



Ladies in Waiting CIC

Edify. Motivate & Empower.

WOMEN & YOUNG GIRLS ORGANISATION



Who Are Ladies in Waiting CIC

Ladies in Waiting (LIW) is a women and young girl's organisation born out of sheer passion and the need to provide solutions to the various issues plaguing women in society. LIW tackles issues like insecurities, bitterness, abandonment, domestic violence, and self-esteem issues, while promoting self-worth among women and young girls.

EDIFY- MOTIVATE-EMPOWER



At LIW, we believe women who are yet to connect with their purpose are "**Ladies in Waiting.**"

What We Specialise In



Coffee Mornings

Regular get-together coffee mornings for edifying conversations — now held every other month on Zoom.



Confidence & Self-Esteem

Workshops and programmes focused on building confidence, self-worth, and personal development.



One-to-One Mentorship

Personalised mentorship supporting women as they evolve personally and professionally.

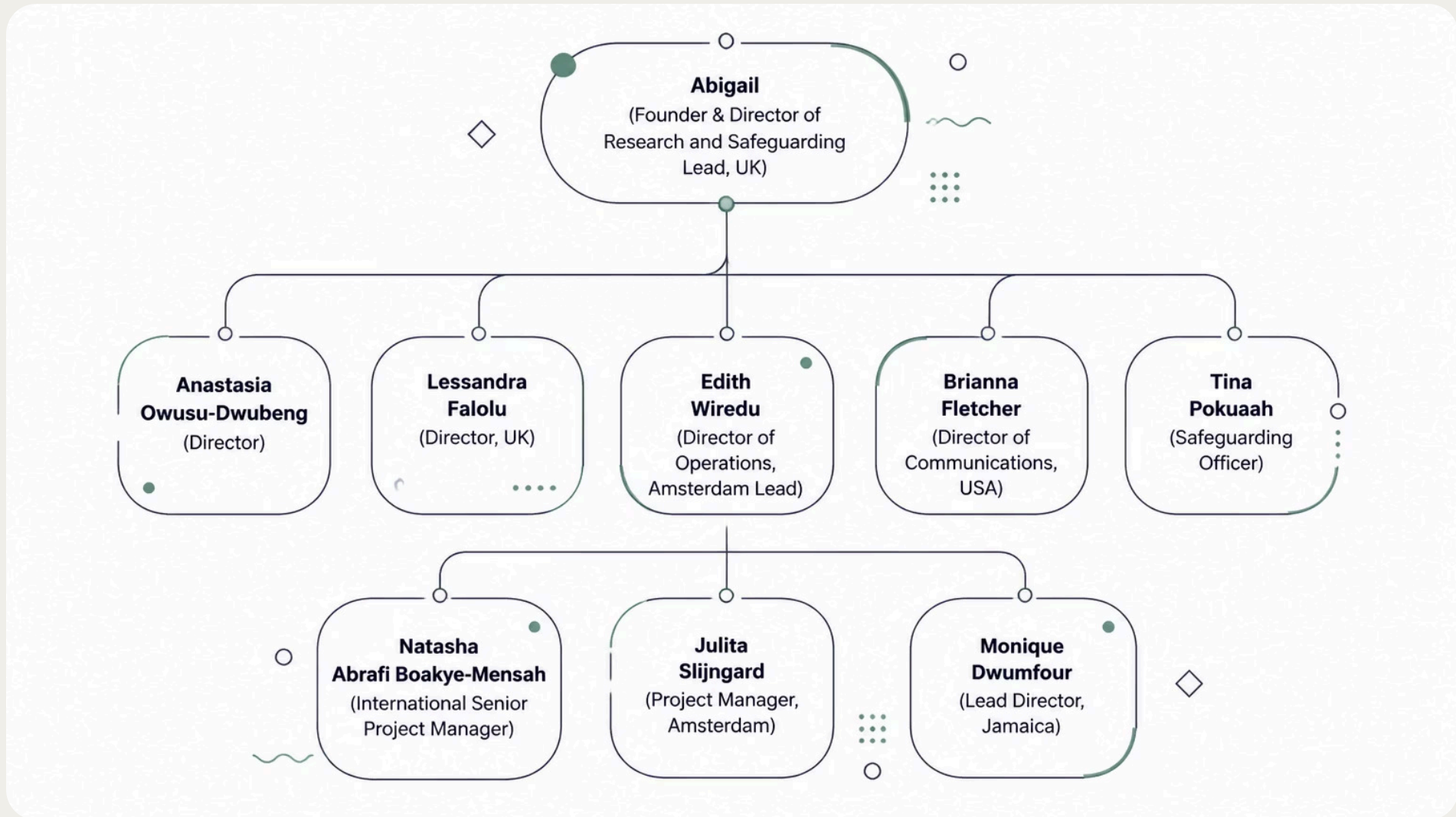


Corporate & Youth Workshops

Delivering impactful workshops in schools and corporate settings on self-esteem and customer service.

Our Leadership Team

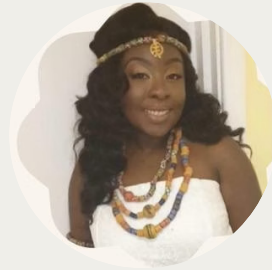
LIW is led by a dedicated international board of directors spanning the UK, Amsterdam, USA, and Jamaica.



Meet Our Team



Abigail Mensah
Founder & Director of
Research, Safeguarding Lead
— UK



**Anastasia Owusu
Dwubeng**
Director — UK



Edith Wiredu
Director of Operations &
Amsterdam Lead



Lessandra Falolu
Director — UK



Brianna Fletcher
Director of Communications —
USA



Tina Pokuaah
Safeguarding Officer



**Natasha Abrafi
Boaky-Mensah**
International Project Manager



Julita Slijngard
Project Manager



Monique Dwumfour
Jamaica Lead

Accomplishments: 2017–2019

2017 — The Beginning

LIW launched with a sold-out conference at Lambeth College, exploring "Your Inner Self." Keracare began sponsoring every event. Speakers: Desiri Okobia & Kedine Fairweather.

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2018 — Growing Roots

First sold-out networking brunch in East London. First anniversary held at Doubletree Hilton with Jenna as main speaker.

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2019 — Community & Charity

LIW Coffee Mornings launched. Raised £415 for Lupus UK via a sponsored walk. Annual conference in North London on Faith, featuring Katie Bonful, Emmanuela Nana Marfo & Kedine Fairweather.



Accomplishments: 2020–2021

2020 — Going Global

Our founder became qualified in Domestic Violence studies. LIW went global with an international roadshow in Accra, Ghana — visiting schools, churches, and a women's football club. We launched an awareness campaign for Crohn's & Colitis UK and started *Edifying Moments* on YouTube.



2021 — CIC & Beyond

LIW officially became a CIC and the Board of Directors was formed. Our first book *Dear Sis* was released. We held our first international Women's Day event (sold out), launched Amsterdam, partnered with Suntreso Hospital in Ghana for a baby donation, and hosted our first Sip & Paint event.



Accomplishments: 2022–2023

2022 Highlights

New website launched. *Girls You Can Make It* programme launched (funded by National Lottery). *Edifying Moments* podcast launched. Amsterdam launch event. *Dear Mum* book released. 5th anniversary at Doubletree Hilton.

2023 Highlights

Awarded Children in Need: Youth in Action Fund. Workshops in secondary schools. Became accredited as a CPD provider. Netherlands donation drive for Suntreso Hospital. First-ever Directors' Retreat in Amsterdam. Invited to Black Business Magazine launch in Birmingham.





OUR JOURNEY

Accomplishments: 2024–2025

2024 — International Recognition

Launched *Empower Me* — a 12-month programme funded by the National Lottery, mentoring 9 women across the UK. Our founder was appointed as a UN Women UK Delegate to the UN Commission on the Status of Women. First BSL class, first community space at Portobello Community Hall, and a *Health is Wealth* event in Australia celebrating 7 years of LIW.

2025 — Momentum & Empowerment

Hosted the LIW Vision Board Party and launched *Girl, You Can Make It - Cohort 2*. First Women's Coding Club (10-week course). Wellness Walk in Kew Gardens with LBS4Peace, Mummy's Day Out & Mums Pride CIC. Our founder was honoured as a Social Entrepreneur by Women Like Me. Proudly celebrated **8 years of LIW CIC**.

WHAT'S NEXT

2026 — International Expansion



Girl, You Can Make It – Cohort 2

Second cohort completed our flagship confidence and self-esteem programme, building resilience and leadership skills.



Suntreso Hospital, Ghana

Donated clothing and essentials to nurses through generous donations from ASOS, continuing our long-standing partnership.



Accredited Training

Delivering CPD-accredited programmes: *Girl, You Can Make It* and Level 2 Food Hygiene & Safety.



LIW Jamaica Launch

Official launch of Ladies in Waiting Jamaica — extending our mission into the Caribbean with a new international branch.

Fun Facts About Our Team

Get to know the amazing women behind Ladies in Waiting!

Abigail Mensah

Played American football in primary school 🏈

Anastasia Owusu-Dwubeng

Was an Ayia Napa raver 🎉

Lessandra Falolu

Has a Social Work degree, never used it — now has multiple salons globally 🧑💇

Brianna Fletcher

Worked for L'Oréal New York 🧴

Edith Wiredu

Took part in Miss Ghana UK 2011 👑

Tina Pokuaah

Was an actual performer who took great pride in her dancing 🕺

Monique Dwumfour

Played on stage at The Lion King Musical 🦁

Natasha Abrafi Boakye-Mensah

Saved HMP UK a manhunt — spotted a prisoner about to escape 🚔

Julita Slijngard

Became a fashion designer in her early 20s 👗

Therapy, Signposting & Support

Psychological Therapist on Board



Vanessa Boachie (BSc, PGCert), Founder of Inside Out Well-being, is an Award-Winning Social Entrepreneur and Qualified Psychological Therapist with 7 years in mental health. LIW members receive exclusive access to her workshops and discounted 1-1 sessions.

Our Signposting Service

→ Personalised Guidance

Through personalised consultations, we identify your needs and guide you to the right organisations.

→ Resource Navigation

We maintain a comprehensive database of reputable organisations covering a wide range of services.

→ Empowerment Through Information

We provide information on available services, eligibility, and access steps — so you can make informed decisions.

What Our Community Says

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"Thank you Ladies in Waiting for all the amazing work you do for us women! We truly appreciate you."
— **Rose & Herb**

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"Through LIW signposting me to another organisation, my confidence has grown. Thank you Ladies in Waiting."
— **Enekpen**

“
"Your mentorship programs have allowed me to develop myself, whilst evolving into a new career path within tech."
— **Valerie**

“
"One of the most influential platforms I have been on. Once you have experienced an event or a workshop, your life will never be the same."
— **Jenna**



Points of Contact

**Founding Director:
Abigail Mensah**

E:
LADIESINWAITING17@GMAIL.COM

- Collaboration
- Workshops
- Research

**Amsterdam Lead: Edith
Wiredu**

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- Collaboration
- Workshops
- Voluntary Work

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