



HR STAFFING SOLUTIONS LIMITED

AUGUST.2025

News

Letter

MESSAGE FROM THE C.E.O

Angela Brown

Dear Friends, Partners, and Colleagues,
Welcome to the month of August 2025!

Every new month gives us a chance to pause, reflect, and re-align ourselves with the bigger picture. For us at ABNM HR, that picture is about people, our people, your people, and all the incredible individuals that drive progress in every organization we serve.

The global workspace is transforming at an incredible pace. New technologies are emerging, and they are reshaping how we recruit and connect.

Organizations and businesses are learning that success is not just measured by profit, but also by the wellbeing and growth of their staff. This is why our role as a staffing partner goes beyond matching CVs to job descriptions.

As we celebrate international days in this month, from International Youth Day, to World Humanitarian Day, let us remember that our work is deeply connected to humanity. On behalf of the ABNM HR Family, I appreciate you for walking this journey with us.

Here's to a month filled with opportunities!!!

This edition highlights **key global trends in HR, international days of significance, Health tips for 2025, and local Current Affairs.**

At ABNM, we are dedicated to empowering individuals and businesses through our comprehensive staffing solutions, training programs, and mental health initiatives.



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Our Services

- HR consultations
- Pre-Recruitment Process and Post Recruitment Management
- Background Checks
- Training, Capacity Building, and Development
- Employee Relations
- Benefit Administration
- Benefit Management
- Strategic Planning

- Your paragraph Mental Health Advocacy and Awareness in the workplace
- Employee Handbook
- Onboarding and Separation
- HR Compliance Assessment
- Investigative Audit
- Succession Planning
- Federal and State Labour Compliance
- Federal and State Requirements

10 Health Tips For 2025

Source:W.H.O

1. **Eat a healthy diet** - Eat a combination of different foods, including vegetables, legumes, nuts and whole grains.
2. **Consume less Salt and Sugar** - Reduce your salt intake to 5g per day, equivalent to about one teaspoon. You can reduce your sugar intake by limiting the consumption of sugary snacks, and sugar-sweetened beverages
3. **Reduce intake of harmful fats** - Fats consumed should be less than 30% of your total energy intake, this will help prevent unhealthy weight gain and NCDs.
4. **Don't Smoke** - Smoking tobacco causes NCDs such as lung disease, heart disease and stroke.
5. **Be Active** - The amount of physical activity you need depends on your age group, but adults aged 18-64 years should do at least 150 minutes of moderate intensity physical activity throughout the week.

6. **Check your blood pressure regularly** - Have your blood pressure checked regularly by a health worker so you know your numbers.
7. **Follow traffic laws** - You can prevent road crashes by ensuring that you follow traffic laws such as using the seatbelt for adults and child restraint for kids.
8. **Take antibiotics only prescribed** - Make sure you only take antibiotics if prescribed by a qualified health professional, so as not to become antibiotic resistant.
9. **Clean your hands properly** - Hand hygiene is critical not only for health workers, but for everyone. clean hands can prevent the spread of infectious illnesses. you should handwash using soap and water when your hands are visibly soiled or handrub using an alcohol-based product
10. **Have regular check-ups** - Health professionals can help find and diagnose health issues early, when your chances for treatment and cure are better.



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HUMAN
RESOURCES



Top HR Trends around the World

- 1. AI Driven Recruitment** – Automation and artificial intelligence are enhancing candidate screening and matching, which has helped to cut hiring times by up to 40%.
- 2. Employee Wellbeing as a priority** – Companies are investing in mental health programs, recognizing that productivity is tied directly to employee wellbeing.
- 3. Up-skilling & Re-skilling** – Lifelong learning is now essential, with organizations prioritizing digital skills, and leadership development to prepare for the future of work.
- 4. Diversity & Inclusion** – Organizations who have embraced diverse teams have reported higher financial returns, making Diversity and inclusion important to HR policy

International Days In August

- 1. August 9** – International Day of World's indigenous people
- 2. August 12** – International Youth Day (Theme 2025: Youth innovation for a Sustainable Future)
- 3. August 19** – World Humanitarian Day
- 4. August 23** – International Day for the Remembrance of the slave Trade and its Abolition
- 5. August 29** – International Day against Nuclear Tests

HR TIP OF THE MONTH

Retention starts on "Day One." Organizations that implement structured onboarding programs experience 50% higher employee retention rates. Make your new hires feel welcome, supported, and aligned with your company's values from the very beginning.



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CURRENT Affairs



NEWS

1. Cross River recruits 4,000 local government staff (Punch Newspaper)
2. ASUU calls on the National Assembly and other to intervene as strike looms (Punch Newspaper)
3. Japan denies special Visa reports for Nigerians in "Hometown" initiative. (Punch Newspaper)

Sports

1. PSG announce the signing of Super Falcons Ajibade (Vanguard News)
2. AC Milan cancel Victor Boniface move after failed medical test (Vanguard News)
3. Arsenal sign Eberechi Eze from Crystal Palace (Vanguard News)

Business

1. Stock Brokers advocate for stronger reforms to grow Nigeria's \$1Trn economy (Vanguard News)
2. SEC warns against investing with GVEST Global (Vanguard News)
3. Fuel Price increased by 33% in July - NBS (Vanguard News)

Technology

1. NITDA warns of eSIM security flaw which may affect billions of devices (The Guardian)
2. Biotechnology key to Nigeria's growth, says expert at Umudike conference (The Guardian)
3. FundedNext expands access to global markets with Fintech innovation (The Guardian)

Quote of the Month

"A life of service to others is the highest calling, it transforms communities, and empowers generations." – Prof. Chinua Achebe

Closing Remarks

At ABNM HR, we believe the future of work belongs to organizations that balance innovation, and inclusivity. We thank you for trusting us as your staffing partner, and we look forward to creating opportunities, and empowering individuals this month and beyond.



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