



## #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 corpsers), 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

**252** participants

were in attendance for the four cohorts from NYSC,  
Surulere

Tuesday, June 24, 2025 - Wednesday, June 25, 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.



## Financial Literacy

Ms. Joan Borger, delivered a session on financial literacy, drawing from her personal journey and real-life experiences.

Despite not envisioning a career in the banking industry, Ms. Borger shared how she found herself thriving in the sector.

She recounted a story about her colleague who also happens to be her superior earning significantly more, yet constantly struggling to stay afloat financially. "By the middle of the month, she's borrowing money," Ms. Borger noted. This, she explained, is a clear example that income alone does not guarantee financial freedom wise money management does.

She also addressed a common societal issue the culture of showing off wealth. According to her, High Net-Worth Individuals (HNIs) rarely flaunt their financial status. "HNIs do not need to prove anything," she said. "It's those with less who often try to show more. Let go of the show-off mindset."

Instead, she urged participants to focus on building real wealth by planning consciously for their future. One practical step she offered was to open a SunTrust Bank account, explaining the benefits and tools the bank provides for better financial management.

Ms. Borger went further to engage participants directly, inviting questions, sharing insights, and helping some of them open accounts on the spot.

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# Financial Literacy

Mr. Austin Okeke delivered a presentation on the importance of setting financial goals early in life and taking deliberate steps to achieve them.

He began by highlighting the excitement and opportunities that come with financial stability, especially when approached consciously and consistently from a young age. According to him, adopting intentional financial habits is not just about saving money—it's about building a future of freedom, security, and growth.

Mr. Okeke emphasized that money should not sit idle. He explained that money, when strategically invested, has the potential to grow and multiply through legitimate and verified investment channels. He introduced participants to several viable investment options, including: Treasury Bills, Mutual Funds, Commercial Papers, Shares and Stocks

As part of his presentation, Mr. Okeke spotlighted SunTrust Bank and its commitment to supporting young people in their financial journey. He stressed that the bank is not just a place to save money—it's a partner in financial growth.

To help participants stay on track and benefit from professional guidance, he encouraged them to open an account with SunTrust Bank, giving them access to personalized financial advice, tools, and resources that can help them grow their wealth over time.









# Participants Feedback

- The programme was insightful and couldn't have been brought up in a more perfect time. I am more determined to consciously and continuously make intentional changes to redefine how I think and express myself in actions and gestures.
- The programme was impactful and it made me feel seen . There's a whole lot to unpack from me as a young man
- The programme was quite interactive and mind developing. The programme re-iterates the needs for males to support each other more in the spectrum of societal pressures and issues
- The session helped in talking about crucial matters concerning men in the society and also encourages men to speak up and take care of themselves.
- The programme tackles the issue of depression and emotional negligence amongst men, it did well to highlight the need for men to take proper care of their emotions rather than being rigid always.
- I learnt quite a lot from this programme, enough to make me have a rethink about life itself and my goals as a man. To lead certain qualities ought to be in store and it was fully buttress today. I leave here a change man, forever grateful.
- I learnt today that men should be intentional about thier mental health and not let unnecessary societal expectations and pressure limit us.
- This programme is educative and suitable to build men of substance who shall make great impacts in their generation starting from their homes.



# 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>Joan Borger,</b>	Head, Product Development Sun Trust Bank	<ul style="list-style-type: none"><li>• Financial Literacy</li></ul>
 <b>Austin Okeke</b>	Product Development Officer Sun Trust Bank	<ul style="list-style-type: none"><li>• Financial Literacy</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 SunTrust Bank 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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