Bena is a farmer and certified midwife with a certificate in nursing, who first joined the IYHA community in 2017 as a participant in the Women's Enterprise Training Program (WETP). Having trained in bookmaking in that program, Nabakka now heads the Women of Kikinene Bookmakers group.

Nabakka's success in WETP and commitment to IYHA's goals and programs inspired her to join IYHA's Uganda Board of Directors in 2019. In addition to providing general advice on how to most effectively support the women in the area where IYHA operates, she also helps lead WETP workshops while also maintaining and growing her own current chicken and pig farming operation.