



# **TOTAL EMPOWERMENT NETWORK DIGITAL PRODUCTS (VIDEOS)**

**TEN HAS MADE AVAILABLE ABOUT 300  
ENTREPRENEURIAL/EMPOWERMENT AND SKILL  
ACQUISITION VIDEO TRAINING MATERIALS THAT SPANS  
THROUGH A WIDE ARRAY OF EVERY HUMAN  
ENDEAVOUR IN VIDEO FORMATS.**

**WITH JUST 1K YOU WILL HAVE UNLIMITED ACCESS TO  
ALL OF THESE VIDEO TRAINING MATERIALS AND MORE  
FOR A ONE-TIME TOKEN SUBSCRIPTION FEE OF N1000  
ONLY.**

## **FOOD PROCESSING**

VIRGIN COCONUT OIL  
ALMOND OIL  
ABC OF SMOKE FISH  
PROCESSING OF COCONUT OIL  
HOW TO MAKE SOYA MILK AT HOME  
HOW TO MAKE YOGHURT  
HOW TO MAKE VANILLA ICE CREAM  
CREAMY BANANA ICE CREAM

CREAMY MANGO ICE CREAM  
HOW TO MAKE SUGAR POPCORN  
HOW TO MAKE SWEET POPCORN

## **BEADS AND CRAFTS**

TRADITIONAL BRIDE BEAD HAT

CORAL BEADS MAKING.

BEADS APPLICATION ON SHOES

BEADED BAGS, CLUTCH PURSES.

STONES ON CLUTCH PURSE

BRIDAL HAND FAN MAKING

BRIDAL STONE AND FLOWER BOUQUET

BELLA HATS MAKING.

BABY SHOES MAKING

## **CAKES/SNACKS**

SPONGE CAKE

OATMEAL CAKE

MARBLE CAKE

RED VELVET CAKE

ROYAL ICING

ICE-CREAM CAKE

BUTTER ICING

MAKING AND APPLYING FONDANT MAKING

GUM PASTE

CHOCOLATE FUDGE

WHOLE WHEAT BREAD  
CHOCOLATE COOKIES  
SAMOSA  
SPRING ROLL  
MOSA  
AMERICAN STYLE HAMBURGER  
HOT DOG  
WHITE BREAD  
HOW TO MAKE PEANUT BUTTER  
HOW TO MAKE ROASTED GROUNDNUT  
HOW TO MAKE PEANUT BURGER  
CHICKEN PIE  
SAUSAGE  
PIZZA  
SHARWAMA  
SCOTCH EGG  
SWEET FRIED BREAD - MANDAZI  
POUND CAKE  
MEAT PIE  
COCONUT MEAT PIE  
CHINCHIN  
AKARA  
EGG ROLL  
DOUGHNUT  
LEMON YOGHURT CAKE  
YAMARITA  
PUFF PUFF

## **SAUCE**

SPINACH AND CHICKEN SAUCE  
CURRY CHICKEN SAUCE  
PEPPER STEW (OBE ATA DIN)  
  
GARDEN EGG SAUCE  
  
OFADA STEW (AYAMASE)

SUYA AND SUYA SAUCE

PEPPER FISH SAUCE

CORNED BEEF STEW (SPAGHETTI SAUCE)

COCONUT CURRY SAUCE

ISEWU

ABACHA (AFRICAN SALAD)

NKWOBÌ

VEGETABLE AND SHRIMP SAUCE

BANGA STEW (OFÉAKWU)

## **SOUP**

EFO RIRO SOUP

OKAZI SOUP

EDIKANG IKONG SOUP

BLACK SOUP

EGUSI SOUP

EGUSI PEPPERSOUP

GROUNDNUT SOUP

EWEDU SOUP

BITTER LEAF SOUP(OFE ONUGBU)

OGBONOR SOUP

RIVER'S STATE NATIVE SOUP

OKRA SOUP

AFANG SOUP

NSALA SOUP(WHITE SOUP)

BANGA SOUP AND STARCH

OFE SOUP (OWERRI)

## **RICE**

FRIED RICE INDOMIE METHOD

COCONUT RICE

BANGA RICE.

JOLLOF PARTY RICE.

FRIED RICE.

CRISPY CHICKEN.

SOFT AND TENDER CHICKEN.

CABBAGE FRIED RICE.

HOW TO MAKE PALM OIL.

## **MOCKTAIL DRINKS/SMOOTHIES AND DETOXIFYING WEIGHT-LOSS DRINK**

LEMON GINGER PINEAPPLE JUICE

KUNUN GYADA DRINK

VIRGIN MOJITO

BANANA BONKERS

ZOBO DRINK

BLUE SHOE MOCKTAIL

TOMATOES LASSI

CRANBERRY COKE MOCKTAIL

STRAWBERRY MANGO

SUNSET MOCKTAIL

HOMEMADE YOGURT

SOYA BEANS MILK

STRAWBERRY SMOOTHIE

STRAWBERRY BANANA SMOOTHIE

MILK SHAKE

TROPICAL FRUIT SMOOTHIE

PINACOLADIA SMOOTHIE

OATMEAL SMOOTHIE

HEALTHY GREEN SMOOTHIE

WATERMELON DETOX WATER

WEIGHT-LOSS DETOX WATER

LEMON GINGER DETOX

PINEAPPLE SUGARCANE SPA DETOX

FAT BURNING DETOX DRINK

FLAVORED FRUIT WATER

## **SKIN & BODY CARE PRODUCTION**

CREAM TO STOP & PREVENT SAGGING BREAST

ALOE VERA MOISTURIZING CREAM

ALMOND OIL

DIY SKIN LIGHTENING CARROT OIL FOR DARK SPOT

HOW TO GET LONG HAIR FAST

PRODUCTION OF SHAMPOO

HOW TO MAKE YORUBA'S BLACK SOAP

MAKING OF ALOE VERA SOAP

HOW TO MAKE PERFUME

MAKING OF FRAGRANCE

HOW TO MAKE PETROLEUM JELLY

HOW TO MAKE HAIR CREAM

HOW TO MAKE AN ORGANIC LIGHTENING CREAM

HOW TO MAKE SKIN LIGHTENING BODY BUTTER

HOW TO MAKE LIGHTENING BLEACHING CREAM

HOW TO MAKE HOME MADE MOUTHWASH

HAND LOTION

FACE CREAM

MOUTHWASH MAKING

HAIR SPRAY MAKING

HAIR GEL

STYLING LOTION

SHAVING CREAM /AFTER SHAVE LOTION.

MASCARA MAKING

DETOL ANTISEPTIC MAKING

SUN BURN PROTECTION

LIP GLOSS

EXPENSIVE SMELLING PERFUME

LIQUID DEODORANT

BATH SALT MAKING

HOMEMADE FACIAL SCRUB.

SLEEP TIME LOTION

FACE OIL FOR DARK SPOTS.

STRETCH MARKS REMOVAL

SHEA BUTTER LOTION FOR DARK SKIN

ANTI-AGING CREAM

PAPAYA LOTION AND SOAP

ALOEVERA MOISTURIZING LOTION

DARK ANKLE CREAM

BODY POLISH FOR DARK SKIN

ONIONS OIL FOR HAIR BREAKAGE AND GROWTH

## **HOME CARE PRODUCTION**

DISH WASHING SECRETS

HOW TO MAKE IZAL

HOW TO MAKE DISINFECTANT

PRODUCTION OF INSECTICIDES

HOW TO PRODUCE TOILET WASH

HOW TO MAKE BLEACH

HOW TO MAKE LIQUID SOAP

HOW TO MAKE PAPAYA SOAP

AIR FRESHENER PRODUCTION



SOAP PRODUCTION  
HOW TO MAKE SOAP BAR  
HOW TO MAKE DETERGENT POWDER  
WASHING POWDER  
HOMEMADE BABY WIPES  
  
COOKING SPRAY MAKING  
  
HAND SANITIZER MAKING  
  
HARPIC  
  
CLEANING WIPES MAKING  
  
MATTRESS STAIN REMOVER  
  
RICE SOAP  
  
AIR FRESHENER  
  
JEWELRY CLEANER  
  
GLASS CLEANER  
  
LAUNDRY DETERGENT  
  
INSECTICIDE SPRAY

## **GELE TYING AND DIY CRAFTS**

AUTO GELE MAKING  
  
ANKARA GELE  
  
AUTO GELE FAN  
  
DAMASK GELE STYLES  
  
TYING A TURBAN

SIMPLE GELE TYING

BLING UP FLAT SHOE

## **MAKEUP**

BRIDAL MAKEUP FOR FAIR AND DARK SKIN

LIGHT AND EASY MAKEUP

HOW TO COVER DARK SPOTS AND ACNE SCAR.

## **UPDATED EYEBROW TUTORIALS**

APPLYING FOUNDATION, CONTOURING, HIGHLIGHTS.

HOW TO FIX EYELASH

NAILS DESIGNS

NAIL DESIGNING

## **DIY CRAFTS**

CUTTING AND SEWING BABY BUMP PILLOW FOR SLEEPING .  
(FOR PREGNANT WOMEN)

BABY BREASTFEEDING PILLOW MAKING.

CURTAIN MAKING.

HOMEMADE THROW PILLOW MAKING.

ANKARA HIGH HEELS

## **WIG MAKING**

1 MILLION BRAIDS WIG

BOB MARLEY WIG

HOW TO MAKE GHANA HAND BRAIDED LACE FRONT WIG

TWO COLORED BRAID WIG

CORNROW WIG CAP

HOW TO MAKE A LACE FRONTAL WIG

INVINCIBLE PATH SEW IN WEAVE WIG

LIST OF WIG MAKING TOOLS AND MATERIALS.

## **IMPORTATION, EXPORTATION & PRODUCTS BRANDING**

EXPORTATION BUSINESS - INTERNATIONAL PARTNER  
DETAILED STEP BY STEP OF BRANDING & ORDERING OF  
OVERSEAS PRODUCT

HOW TO START ONLINE BUSINESS SELLING OTHER PEOPLE'S  
PRODUCTS

HOW TO MAKE AND SELL YOUR OWN BRANDED PRODUCTS

## **ENERGY AND BIOGAS PRODUCTION**

## **ANIMAL FARMING**

PIG REARING

GOAT REARING  
POULTRY FARMING  
SNAIL FARMING  
SNAIL FARMING BUSINESS  
SNAIL FARMING - FEEDING  
SETTING UP A SNAIL PEN  
SNAIL FARMING - SOIL PREPARATION  
SNAIL HATCHING

## **CROP FARMING**

PALM OIL MILL  
CASSAVA PLANTATION  
GARI PROCESSING  
PAPAYA PLANTATION  
PINEAPPLE PLANTATION  
PLANTAIN PLANTATION PREPARATION  
BANANA PLANTATION  
CUCUMBER PLANTATION  
RICE FARMING  
YAM PROPAGATION  
PEPPER PLANTATION TRAINING