

'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 programme for male graduates (which naturally includes youth corporers), 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

74

participants attended the programme from
NYSC, Lagos Island
Tuesday 27th, 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.

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.



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PERSONAL BRANDING AND 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.

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

- *I felt a sense of inclusion when discussing about the behavioural pattern of men in today's world particularly in responding to emotions. This and other part of the programme have been valuable in shifting men's mind.*
- *It was an impactful session which gives room for men to talk , share ideas and opinions. It is indeed great to see someone passionately driving a mind shift in the psyche of today's young men.*
- *The programme made me aware that I do not need to bottle up my feelings as a man , I should be more expressive and ask for help when I need it.*
- *The seven men monologue is interesting, realistic and relatable. The initiative idea of men's role in society was spot on and should be valued*
- *The seminar was very educative and impactful to me. It taught me about being comfortable in my vulnerability as a man, how to manage my finances, improve my emotional intelligence and the different types of leaders*
- *I enjoyed this amazing seminar that teaches and impart knowledge and skills in leadership, managing my financial life and not settling with societal norms of how a man is supposed to live his life.*
- *This programme is very educative. I learnt a lot on how I can handle difficult situations in life, how to save for the future, and also learn to invest in order to acquire more income. I also learnt some basic skills of becoming a great leader*
- *This is an amazing lecture about being a man. Leadership is an essential requirement of life, this foundation made me have an idea on how to be a better version of myself.*

#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



OLUSEGUN J. ELISHA

Senior Programmes Officer, boys to MEN Foundation

- Leadership Module



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