



## **Introduction**

boys to MEN Foundation was founded in 2017 by Mrs. Ifeoma I. Idigbe to support men and young boys to become their best selves and '*own their spaces*' wherever they find themselves. In today's world, where societal pressures seem to mount at every turn, it is more important than ever for young men to embrace the journey of becoming their best selves.

Males today are growing up in a rapidly changing environment where expectations are often set high, and the standards of success, strength, and identity can be overwhelming. boys to MEN Foundation seeks to provide the opportunity to redefine the stereotype of what it truly is to be a man in this generation. The programme 'Owning My Space' is focused on developing male corps members to become authentic, resilient, and possess a grit mindset through a wide range of sessions that touch certain areas of life that every young man can relate and resonate with.

We believe that males should be encouraged to embrace vulnerability, to ask for help if they need to. Understanding their true strengths, their flaws and having the courage to grow beyond their limitations. boys to MEN Foundation has taken up the responsibility to help these young men in that journey of understanding while they *own their space*.

On the 26th of November, 2024 boys to MEN Foundation held an ‘Owning My Space’ programme for the male corps members in Surulere Local Government Area. The programme started with a video of monologues ‘A Man’s World’, from a book written by Mrs. Ifeoma I. Idigbe ‘About Men: Random Poems, Monologues, and Reflections’. The corpsers shared their various experiences on different male-related issues. The programme continued with sessions such as Managing Your Finances, Definitions of Leadership, and the various styles of Leadership, Emotional Intelligence, Personal Branding, and Public Speaking. Sessions were engaging because they created an avenue for discussions on real life issues and experiences the corpsers had had individually whilst creating a safe space and inspiring brotherly connections. The cohort had over 69 male corps members in attendance.



*The monologue session..*

## **Objective of Programme**

‘Owning My Space’, Leadership and Life Skills programme was developed to equip and empower young male corpsers to not only excel academically but to thrive in every facet of their lives. This programme was developed to change the narrative of unrealistic expectations of boys in the 21st Century. Growth does not depend on perfection but on learning, development and progress. Males in particular need to be taught that true success is not measured only by external achievements but by inner qualities such as integrity, empathy, and the willingness to keep learning and improving.

## **Programme Modules**

1. Video of ‘A Man’s World in Monologues’ from a book written by Mrs. Ifeoma. I. Idigbe “About Men: Random Poems, Monologue and Reflections”, formed the basis of discussions about challenges men face in the 21st Century, particularly with societal expectations and its consequences such as toxic masculinity and mental health challenges. We also discuss the new gender reality, and peer influence.
2. Managing Your Finances
3. Leadership and Emotional Intelligence
4. Personal Branding
5. The Rudiments of Public Speaking.



- Mrs. Ifeoma I. Idigbe, is a business/financial analyst, teaches Critical Thinking and Public Speaking to graduate scholars at the Nigerian University of Technology and Management (NUTM), and is the Founder and Executive Vice Chairman of boys to MEN Foundation.
- Mr. Christobal Oweredaba, is a Programmes Officer at boys to MEN Foundation with a Bachelor's Degree in Industrial Chemistry.

## Feedback

*The programme was very good and a good initiative because there aren't a lot of programmes like this.*

**-Emoron Ayomide**

*The programme was informative and issues that are not notmally discussed were touched. I also learned about public speaking.*

**-Prince**

*The programme is an eye opener. It addressed relationship between children and their parents.*

**-Oyeleye Peter**

*The Foundation is good for what it does, improving boys to become unconventional men.*

**-Oluwadamilare**



**Our Vision:** To shape and produce a new generation of ethical, well-behaved men capable of providing strong, impartial leadership, constantly striving to become their best selves, and possessing the confidence to accept that others may wish to do the same.

**Our Mission:** To inspire, nurture and develop males to become confident leaders in society.

**Our Motto:** Integrity, leadership and equity.

**#MalesMatterToo**