

THE BOTAPRENEUR WELLNESS TRIBE HANDBOOK

A guide for every members to stay connected to the wellness tribe's mission, values and activities.



ELIZABETH TOLULOPE ASHIBUOGWU

WELCOME NOTE



Hello Wellness Enthusiast,

I'm Elizabeth Tolulope Ashibuogwu, the C.E.O of The Botapreneur Naturales and I'm honoured to welcome you to this incredible wellness journey. A little bit about me: I hold a degree in Botany (Plant Science) with a specialization in Ethnobotany from the prestigious University of Ibadan, Nigeria. Over the years, my passion for natural health solutions has led me to become a certified Fruit and Herbal Therapist.

Our time together in the wellness tribe is all about nurturing our bodies, minds, and spirits in the most natural and holistic ways possible. I am genuinely excited that you've decided to join us. This tribe is not just about improving your health; it's about building a supportive, uplifting community that helps you grow and thrive every step of the way.



Before diving in, I want to strongly encourage you to take the time to thoroughly go through this manual. It provides an important overview of what this tribe stands for, our guiding principles, and what you can expect as we walk this path toward better health together. This manual will serve as your compass as you navigate the wellness journey within our tribe.

Whether it's learning new wellness strategies, participating in health challenges, or simply connecting with others who share the same values, this tribe is designed to empower and support you in achieving your wellness goals. Together, we'll tap into the healing power of nature and embrace a lifestyle that promotes balance, vitality, and long-term health.

Here's to embarking on this exciting journey toward optimal health and well-being! I'm so grateful to have you here, and I can't wait to see all that we'll achieve together.

Cheers to your health, growth, and wellness!

Warmly,

Elizabeth Tolulope Ashibuogwu.

ABOUT THE HANDBOOK

This handbook is designed to provide a comprehensive insight into our wellness tribe - what we stand for, how we operate, and how you can make the most of your membership. It serves as your guide to understanding our values, structure, and activities, as well as the tools and resources available to support your personal wellness journey.

Through this handbook, you will learn:

- The purpose and core values of the tribe.
- How to participate fully and grow within the community.
- The programs, guidelines, and support systems in place to ensure your success.
- Ways to connect with other members and build meaningful relationships.

Tagline:

"Empowering Holistic Wellness Together."

INTRODUCTION

You have likely come across some information about our brand, The Botapreneur Naturales before deciding to join the wellness tribe, but we want to take this opportunity to give you a more detailed understanding of who we are, what we represent, and what you can expect as a member of this tribe.

ABOUT US

The Botapreneur Naturales is a natural health and wellness centre that aims at preventing and curing illnesses, cultivating healthy living and promoting wellness through natural and holistic means. We are committed to educating the masses about the need to embrace the use of natural therapies and cultivating healthy living. We produce natural products in form of juices, teas, smoothies, pills, diet therapy, etc. We also offer services in form of consultation, trainings and health programs.

OUR MISSION

To be a premium and leading natural health brand that helps people live healthier and happier through healthy dieting, use of natural therapies and imbibing of healthy lifestyles.



OUR VISION

To promote health and wellness through nutrition, nature and healthy lifestyles.

OUR DIVISIONS

The Botapreneur Naturales has 3 main divisions which are:

- **The Production Division**

This division is where the creation of high-quality, natural health products comes to life. We are dedicated to providing healthy alternatives that empower people to live their best lives. By harnessing the power of nature, we craft a range of nutritious and healing products using fruits, herbs, and spices. At the heart of everything we create are the values of quality, purity, and a commitment to health.

- **The Network Division**

This division serves as a dynamic space where people connect, support one another, and grow together. Through our networks, we foster collective growth and create lasting connections grounded in shared values of health and wellness. Together, we thrive, supporting each other at every stage of the journey. We have the wellness tribe.



- **The Academy Division**

This division is the educational heart of the brand, with the aim to offer a variety of courses and workshops designed to empower individuals with knowledge about natural health, nutrition, and wellness.

We believe in equipping the masses with the skills and information needed to take control of their health naturally. From free to paid courses, everyone can find value in the rich content of our academy programs, helping them lead healthier, more informed lives. The Academy (including our YouTube channel) will be launched soon.

OUR CORE VALUES

Our core values are the foundational principles that guide the purpose, actions, and culture of our wellness brand. Our 3 main core values are:

- **Holistic Wellness**

We embrace a holistic approach that considers the interconnectedness of the body, mind, and spirit in promoting overall well-being.

- **Empowerment**

We empower individuals to take an active role in their health through education, self-care practices, and informed decision-making.

- **Community**

We foster a community and collaboration among like-minded individuals, providing mutual support, resources, and inspiration on the journey to better health.

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ABOUT THE WELLNESS TRIBE

The wellness tribe is one of the core networks within Botapreneur, designed to help individuals achieve optimal health and well-being through holistic and natural approaches.

Our wellness tribe is a supportive platform dedicated to helping individuals achieve optimal health and well-being through holistic practices and natural approaches.

We emphasize the power of nutrition, alternative medicine, and healthy living to promote long-term wellness. We believe in the healing power of nature and are committed to educating our members on how to incorporate natural remedies, healthy habits, and wellness practices into their daily lives.

ADMISSION PROCESS INTO THE WELLNESS TRIBE

In the Wellness Tribe, we value intentional living and that starts right from the entry point. We don't admit everyone instantly. We guide each person through a pre-admittance journey that ensures they are aware, ready, and committed.

This helps us maintain a focused, serious community of people who are genuinely invested in their health and spiritual growth.

Step 1: Pre-Admittance Group

Anyone interested in joining is first added to a temporary group, not the main Wellness Tribe. This group is strictly for screening and preparation.

It is a waiting room where potential members begin their journey.

Step 2: Wellness Course

Next, they must watch our wellness course which covers 9 essential topics related to our wellness journey and expectations.

Step 3: Entry Assessment

After watching the video, they take an entry quiz based on what they've learned. The goal is to ensure they understand the foundation of the tribe.




Requirement: They must score 70% or more to pass.

If they fail, they are encouraged to rewatch the video and retake the quiz.

Step 4: Wellness Task (3 Days)




Before final admission, they must complete a simple but intentional 3-day wellness challenge. They must choose 2 out of 3 tasks to commit to, daily, for three days.

The tasks are:

-  Drink 2.5L of water per day
-  Eat fruits and vegetables
-  Exercise for at least 15 minutes per day

Step 5: Official Admission

Once they complete the wellness tasks and all requirements are verified:

-  They are added to the main Wellness Tribe group on WhatsApp and Telegram.
-  They are scheduled for their Wellness Insight Session
-  They are officially welcomed as full tribe members

Why This Matters

This process isn't about being strict, it's about being intentional.

We want to make sure that every person who joins the tribe is serious, teachable, and ready to take ownership of their wellness journey.

By the time someone completes these 5 steps, they already understand the heart of the tribe and have taken their first steps toward transformation.



WHAT NEXT?

- **Access to a Meal Plan Guide**

Upon successfully completing the the pre-admittance process, each member will receive our meal plan guide titled *The Wellness Plate*. The meal plan is just to be a guide for overall wellness commitment. Then, all the qualified members will be onboarded into the tribe.

- **Wellness Insight Session**

After successful onboarding, each member will schedule a personalized one-on-one Wellness Insight Session. This session is designed to assess their current health, wellness goals, and lifestyle habits based on the information they filled during registration. This will provide an opportunity to receive tailored guidance and recommendations on nutrition, lifestyle changes, and mindset shifts. Members are also required to submit their wellness goals during insight session.

- **Food Logging**

To encourage mindfulness and accountability in eating habits, members will submit their daily food logs on the platform. This will include tracking meals, snacks, and drinks



consumed throughout the day. The log will be analyzed in order to help members stay focused on their nutrition goals while receiving feedback to help them improve. Any member who is not committed to the logging will be removed eventually. All members are required to share what they eat in the group at least 5 days out of every 7 days for accountability.

- **Wellness Recipe**

Every first Friday of the month, a new wellness recipe will be shared in the tribe's Telegram group. These recipes will be carefully crafted to support different aspects of wellness. The recipe will be explained with details on the health benefits of each ingredient, and members are encouraged to try it and share their feedback or modifications in the group.

- **Wellness Challenge**

A bi-weekly Wellness Challenge is introduced to motivate members and push them toward their health goals. Challenges may include activities such as increasing water intake (Hydration Challenge), eliminating processed sugar (No Sugar Challenge), etc



These challenges are designed to build lasting healthy habits within the group as members share their experiences and progress.

- **Wellness Workshop**

Every second Friday of each month, a live Wellness Workshop will be held via Google Meet. These workshops will cover in-depth topics such as holistic healing practices, mental health, advanced nutrition strategies, and fitness tips. Experts may also be invited to speak and share their insights. The workshop will be interactive, and members can ask questions and participate in discussions. Recordings of the workshops will be made available on the Telegram platform.

- **Wellness Tasks**

Each month, wellness tasks will be given to tribe members based on the lessons shared during the Wellness Recipe (1st Friday) and Wellness Workshop (2nd Friday). These tasks are designed to help reinforce key principles, encourage practical application, and promote intentional living.

Tasks may include:

- Journaling about a personal reflection or shift



- Trying out a featured wellness recipe and sharing the experience
- Completing a mini wellness challenge tied to the month's focus

Submission Deadline: All completed tasks are to be submitted on or before the 3rd Friday of each month. This structure keeps us accountable while encouraging consistent growth.

- **Weekly Prayer Sessions**

We gather for Prayer Sessions every Sunday (for 10 minutes) to align spiritually, intercede for one another, and cover our wellness journey in the place of prayer. These sessions help us stay rooted in faith as we pursue wholeness together.

- **Wellness Book Review (Saturdays)**

Each month, we engage in guided book reading and reviews, where we draw life-changing lessons from selected wellness books. The book review sessions hold every Saturday. We often review ONE chapter per week.

- **Wellness Chat (Q&A Session)**

Our Wellness Chat is a dedicated Question & Answer session



held every last Friday of the month. It's a safe space for members to ask questions, gain clarity, and receive support on various aspects of wellness physically, emotionally, and spiritually.

The questions are asked anonymously through the use of a Google Form.

Submission Deadline: All completed tasks are to be submitted on or before the 3rd Friday of each month. This structure keeps us accountable while encouraging consistent growth.

- **International Wellness Days**

As part of our commitment to lifelong wellness and global awareness, our tribe observes International Wellness Days throughout the year. These are globally recognized days that focus on specific aspects of health and well-being such as World Oral Health Day, World Sleep Day, World Mental Health Day, and more.

Each time an international wellness day is observed, there will be a special awareness session, which may include:

- Teaching or informative talk



- Practical tips and applications
- Tribe challenges or activities
- Discussions and member contributions

These sessions are meant to educate, inspire, and activate members to make informed wellness choices and stay connected to the broader health movement around the world. Participation is highly encouraged, as it keeps us informed, united, and intentional in our wellness walk.

- **Wellness Champion**

The Wellness Champion of the Month title will be awarded to the member who has shown the greatest dedication and growth in their wellness journey. Criteria for this recognition will include consistency in food logging, participation in challenges and workshops, and overall positive engagement with the tribe. The champion will be celebrated on all platforms and may receive exclusive rewards such as free access to future programs or wellness products.

- **Accountability**

Accountability is a core part of the tribe's program. Members will be paired with accountability partners to check in regularly.



Accountability partners are to refer to themselves as **Wellness Besties**. They are to check up on and motivate themselves on the journey to wellness. Also, weekly check-ins will be facilitated through our WhatsApp platform by the tribe leaders. They will monitor progress, offering support and encouragement when needed.

In addition to that, in the Wellness Tribe Group, we are not just participants, we are enthusiasts. We have made a personal, passionate commitment to total wellness, intentional living, and vibrant community. So, we proudly refer to ourselves as **Wellness Enthusiasts** across all platforms. It's not just a name; it's a lifestyle.



ABOUT WELLNESS TASKS

Here's an overview of the importance of wellness tasks in our tribe:

1. Encourages Active Participation: The wellness tasks are to engage members actively in their wellness journey, promoting consistent involvement and interaction within the tribe.

2. Facilitates Personal Growth: By setting specific tasks, it encourage members to step outside their comfort zones, fostering personal growth and self-discovery.

3. Builds Accountability: The wellness tasks are to create a sense of responsibility among members and to stay committed to their goals and to each other.





4. . Promotes Skill Development: Wellness Tasks often involve learning new skills or techniques (e.g., meal planning, mindfulness practices), helping members enhance their wellness toolkit.

5. Encourages Sharing and Collaboration: When members share their experiences and outcomes from tasks, it fosters community, collaboration, and support among the group.

6. Integrates Learning into Daily Life: Tasks encourage members to incorporate wellness practices into their daily routines, reinforcing positive habits that lead to sustainable lifestyle changes.

7. Creates Measurable Goals: Tasks are to help members set and achieve specific, measurable goals, making it easier to track progress over time.





ABOUT WELLNESS BESTIES

Here's an overview of the importance of assigning wellness besties in our tribe:

1. Accountability: Wellness besties are to keep each other accountable for their wellness goals and commitments. They are to remind each other of their targets and encourage consistency in following through on assignments and activities.

2. Support and Encouragement: Wellness besties are to provide emotional support and motivation, celebrating successes together and offering encouragement during wellness challenges. This fosters a sense of shared purpose.

3. Shared Learning: Wellness partners can share insights, tips, and strategies that work for them, facilitating mutual learning and growth. This exchange of knowledge can enhance each partner's wellness journey.





4. Regular Check-Ins: Wellness besties should regularly check in with each other to discuss progress, challenges, and any adjustments needed in their plans. This creates a routine that reinforces commitment and fosters open communication.

5. Goal Setting: Wellness besties can work together to set realistic and achievable wellness goals, ensuring that both parties are aligned and invested in each other's success.

6. Resource Sharing: Partners can share resources, such as articles, books or exercises routines that they find beneficial with each other in order to broaden each other's access to wellness materials and strategies.

7. Encouraging Healthy Habits: Wellness besties are to help each other reinforce healthy habits by encouraging themselves to engage in activities like exercise, meal planning, mindfulness practices, and other wellness focused routines.





8. Accountability for Wellness Tasks: Wellness besties are to discuss and hold each other accountable for any task given within the wellness tribe, sharing experiences and outcomes.

9. Fostering Connection: By building a supportive relationship, wellness besties enhance the sense of community within the wellness circle, promoting trust and connection among members.

In summary, wellness besties are to play a crucial role in supporting each other's growth and accountability, creating a collaborative environment that enhances the overall effectiveness of the wellness tribe.





ABOUT THE WELLNESS CHAMPION

Each month, we will celebrate a member of our wellness tribe who has gone above and beyond in their journey to wellbeing.

The Wellness Champion is someone who:

- Completes wellness tasks and challenges with passion and commitment.
- Actively engages in tribe discussions, events, and workshops, contributing to the collective energy.
- Shows remarkable personal growth, inspiring others with their dedication and journey.
- Upholds the tribe's core values and fosters a positive, supportive environment for everyone.





ABOUT WELLNESS CHAMPION

This recognition is more than just about accomplishments, it celebrates the effort, growth, and unwavering dedication to wellness. Being named the Wellness Spotlight is a reminder that your hard work doesn't go unnoticed, and it's something to be celebrated!

As a Wellness Champion, you will receive:

- Special recognition during our tribe meeting or event.
- A personalized reward or gift as a token of appreciation.
- The chance to share your journey and inspire others within the community.

Remember, every step, no matter how small, brings you closer to becoming the spotlight, not just within the tribe, but for yourself. Stay consistent, stay engaged, and let your wellness journey shine.



THE WELLNESS TRIBE'S GUIDELINES

Our guidelines are established to create an environment where members can thrive, connect, and grow together. Kindly read through each point very well.

1) Respect and Positivity

- Treat all members with kindness, respect, and understanding.
- Bullying, harassment, or negativity will not be tolerated. This is a safe space for growth and healing, where everyone is here to improve their health.
- Everyone's wellness journey is unique. Respect diverse opinions and approaches, even if they differ from your own.
- Keep comments and discussions constructive and uplifting. We're here to support one another.
- Avoid judgment or unsolicited advice on others' health choices unless they ask for help or feedback.

2) Confidentiality

- What's shared in the tribe stays in the tribe. Many members may share personal health stories.

- Please respect their privacy and do not disclose personal information outside the group.
- Do not share exclusive content like workshops, healing recipes, or video courses with non-members. Exclusive Botapreneur content is for members only and should not be shared without permission.

3) Be Active and Engaged

- Participate in challenges, workshops, and discussions. The more you engage, the more value you'll receive.
- Stay accountable by regularly checking in, sharing your progress, and supporting others on their journey.

4) No Medical Advice or Diagnoses

- While we focus on natural health, please note that none of the discussions or content should be considered formal medical advice. Always consult your healthcare provider before making major changes to your health routine, especially if you have pre-existing conditions or take medications.

- Ask Questions and Offer Support. If you have questions, don't hesitate to ask. Your curiosity might help others, too.
- Offer encouragement and support to fellow members. We are all on different stages of our wellness journeys, and every bit of positivity counts.

5) No Spamming or Self-promotion

- Refrain from promoting your products, services, or personal projects unless explicitly allowed during specific promotional opportunities.
- Keep the focus on health, wellness, and personal growth rather than commercial interests.

6) Constructive Feedback Only

- Share feedback on recipes, challenges, or events in a constructive manner. We value your input, but please ensure that criticism is respectful.

7) No Plagiarism

- Give credit where it's due when sharing recipes, health tips, or other content. Do not claim others' work as your own.

8) Follow Tribe's Administrators Guidance

- The tribes' admins are available to ensure a positive experience for everyone. Please follow their guidance. If you have any concerns or notice violations, report them to an admin immediately.

PENALTIES FOR VIOLATION OF GUIDELINES

In our tribe, to ensure our values and guidelines are upheld, we have put measures in place to address guideline violations. The response will depend on the seriousness of the situation and the specific details involved.

Here's how we approach it:

- **Verbal or Written Warning**

For minor missteps or misunderstandings, a gentle reminder will be given to help redirect the behavior in line with our values.

- **Temporary Suspension of Privileges**

For repeated violations or more significant issues, certain privileges (like access to workshops, resources, or group chats) may be paused for a period.

- **Apology Requirement**

If a member's actions have caused harm or conflict, they may be asked to offer a sincere apology to those affected.

- **Probationary Period**

For more serious concerns, a member might be placed on probation, with their actions and engagement closely monitored.

- **Permanent Removal from the Tribe**

In cases of severe violations or continued disregard for our values, membership may be permanently revoked to protect the community and membership fee will not be refunded.

We strive to handle every situation with fairness and understanding, carefully reviewing the context to ensure the response is appropriate. These steps are not meant to punish but to protect the integrity of our tribe and maintain a safe, supportive space where everyone can thrive.

CONCLUSION

TAKING ACTION ON YOUR WELLNESS GOALS



As you continue your journey to holistic well-being, remember that every step forward counts. The Botapreneur wellness tribe is here to guide and support you as you take action on your goals and make the most of your time in this community. Your active participation, effort, and commitment will not only help you grow but also enrich the tribe as a whole.

Turning your wellness goals into reality starts with intentional steps. Here's how to move forward confidently:

1. Set Clear, Achievable Goals

- Be specific about what you want to achieve. Break your goals into small, manageable steps that feel achievable.
- Use the SMART framework: Make your goals Specific, Measurable, Attainable, Relevant, and Time-bound.

2. Focus on Progress, Not Perfection

- Remember, wellness is a journey. Celebrate even the small wins matter.
- Don't let setbacks discourage you. Instead, view them as opportunities to learn, grow, and adjust your approach.

3. Build Consistency

- Create daily or weekly routines that align with your goals whether it's journaling, meal prepping, or setting aside time for mindfulness.
- Remember, small, consistent actions add up over time to create lasting change.

4. Make Use of Tribe Resources

- The wellness tribe offers tools, tasks, and insights tailored to your journey. Dive into these resources!
- Attend workshops, explore the materials provided, and take guidance from the expert insights available in the tribe.

5. Connect with Your Wellness Bestie

- Lean on your wellness bestie for motivation and accountability.

Share your challenges and victories with them. Remember, they are on this journey with you. Work together to stay focused and inspired.

6. Celebrate Your Wins

- Acknowledge and celebrate your progress, no matter how small. This reinforces your commitment and keeps you motivated.
- Treat yourself to something meaningful when you reach milestones, but let the reward align with your wellness goals.

HOW TO STAY ENGAGED AND GROW WITHIN THE TRIBE

1. Participate in Tribe Activities

- Join programs, group discussions, and workshops to stay engaged. These are opportunities to learn and connect with others who share your goals.
- Share your insights and experiences to contribute to the tribe's growth.

2. Complete Tasks and Challenges

- Engage fully in the tasks and challenges offered. They are

designed to push you toward personal growth and accountability.

- Use these tasks and challenges to try new approaches and step out of your comfort zone.

3. Build Strong Connections

- Get to know your fellow tribe members. Share your journey, offer encouragement, and celebrate their wins.
- Be open to learning from the diverse experiences and perspectives within the tribe. Give Feedbacks.
- Your input matters. Share your thoughts and suggestions about the tribe's activities and resources.
- This helps improve the tribe and ensures it remains responsive to everyone's needs.

4. Stay Curious and Keep Learning

- Dive deeper into wellness topics, whether it's nutrition, herbal remedies or healthy lifestyles.
- Apply what you learn to your daily life and share valuable insights with the tribe.

5. Revisit and Adjust Your Goals

Take time to reflect on your progress and reassess your goals

as needed.

- Keep evolving your approach to match your current needs and aspirations.

7. Seek One-on-One Support

- Schedule consultations to address specific challenges and refine your plan if necessary.
- Use these personalized sessions to get clarity and build a stronger action plan for success.

8. Stay Connected Online

- Engage with the tribe through social media or online platforms where activities and updates are shared.
- Share your journey, celebrate milestones, and encourage others through digital interactions.

9. Celebrate Community Wins

- Take part in celebrating the tribe's collective achievements. Shared success creates an uplifting, inspiring atmosphere for everyone.

Final Thoughts

Your wellness journey is deeply personal, but it's also enriched

by the support of the tribe. Every step you take, no matter how small, contributes to your growth and well-being. By staying engaged, taking consistent action, and embracing the resources and connections within the circle, you are setting the foundation for lasting transformation.

Remember, you're not walking this path alone. Your tribe is here to cheer you on, support you through challenges, and celebrate your victories. Together, we can grow, thrive, and achieve our greatest potential. Let's take the next steps with confidence.

CONNECT WITH US



We are here to support you every step of the way. If you have any question, need guidance, or want to share feedback, please don't hesitate to reach out.

Email: botapreneur1@gmail.com

Phone/WhatsApp: 0915 226 6860

Kindly follow us on our social media platforms:

Instagram: www.instagram.com/botapreneur

Facebook: www.facebook.com/botapreneur

TikTok: <https://www.tiktok.com/@botapreneur>

YouTube: www.youtube.com/@botapreneur

Website: www.botapreneur.com