

## 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

## '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.

## Attendance

**101** participants

were in attendance for the three cohorts from  
NYSC, Victoria Island.

Monday, May 19, 2025 - Wednesday, May 21, 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.



## Building Your Professional Identity: What You Should Know About Corporate Life

On May 19, 2025, the first cohort of our 'Owning My Space' programme had the privilege of learning from Mr. Sylva Ifedigbo, Associate Director, Corporate Communications at IHS Nigeria Ltd, who delivered an impactful session on Building Your Professional Identity: What You Should Know About Corporate Life.

He opened the session by exploring the power of branding, using real-world examples of organizations whose identities are instantly recognizable through their colors, slogans, or architectural styles. He challenged participants to build a professional identity that speaks volumes even in their absence.

A major focus was placed on the importance of digital presence, with Sylva urging participants to be mindful of how they use social media. He emphasized that employers increasingly rely on online platforms to conduct background checks and that a single inappropriate post, photo, or comment could cost someone a valuable career opportunity.

He also raised awareness around personal branding in physical spaces, encouraging participants to pay attention to their posture, communication style, and behavior in public, especially during job interviews, where evaluation often begins the moment a candidate enters the building.

This was an excellent session.



## 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.



# From CVs to Culture Fit: What HR Looks for in Young Professionals

On May 20, 2025, the second cohort of the Owning My Space program was privileged to learn from Adepoju Adebunayo Michael, Senior Specialist, People Experience HR at IHS Nigeria Ltd, who led an engaging and insightful session on From CVs to Culture Fit: What HR Looks for in Young Professionals. This session came at a critical moment, as participants prepare to transition into the corporate world. Adepoju created an interactive learning experience using the Kahoot platform, combining informative slides with real-time quizzes that kept participants actively involved. The use of a leaderboard and incentives for top performers added an element of excitement while reinforcing key learning points. Babajide carefully walked participants through what HR professionals truly look for—from crafting an impactful CV to demonstrating the right attitude and values that align with a company's culture. He offered valuable, practical tips on resume writing, interview readiness, and the importance of authenticity and self-awareness in securing not just any job, but the right job. Participants remained fully engaged throughout the session, motivated by both the interactive format and the real-world relevance of the insights shared.



## Developing A Problem Solving Mindset

On May 21, 2025, the third cohort of the programme had an enriching session with Babatunde Ajilala, Senior Manager, Commercial Finance at IHS Nigeria Ltd, who spoke on the crucial topic: Developing a Problem-Solving Mindset.

Babatunde delivered a message on the importance of adding value within the workplace. He emphasized that a commitment to excellence not only fuels career growth but also contributes to personal development. Drawing from his own inspiring journey in the corporate world, he illustrated how consistently going the extra mile even when it requires more effort has helped him stand out professionally.

He encouraged participants to approach tasks with a mindset of ownership and professionalism, noting that while this path might be more demanding, the long-term rewards are always worth it. His authentic storytelling made the session relatable and inspiring.

The session was highly interactive, with participants asking insightful questions about navigating corporate environments. Babatunde provided thoughtful, practical answers that offered clarity and direction, empowering participants to adopt a solution-oriented approach in their careers.

**#MalesMatterToo**

## Managing Your Finances

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.

## Leadership

During the leadership module participants were guided through an insightful 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 i 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, helping participants understand 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 wee 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 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,
- It was an insightful experience that taught me the values in investment and savings and adding values to myself as a person. I was also enlightened on being able to express myself regardless of what society says of being a man.
- Owning my space program is an insight that teaches how boys should come up with a different problem-solving mindset and develop an inclined emotional intelligence to solve the problem of critical thinking. I learnt a lot of problem-solving tips and how to manage my resources.
- The programme was a really good one. very informative and insightful. It is really a breath of fresh air to see initiatives and organisations that are concerned about the plight, questions and issues surrounding the life of the boy-child. I am highly impressed and wish you success as you champion this important cause.
- The program was very engaging, and we discussed topics ranging from leadership, purpose, and the general challenges the man faces daily. I also learnt about careers and how to boost my efforts in the organization I work for.
- The program was educating, and also the speakers gave real-life examples to explain all the topics discussed, which made it very understandable to me. I am looking forward to having more of this type of program/opportunity in the future. All thanks to boys to MEN Foundation for the initiative of having such wonderful leadership and life skills programmes.



# The FACILITATORS

Name	Title	Topics
 <b>Ifeoma I. Idigbe</b>	Founder and Executive Vice Chairman, boys to MEN Foundation	<ul style="list-style-type: none"> <li>• The Real World and Gender: A paradigm shift.</li> <li>• Managing your Finances</li> <li>• The Rudiments of Public Speaking</li> </ul>
 <b>Sylva Ifedigbo</b>	Associate Director, Corporate Communications, IHS Nigeria Ltd	<ul style="list-style-type: none"> <li>• Building Your Professional Identity: What You Should Know About Corporate Life.</li> </ul>
 <b>Michael Adebuseyo Adepoju</b>	Senior Specialist, People Experience, HR, IHS Nigeria Ltd	<ul style="list-style-type: none"> <li>• From CVs to Culture Fit: What HR Looks for in Young Professionals</li> </ul>
 <b>Babatunde Ajilala</b>	Senior Manager, Commercial Finance	<ul style="list-style-type: none"> <li>• Developing a Problem Solving Mindset</li> </ul>
 <b>Olusegun Elisha</b>	Senior Programmes Officer, boys to MEN Foundation	<ul style="list-style-type: none"> <li>• Leadership Module</li> </ul>

# We couldn't have done it without your generous support.

We thank IHS for their generous support of boys to MEN Foundation through sponsorship of our 'Owning My Space programme. Leadership and Life Skill Programme for Male Graduates



# IHS

## Towers of strength



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