

'OWNING MY SPACE'

Leadership and Life Skills Programmes for Male Graduates

boys to MEN Foundation's 'Owning My Space' programme is a Leadership and Life skills program for male graduates (which naturally includes Youth Corpers), to facilitate their readiness for the workplace and provide building blocks for the future. Our key objective is to use leadership and life skills education to recalibrate participants' value systems for the betterment of their lives and society.

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



ATTENDANCE

161

participants attended the three programmes/cohorts from
NYSC, Obalende.

(This programmes included female participants)

Monday, 12th, Tuesday 13th and Thursday 15th May 2025

THE REAL WORLD: CHALLENGES MEN FACE AND GENDER : A PARADIGM SHIFT



All the programmes started with the Real World session, during which participants watched seven monologues addressing some real-life challenges faced by men. This was followed by extensive discussions on these issues and the importance of a mindset shift for men to be able to address them in the real world. Mindset changes result in attitude and behavioural changes that better prepare men to survive and thrive. #MalesMatterToo

Mrs. Ifeoma Idigbe, the founder of the boys to MEN Foundation, anchored this session.

The Real World segment sets a reflective tone, helping participants recognize that they are not alone in their struggles. It creates a safe space where vulnerability is encouraged and the importance of seeking help is emphasized.

Mrs. Idigbe navigated these discussions, drawing on her extensive experience as a wife, mother, career woman and primarily a human being. She presented practical, real-life solutions to empower participants to rise above their circumstances. Her guidance affirms the message that seeking help is a strength, not a weakness, and no man should suffer in silence.

This session marked a turning point for many participants, challenging traditional notions of masculinity, and planting the seeds for emotional growth, healing, and resilience.

MAXIMIZING THIS TIME

Oscar Anyiam, Lead Software Engineer (Core Platform Engineering) at Remita delivered a compelling presentation that resonated with the audience.

Oscar spoke on the importance of intentional self-development during the NYSC year. He urged corps members to go beyond routine assignments and embrace the year as a window for growth.

He referred to the service year as a bridge to the corporate world,. It's not just about fulfilling a national requirement. It's a rare opportunity to prepare yourself for the life ahead professionally and personally.

Drawing from his own experience in the tech industry, Oscar highlighted the value of acquiring relevant skills, taking courses, and pursuing certifications aligned with one's career aspirations. He noted that the habits formed and the efforts made during the service year can significantly influence one's future trajectory.

You have time now that you may not have again for a while, he added. Use it to grow. Learn. Explore. Network. Build. The habits and skills you develop now will shape the kind of professional you become.

His message was clear: the NYSC year should not be wasted. Instead, it should be maximized.



#MalesMatterToo

MANAGING YOUR FINANCE

Mrs. Ifeoma Idigbe (who is a financial analyst) guided participants on how to lay the groundwork for financial independence early in life.

The session was an interactive exercise, prompting participants to think about how much they would earn after their service year and consider their key expenses. By the end of the activity, many participants realized that their projected expenses far exceeded their expected income, a moment of clarity that set the tone for the rest of the session on the importance of living within your means, managing your expenses, imbibing a savings and investment mentality and exploring opportunities for multiple sources of income, where possible.

She shared some advice on expenses

- Share expenses where possible to reduce financial pressure, e.g, rent.
- Avoid unnecessary expenses and practice delayed gratification.. There is time for everything.

Mrs. Idigbe emphasized that saving is the first major step out of poverty. This is followed by seeking investment opportunities, thereby building long-term financial stability and capacity.

Her practical approach and relatable examples left participants empowered and better informed about making sound financial decisions. The session was not only informative but transformative, helping participants understand that true financial independence starts with intentional choices today.



THE RUDIMENTS OF PUBLIC SPEAKING

Mrs. Idigbe (who teaches critical thinking and public speaking to graduate scholars) delivered an interactive session on Public Speaking.

She engaged participants from the start by prompting them to identify common barriers to effective public speaking. The participants responded actively, listing challenges such as fear, stage fright, past negative experiences, disabilities, and limited exposure, among others.

Drawing from her extensive experience, Mrs. Idigbe offered practical strategies to overcome these hurdles. She emphasized the importance of thorough preparation, sharing basic yet powerful tips that can significantly improve both confidence and delivery.

This session was a confidence booster, helping young men realize that public speaking is a skill they can master with the right mindset and preparation.

SEAMLESS INTEGRATION INTO THE CORPORATE WORLD.

Obinna Agomuo, Human Resources Business Partner at SystemSpecs, in his presentation, Obinna drew from his experience in human resources and talent management. He guided corps members through essential steps that young professionals should take to thrive in today's competitive workplace.

The session began with a lesson in crafting a compelling CV. He explained the importance of tailoring one's resume to match job requirements, highlighting relevant achievements, and keeping the layout clear and professional. He shared real-world examples and offered tips on how to stand out without exaggerating credentials.

Next, he walked participants through preparing for interviews, emphasizing research, confidence, and authenticity.

During the segment on interview attendance, he illustrated common mistakes and how to avoid them including punctuality, etiquette, and follow-up practices. His practical examples and engaging delivery kept participants attentive throughout the session.

Rounding off the discussion, Obinna addressed how to be your best on the job. He encouraged the corps members to build strong work ethics, embrace continuous learning, seek feedback, and demonstrate integrity and accountability in all professional dealings.



LEADERSHIP

During the leadership module participants were guided, through a detailed session by Olusegun Elisha, Senior Programmes Officer at boys to MEN Foundation.

Olusegun took participants on a leadership journey, beginning with a consideration of the core principles of leadership and the values that define effective leaders. The session also explored the critical role of Emotional Intelligence (EI) in leadership highlighting how self-awareness, empathy, and emotional regulation are essential tools for any aspiring leader.

Using real-life examples, he examined various leadership styles, and spoke about their unique strengths and limitations. He encouraged them to recognize that while each leadership style has its place, a well-rounded leader must be flexible and able to draw from different approaches depending on the situation.

The importance of DEIB—Diversity, Equity, Inclusion, and Belonging was underscored, as well as its impact on leadership and organizational culture. Olusegun stressed that inclusive leadership is not just a concept but a practice that shapes healthier, more productive environments.



PARTICIPANTS FEEDBACK

The boys to MEN initiative is a transformative programme that has the potential to make a lasting impact on the lives of young boys. Its comprehensive approach to development combined with a strong emphasis on mentorship and community, makes it a truly valuable resources for those looking to support the growth and well being of the next generation. Personally I learnt a lot during the programme and cant wait to practice and implement all what I learnt.

For me it was quite an insightful moment to learn , unlearn, and relearn things that are pivotal in being a real man other from what we have in the society today.

It was really an enlightening programme, I like how different topics about men were explained and taught to us.

This valuable knowledge would be helpful to me in my growth and development in this season.

It was an informative and enlightening programme, it involves realistic scenarios and experiences that enable critical thinking and evaluation of men's worth.

The initiative helped me to understand that as a man, I need to play my part and not just be silent when not treated fairly. Availability, speaking out, and showing emotions are also required of a man,

#MalesMatterToo





The FACILITATORS

IFEOMA I. IDIGBE

Founder and Executive Vice Chairman,
boys to MEN Foundation

- The Real World and Gender: A paradigm shift.
- Managing your Finances
- The Rudiments of Public Speaking



OSCAR ANYIAM

Lead Software Engineer (Core Platform Engineering) at
Remita

- Maximizing this Time



OBINNA AGOMUO

Human Resources Business Partner at SystemSpecs_

- Maximizing this Time



OLUSEGUN J. ELISHA

Senior Programmes Officer, boys to MEN Foundation

- Leadership Module



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