



#MalesMatterToo

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' is a Leadership and Life skills programme 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
139 participants

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

Monday, June 16, 2025 - Wednesday, June 18, 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.



Leadership

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

Mr. 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 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.



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.

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.



Asset Management and Investment

Mr Oduwaiye Elijah delivered an insightful session focused on investment literacy, with the aim of helping participants understand how to make their money work for them. He opened the session by explaining that money is not meant to be idle—instead, it should be strategically invested to multiply over time.

Mr. Elijah introduced participants to various investment platforms available through Stanbic IBTC, assuring them of the security and legitimacy of these options. He emphasized that all of Stanbic IBTC's investment activities are monitored and regulated by the Securities and Exchange Commission (SEC), ensuring transparency and investor protection.

During the session, he outlined multiple investment opportunities such as: Treasury Bills, Commercial Papers and Mutual Funds

He detailed the benefits of each investment option, focusing particularly on the Stanbic IBTC Mutual Fund, which he encouraged participants to activate. Mr. Elijah highlighted that Stanbic IBTC offers:

Transparency, Attractive daily interest rates, and Quarterly recapitalization, where accrued investments are reinvested for compounding growth.

He confidently stated that by the end of the investment period, participants would clearly see how their money had truly worked for them.

The session received an overwhelmingly positive response. Participants from all three cohorts took immediate action by activating their Stanbic IBTC Mutual Fund Accounts, seizing the opportunity to begin their investment journey.

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The Retirement Plan : Micro Pension and Pension Accounts

Mr. Silas Azuka began his session by engaging the participants in a discussion aimed at reshaping their mindset about retirement planning. He emphasized the importance of beginning this process early in life, noting that the physical strength and capacity to work will not last forever. He highlighted a crucial reality: even in retirement, financial responsibilities and bills do not cease, making it imperative to have a retirement plan in place to ensure continued financial stability. To provide a practical solution, Mr. Azuka introduced the Stanbic IBTC Micro Pension Account—a flexible and self-regulated pension scheme designed for individuals, including those in the informal sector or self-employed, who seek to secure their future income. He explained that the account holder has the freedom to set a targeted monthly retirement income, while the bank provides guidance on the regular contributions needed to achieve this goal. He also noted that the benefits of the Micro Pension Account are extensive. Beyond regular savings for retirement, the account can be converted to a mandatory pension account in the future, offering greater flexibility and continuity for long-term financial planning.

The Blue Edge Savings

Mr. Bello Sheriff commenced his session by introducing participants to the concept of money. He noted that money is a resource that is often transient likening it to a "ghost" that can vanish as quickly as it appears, thereby reinforcing the need for intentional and disciplined saving habits as a pathway to long-term financial growth and stability. In line with this message, Mr. Sheriff introduced participants to the Blue Edge Savings Account by Stanbic IBTC Bank. He described it as a specially designed product aimed at promoting a culture of saving, particularly among young individuals. He explained that, beyond the competitive interest rates attached to the account, holders also stand the chance to participate in a raffle draw, provided they meet certain engagement criteria. Throughout the various sessions held across different cohorts, Mr. Sheriff's engaging and interactive style stirred significant interest among participants, many of whom took advantage of the opportunities presented through the Blue Edge Savings Account.








Participants Feedback

- The boys to MEN Foundation initiative is necessary in today's world where mental health of the boy child is slowly getting neglected and they are forced to conform to societal narratives. The lecture on mindset change was very crucial and also very insightful. Thank you to the organizers for this initiative
- Very impactful session, well organized and inspiring. The issues discussed are very important to society and I resonate with the mission and vision of boys to men deeply
- We are in a world where less attention is paid to men emotionally, psychologically and their total well being. However I am impressed to see a foundation that decided to sensitize the male folks about their well being and teaching them that they matter.
- 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,
- Men experience stress, anxiety, depression and trauma just like anyone else. Programmes like this are an emotional support for men to break free from trauma of sexual abuse or even suicide as it encourage men to break away from social isolation, combat toxic masculinity and promote healthy relationship
- This was a very enlightening lecture that put a spotlight on men's mental health as it is a topic that had majorly been ignored.
- These sessions really impacted me in some way. The monologues were an eye opener for me to see more and understand what men go through in the society.
- 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.



The FACILITATORS

Name	Title	Topics
 Ifeoma I. Idigbe	Founder and Executive Vice Chairman, boys to MEN Foundation	<ul style="list-style-type: none"> • The Real World and Gender: A paradigm shift. • Managing your Finances • The Rudiments of Public Speaking
 Bello Sheriff	Stanbic IBTC	<ul style="list-style-type: none"> • Blue Edge Savings
 Silas Azuka	Stanbic IBTC	<ul style="list-style-type: none"> • Retirement Plan : Micro Pension and Pension accounts
 Oduwaiye Elijah	Stanbic IBTC	<ul style="list-style-type: none"> • Asset Management and Investment
 Olusegun Elisha	Senior Programmes Officer, boys to MEN Foundation	<ul style="list-style-type: none"> • Leadership Module

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

We thank Stanbic IBTC 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



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