

# NAJDA KHAN

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# ABOUT

She is an ardently proactive Kenyan who is passionate about the empowerment, mentorship, education and support of women and youth.

She chose to empower people by speaking out about the tribulations she passed through from a very young age i.e. bullying, her parents' divorce and what that meant for her, her own marriage and divorce from an abusive relationship, infertility, charting her own career path and all the glass ceilings she's had to break as a strong minded, fierce Muslim woman.

She is very passionate about Sustainability and is a goal ambassador for the implementation of the UN SDGs locally for women and youth with a focus on young entrepreneurs.

An aggressively passionate foodie and of the Kenyan dining scene in particular! She blogs on Instagram by reporting the pros and cons of local establishment's- @FoodReport254. She loves to cook like her life depends on it!

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# ACHIEVEMENTS

She has worked extensively in the NGO world as a trainer, mediator and facilitator for women's programs including mediation and justice, FGM, HIV/Aids and women's rights. Having trained over 200 students and youth in over 25 universities all over Kenya including speaking at and on panels in various forums on the same. Her main focus areas being SDGs; 1 No Poverty, 4 Quality Education, 5 Gender Equality, 12 Responsible Consumption and Production.

In her 9-5 she is a Senior Human Resource Specialist and Marketing partner for the WECA region in Africa working for an international company based in Kenya. She has made great strides in the field of HRM in her 8 year experience at a managerial level working tirelessly and successfully in ensuring that global best practices are implemented and celebrated locally with an eager commitment to levelling the playing field for women by advocating for and implementing policies that promote equality and equal opportunities in the work place. She is currently sitting her MSc in SHRM and Training in the rare occasion of having received an honorary degree from the University of Leicester based on her experience and achievement and cleared to sit directly for her Masters.

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# AND MORE...

NAJDA KHAN



She believes truly that we are the living means to the end and we are therefore the only solution to remedy.

“ IT  
BEGINS  
WITH  
ME ”

A producer and host of **“The Big Fat Talk Show”** an online show on YouTube that is a series of candid conversations on important conversations with extraordinary women.

Her show hosts women of diverse ethnic, religious and professional backgrounds discussing topics ranging from family matters, sex, positive body image and mental health to all topics considered taboo for time immemorial.

Her main aim is to create a platform to share stories in order to promote healing, self-reflection, encouragement and empowerment.

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# NAJDA KHAN

FIND HER:



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THE BIG FAT TALK SHOW

An unapologetically big woman, a survivor of a mentally abusive marriage, an advocate, an executive, a believer in love after love and a waiting womb.

...and her story has just begun, watch this space!