

# Hearts & Hustle

**Can You Have Both Love and Career Success?**

***Do you chase your dreams or nurture your relationships?***

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***Do you invest in building your brand or building a home?***

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***Can you have both love and career success?***

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***In this issue, we explore how love and career can coexist, fuel each other, and lead to a more meaningful life.***



**Oghale Akpobome**  
**Founder, NGTL**



# Heart vs Hustle Both Love and C

15 Feb

7pm WAT

1pm

HOST



**Oghale Akpobome**  
Founder NGTL

# Career Success?

6pm EST

6pm GMT

10pm GST



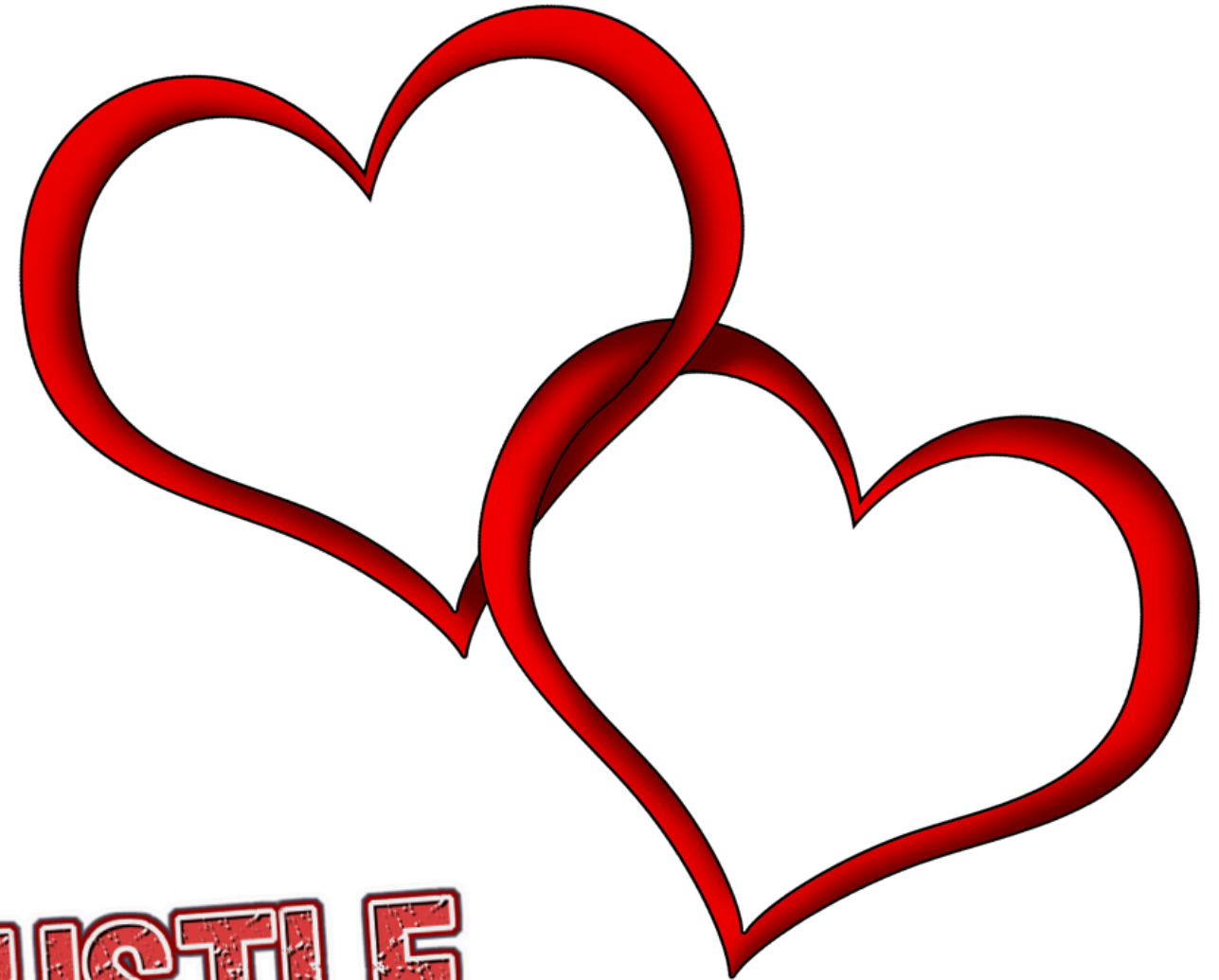
**Patrenia Werts Onuoha**  
CEO, R24L

beyondborders



**In today's fast-paced, hyper-connected world, the pressure to choose either "love or career" is intense.**

**Heart vs Hustle is the dilemma many of us face.**



**HUSTLE**

**HUSTLE** symbolizes drive, ambition, and the tireless effort toward building a meaningful career or business:  
Career advancement,  
Entrepreneurial pursuits,  
Financial independence,  
Purposeful work.



**HEART** represents love, emotional wellness, and the relationships that anchor us:  
Romantic partnerships,  
Friendships, Family bonds,  
Self-love and emotional awareness

# FALSE NARRATIVES

- 🔍 “You can’t succeed in both love and career. ”
- 🔍 “Focus on your goals now, love will come later.”
- 🔍 “Relationships distract you from success.”
- 🔍 “You can't be emotionally available and ambitious.”
- 🔍 “Career individuals don't have time for their families.”
- 🔍 “Between love and career, one must suffer for the other to thrive. .”



# HUSTLE



**False narratives pushes people into extreme burn out, isolation or giving up on personal dreams to maintain relationships.**

**What if the heart fuels the hustle, and the hustle strengthens the heart?**

**These two forces are often portrayed as opposites but in truth, they are partners in the same journey.**

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## Having both love and career leads to;

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### One

**Stronger Mental Health: Emotional support reduces stress and increases focus.**

### Two

**Greater Purpose: Working hard becomes more meaningful when it's tied to something or someone you care about.**

### Three

**Deeper Fulfillment: Career milestones feel sweeter when shared with loved ones.**

**To successfully integrate both love and career, the SHINE Framework was introduced as a guide for thriving relationships.**

- S —(Sacrifice)**
- H —(Help each other reach their dreams)**
- I —(Inner Work)**
- N —(Navigation)**
- E —(Empowering each other)**

**SHINE**

## Define What Success Means to YOU:

- Detach from social media expectations.
- Create your own formula for happiness.

## Set Clear Boundaries:

- Work time and relationship time should both be protected with intention.

# Tips for balancing love relationships with career

## Choose the Right Circle:

Surround yourself with people romantic or otherwise who respect and support your goals.

## Communicate Frequently:

Let your loved ones know your vision. Share your progress, challenges, and wins.

**You don't have to choose**

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**Love is not a distraction from professional development**

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**Career is not a replacement for romantic relations.**

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**Love relationships and career are both part of a rich,  
layered life.**

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# About NGTL

*A community of passionate young professionals (18-28) on a mission to equip each other with the tools, knowledge, and opportunities needed to excel in leadership, education, and professional development for global dominance.*



Next Generation of Transformed  
Leaders Initiative  
(NGTL)



ngtlglobal



*Designers: Pamela , Obadiah , Kenneth*