out and boxed-up because I didn't understand the season I was in as a SAHM.

However, as the program progressed, a whole lot of things started making sense to me:

- i. My spiritual life got revived.
- ii. I got to understand my place and power as a wife, mother and a warrior.
- iii. This platform gave me an opportunity to join a community I have always prayed for; The WILD community is a family I am grateful to be part of.
- iv. I felt happier and started enjoying my season as a SAHM,
- v. I learnt to be intentional with my life.

The Time Management course was an eye opener. Coach E's words, "Time is business" made the difference to me. I wouldn't say I am 100% there, but I am a work in progress, because I'm now conscious of how and on what I invest my time on, because I audited how I had been spending my time, and found out that social media was one of my time wasters.

I deactivated my IG and FB accounts, because I wasn't using them productively, to enable me focus on productive platforms.

Reading Journals was one thing I hardly do, but during the training process, I found myself doing it more.

I learnt and drafted a confession for my family.

On how to remain focused and keep improving, I shall keep reading Coach E's blogs and watching her YT channel with other YouTubers I got to meet through her.

Coach E will forever have a special place in my heart because our path crossed at a vertical phase of my life, and her mentoring program helped me gain self-confidence and refocus my life.

For now, I can only say "thank you" in words, but very soon, I will say thank you very much in-kind Coach; you are a gift from God!

Toyin Dosunmu



I had seen Coach E's call for GDQ quite a number of times on her WhatsApp status and I had become intrigued 'cos I wanted to learn how she did it all. She seemed like a super woman to me and I just couldn't for the life of me figure out how she did it. So, I applied but she didn't pick me. The second time I applied, I was in a very dark place

and I felt I needed to draw strength from her and thus applied for the GDQ session again but she still didn't pick me. By this time, I had seen the reviews from different ladies and I desired it deeply so I applied again and even told a few friends about it. I still wasn't picked.

So, this fourth time, I didn't want to apply. I told my friends who had done GDQ that I'll just glean from them and they should point me to what they had learnt 'cos I believed the scraps would at least feed the dog under the table, but they encouraged me to apply again and this time speak to Coach E. So, I did. I told her how I really desired to do GDQ and I was ready for the work. Coach saw my hunger and allowed me in with a caveat to boot me out if I slacked.

I was so ecstatic! And prepared too, 'cos I had encountered Coach E from her weight loss classes and I had heard from my friends about the intensity of the Mentoring sessions and I believe I came prepared.

The 12 weeks started out fast. We learnt a lot. We were bombarded with blogposts, meetings, voice notes, etc., to review. But I think the blogposts were where I had the most information from. I realised that even though I kept up with her blogposts as she published them, I was a lazy reader thus I wasn't juicing those blogs properly to get the meat from them. Thus, henceforth, I have decided to keep up with reviewing her blogposts even though the mentoring session is over.

Coach E poured into us! She taught the importance of journaling. She made us make it a daily task as we invested time in ourselves. She taught us to have the mind of an archaeologist: always researching, never just taking things on face value – in our families, in our marriages, in our homes, in our children, etc.

Coach E challenged me with the number of books and resources she gleaned from when she had an issue to tackle. She made us do a time audit and it showed me how much I wasted time.

If I never get anything from this mentoring, one thing I'll never forget is that I have TIME. Once I eliminate distractions, I will realise how much time I have to achieve the things I've set out to do.

Coach also helped me carve out confessions for myself and for my family for the season we're in today. I had heard about it and toyed with it but her push made me actually do it and I say it with my children especially the capsule ones that she taught us to carve out. I have taught my children to say it over themselves, too.

Planning and scheduling were another thing Coach E emphasised on. She taught us that we need to start our day the day before and then factor in Fringe and Flurry Moments. Working in blocks and pockets of time has helped me do a whole lot more.

When Coach E taught us about our spiritual life, she hammered on the fact that we need accountability and encouraged us to join The WILD (which I'm a member of thankfully). She explained to us the importance of watering your seed. *"Don't stop doing what you're doing now; eventually the seed you planted will burst forth outta the ground."*

While it was a parked session and I'm grateful that Coach E poured a lot into us, I was sad that she had to stop in the middle of it to go back to the topics we had done before to concretise on them so we didn't get to do some other topics that I was looking forward to. But I must say I have truly been given the vision to run with for how I manage my time and the words I speak into being, also.

Thank you, Coach Eziaha Bolaji-Olojo, for the 12 weeks you spent with us. God will reward you exceedingly in Jesus Name. Amen.

Tomiisin Balogun



First of all, I want to thank God for the opportunity to be connected to Coach E and I bless God for the privilege to be a part of this mentoring program. It was such a blessing and a very impactful one for me. I joined this mentoring program at a season of my life where I needed all the wisdom to navigate the season I just entered and God brought the GDQ mentoring program as a guide for me for which I am grateful.

We discussed topics from Spirituality, to Finances, to Parenting, to Structuring The Home, to Playing with Kids, to Managing our Husbands, to Being a Woman of Prayer and Value. We learnt how to pray, fast, pray the scriptures, read books and various blogposts and everything in-between. One of the main things I learnt about praying the scriptures will

stay with me forever. Coach E exposed us to praying the word of God which is the actual will of God.

I am so grateful to God for making Coach E live a life poured out. The vulnerability she came with throughout these 12 weeks was second to none. She opened her life for us to see how she does it all. We saw the behind the scenes and how God is propelling her from the homefront to the world.

I personally learnt that my role as a woman of the house is not little and it doesn't matter if I am doing a 9-5 or not; I have a huge responsibility that God has placed in my hands and I must partner with Him to raise godly kids and take charge of my home spiritually and physically.

One of the major highlights of this program is the MIND SHIFTS that happen to you, how you begin to see your role and work in the home from a different light and even your role as an individual in the world.

I personally believe that the GDQ Mentoring Program is a Life Class focused on Stay Home Mums. 12 weeks was definitely not enough and it flew past easily.

The community of other women you get to do life with was also priceless. It makes you know that you are not alone and what God did for this person, He can as well do for you. There are so many lessons I learnt from other women in the community.

Coach E was open to us asking all questions. She spent time, prayers and energy to reply everyone with voice notes, messages and prayers. Only God will reward you, ma. You are a blessing in every sense.

When I joined the program, I was praying that the fee won't break my purse only to get into the program and find out it was FREE. Wow!!! I think it's only Coach E in the whole world that gives such value for free. It's mind blowing. Only God can bless and reward you, ma. "Thank you" will never be enough!

I am a better person because of the GDQ Mentoring Program. I am glad I invested 12 weeks of my life in 2021 to do this. I have immense gratitude to God and to Coach E for making me a more valuable woman in 2021. God bless you so much!

Catherine Obinne



It is indeed a great honour to be part of this year's GDQ Mentorship program. I would be lying if I say I did not learn a lot or it didn't impact my life.

The 12 weeks of training were incredibly awesome! Coach E, may God bless you in a billion folds. Thanks for yielding to His call, following His instructions, giving and pouring yourself selflessly. May God enrich you abundantly.

My highlights are:

1. Time management: I wasn't managing my time wisely. These 12 weeks taught me that time not well managed equals to life not well lived. If I waste my time, I waste my life. Time is a finite resource.

Time management = Productivity.

2. Confessions: The power of confessions, speaking positivity into my life, family, children and my marriage. Crafting confessions for different areas of my life was the lightbulb for me.

3. The Craig Groeschel art of energy management and productivity was also a lightbulb for me. It was very key and apt in my life (very seasonal); it helped me to navigate a lot of things.

Energy audit is very vital to my productivity. Knowing what I can do in my different energy zones (green, yellow and red).

4. Prayer and fasting: I really enjoyed being in a community of like-minded women who pray and fast for every area of their lives. The WILD Daniel Fast was an eye-opener for me because I haven't done such a stretch before. I was indeed blessed immeasurably.

I can go on and on, but I am glad I enjoyed every part of the 12 weeks mentorship. I gladly miss out on things joyfully now. I am very intentional about my life, time, family, health, marriage and business. I invest my time wisely and every second counts for me now. My E-code game is 120% and the flame is still burning.

Thanks a lot, Coach Eziaha, for the love and time. May God bless you, keep you, make his face shine upon you and yours, be gracious to you and meet you in every area of your life. Amen.

Jessica Sampson



I remember vividly when the first post of announcement was made; I was excited but didn't apply to be a part of it. I saw the invite two days later but I was still reluctant to join even though I was excited because I wanted to ask deeply of my why, and if I

needed to be tutored closely. I had just moved cities, started life again, going through seasons of overwhelm and anxiety. Gosh, my spiritual life too wasn't flaming up.

So, I finally took that step, the life changing moment as I like to call it, and joined in. The first thing Coach E mentioned during our onboarding was that God was looking for women who were hungry and not excited. Whoosh! I knew instantly that I wanted in 200%. I wanted something that would move me because I was in a not so pleasant place at the beginning.

My experience has been transformative in all phases of my life:

Spiritually: I joined GDQ as a lazy prayer mum. I was always tired especially in my study and prayer life. GDQ is a hub of prayerful mums and Lord, I regained my prayer life. I am now in a deeper realization that I am the priest of my home, the gate keeper. Prayer is my food, it is how I win as a happy stay-at-home-mum, I study my Bible and I war in words. I am now cultivating a lifestyle of prayer and fasting. Whether it is good or bad, prayer is our way.

Mentally: There is a process of reframing that I experienced in GDQ and this is a lifetime benefit to my soul. GDQ isn't just a place for knowing God alone, you will know God and live a life with ease. The classes have taught me a lot. I remember my favourite class: *Parenting Kids*, which used to mentally drain me, but now, I have been armed with tools to parent without burning out. I was mentally healed by understanding my time and its management. I also remember the classes on Energy Management for having a productive day or making your day count.... There is just a lot to pen down.

Emotionally: Hmm, I am no longer an emotional wreck. I mentioned earlier that I had recently changed cities. I was so broken for many reasons; now, I believe I am where I need to be and I am making my moments count. God leading me, I have rechannelled and reframed my mind into God's agenda. My daily confessions are healing to me, I am taking actions to live a life of gratitude, grace and glory.

Physically: This may sound like too much but I have benefitted physically. GDQ is a school where you are changed on all sides; during prayers, we go for long hours, the fasting has helped me to understand the sin and dishonour of abusing food and has given me the understanding to control my appetite and respect my body.

The reading blessed me and the resources Coach E gave us access to. The part of being responsible of timing, I loved it.

I relearned the need to journal, I lost my writing skill but under GDQ, it was restored... you will love it here especially as a writer because you must write. Remember I said GDQ is a school, hehe.

Coach E's mentoring style has also positioned me to a place of expertise and excellence, because she has it all and more. Imagine a Jesus-girl with a full touch of intelligence!

I gained life altering up habits for my family, generations and the destinies attached to me. May I not recover from this experience and learning. I wrote a full book and half of lessons.

I can't thank you enough, Coach E. Thank you for mentoring me on being a God's Domestic Queen. Iyeh, faith, Toyin, Adaobi, and my other sisters... Thank youuuu!

God will give the God's Domestic Queens Academy the grace to carry on for life. One woman who benefits changes a nation and another woman changes more nations. We are bringing value back to the nations.

I am a certified God's Domestic Queen, called to serve my family in joy and without overwhelm, enhancing godly parenting and happy family as it should be, rejoicing in my season of staying at home and bringing value to the homefront while fulfilling my purpose.

Adeola Nwabueze



The GDQ program has been super intense to say the least: attending meetings to reviewing them, reading several articles, watching videos and striving to implement the learnings while being a mum and a wife all in one go. It has

however also been an eye opening 12 weeks filled with new perspectives on how I see myself.

I realize now more than ever my power-authority in my home and I'll be damned if I ever forget it. I've learnt to cover my family in prayer (what to pray about and how to pray effectively). I'm more alert to what God is doing per time. I've learnt to prioritize my tasks based on my strengths, timing and most importantly, my purpose. I've learnt to create a vision for my life and this helps put my choices and decisions in perspective. It helps me to promote and demote activities, it helps me decide who gains access to me, who doesn't, how much access they have to my life, etc.

I have a better view on relating with my husband, extended family, and in-laws; I'm learning to live an offense-free life. I have also learnt a great deal on intentional parenting. One of the things that stood out for me the most is learning the difference between cradling and juggling; I never want to juggle again; I just want to cradle that which is important to me. I understand better that it's okay to sacrifice some things; I can't always have it all and that's fine.

I particularly enjoyed the Propelled videos and the time management series by Craig Groeschel (I've been going back to them). I'm thankful to have availed myself for these meetings and I'm so grateful for the opportunity.

I encourage every woman in need of some godly shepherding to sign up for GDQ. You won't regret it.

Cynthia Nwosu



GDQ has been a blessing to me being that I joined it when I was at my lowest. First and foremost, I had to learn to be really hungry. Realising how excitement

dies after some time made me to realise I had to really mean it on this 12-week journey.

I became hungry. The more I fed my hunger, the hungrier I became. Second, I resolved to be authentically me and satisfied. I am still very much in this process. Really being me is one part, considering that I have basically lived my life to please people. It was effortless but it cost me plenty. I felt I was being what self? Thank God I know better now. I LIVE FOR ONE – GOD!

The part of being satisfied is also another part. I am still in the process. I am definitely learning to love me and be content with my season. I had become so angry and discontent. It was my plenty complaints and shutdown that made my friend recommend this program for me.

I am learning to take one day at a time. I am also learning to develop myself in the process. I am taking classes on courses that can help me work remotely and eventually fly when my season changes.

Detox.

I knew all the nook and crannies of Facebook. I would spend so much time till I would basically not see new posts. Sigh.

After this class, I immediately deleted Facebook. I still have Instagram but I ain't particularly drawn to it. It's just for business plus I have a friend I share data with, so we are accountable to each other. Anytime I start spending too much time on IG, it reads on the data spent or so... She will now call me and start talking plenty.

I was actually getting used to being bored. So, I started doing more of YouTube. Listening to things I want to be like. Oh, how I love Myles Munroe!

I don't like cooking. Honestly, it's not something I would do if I had a choice. But hearing Coach speak so much about how she cares for her family made me to begin to reason it. I

am going to do it with joy for now. But once there is more money, I would honestly wish to employ a help... this is subject to change, though.

My kids, I don't know, but I don't see them the way I used to see them before. I see them in a much brighter light and it has since affected everything about our relationship. It's blossoming. Remembering that my children won't be small forever makes this journey easier. Plus, it's a full-time investment. I will have my returns. While they are still under my immediate care, I will do all it takes and even go extra miles.

I realised that I fall fully into the category of people who let their children live on screens. This has since changed when Coach E taught about it. We aren't there yet, but little by little, we will. I now let them get creative with things around them. They play with pegs too. We communicate well. We will stick to that and make it better, too.

I have drafted age-appropriate chores for them. They can get lazy *o*. But they still get to do it. They clean up after eating, dress their beds and wipe surfaces. I will be introducing more chores in January 2022.

I have those meetings with myself often now. At first, I wanted to run. It was usually nasty. The truth was too painful. But now, I am more comfortable doing it. For every painful truth, I begin to work out a solution. And I love talking to me now.

I am not diligent with my confessions. I will become more serious with it.

For my spiritual life, God is helping me. It's so draggy now, but I will keep trusting the Lord to help me grow and be the gatekeeper of both my life and my home. Plus, He comes first, so, I have learnt how much I can't realise anything away from Him.

Time management

E no easy, ma. When I allow indiscipline take over, I pay dearly for it, given that I have now tasted what planning well gives.

I am in my first trimester of pregnancy and "they" have remembered me. So, for now, everything is *jaga jaga* (scattered). But I can do all things through Christ who strengthens me. I am conquering one day at a time.

Accountability.

I am extremely accountable now, to my close friends. But everyone has cut me some slack because of my pregnancy. I hope the end of first trimester puts an end to all this and life goes back to normal.

This is one aspect that was really hard for me to absorb. Being that I like to just do me. But it's definitely for my good.

Maybe, one day, I would meet a higher authority and subscribe to his/her mentorship.

With regards to relationship with my husband, GDQ was a real eyeopener. I realised how much I held myself back because I was trying to drag him along.

I have decided to fly. Not in defiance but because I know that I am made for much more. My whole life isn't going to pause because of someone else. This was a beautiful eyeopener as it led me to read and search further.

Lastly, I understand that what matters is that I am where I am now and God knows about it. I also know that He wants me to use this time to discover myself, something I didn't do earlier in life. He has made a pathway for me. I see it clearly. All that is left is for me to be consistent on that path while He leads me; and I greatly refuse the temptation to run ahead of Him.

This I will do. So, help me God.

Thank you so much, Coach E, for your time, patience, sharing your knowledge and your life.

Outro



At the beginning of 2021 when I decided to make GDQ Mentoring Academy a 12-week programme as opposed to its previous 6-week duration, I wondered how I would pull it off with my already bursting full life. But guess what? GDQ 6.0 is the second batch of our 12-week GDQ Mentoring for 2021!

You have read the reviews of their transformational experiences and you, dear God's special Queen in the homefront, can be part of the next batch of the **GDQ Mentoring Academy**.

To get fresh updates about GDQ and when the next batch will open, subscribe to our stay-at-home mums' blogs here: <https://stayhomemoms.ng/>

OR join:

[**GDQ mailing list**](#)

[**CoachE's mailing list**](#)

To your winning in the homefront and everywhere!

Eziaha Ngozi Bolaji-Olojo