

‘Owning My Space’

Leadership and Life Skills Programme for male graduates



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

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

69 participants

Wednesday 19th - Thursday 20th
November 2025

The Real World: challenges men face and, Gender : A paradigm shift

Mrs. Ifeoma Idigbe, the founder, opened the session by drawing on her varied life experiences as a wife, mother of sons, and professional to address the complexities men face. Her presentation helped participants realize they are not alone in their challenges, establishing the event as a safe space where vulnerability was encouraged and the significance of seeking help was highlighted.

Participants watched seven monologues that depicted various real-life issues men encounter. This led to discussions anchored by Mr. Christopher Aneni. Participants were given the opportunity to reflect and share how the monologues resonated with them. The discussion focused on developing solutions and navigation strategies for men experiencing similar problems.

The session emphasized that changes in mindset lead to corresponding changes in attitude and behavior, equipping men to "survive and thrive" in the real world. This segment challenged traditional notions of masculinity and promoted the importance of emotional growth, healing, and resilience. #MalesMatterToo.



Leadership

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

Using real-life examples, he examined various leadership styles, identifying their unique strengths and how to apply different approaches depending on the situation. He discussed the importance of DEIB (Diversity, Equity, Inclusion, and Belonging), emphasizing that inclusive leadership is a practice that creates healthier and more productive environments. Through this session, participants gained a foundational understanding of what it means to lead with integrity, empathy, and flexibility.



Managing Your Finances

Mrs. Idigbe started the discussion by asking participants to estimate the minimal monthly salary they are likely to earn after their service year, which was identified as N150,000.

Next, participants were asked to itemize their basic monthly expenses. The crucial observation was that the total estimated expenses were higher than the projected income. Mrs. Idigbe noted that managing this income-expense gap as the first significant challenge to achieving financial breakthrough.

To overcome this fundamental challenge and move towards financial freedom, Mrs. Idigbe outlined several practical tools:

- **Delayed Gratification:** This was identified as a critical tool for escaping financial constraint.
- **Shared Expenses:** Utilizing shared expenses (e.g., splitting rent or utility costs) was presented as a strategic way to reduce the burden of costs, thus building financial capacity.
- **Multiple Sources of Income:** Mrs. Idigbe emphasized the need for developing multiple income streams.

Mrs. Idigbe stated that a budget without a commitment to savings is incomplete. She asserted that savings and investments remain the valid, conscious steps a person can take toward financial independence.

She then advised that as savings grow, it is important not to become complacent. Since financial freedom is an ongoing process, the next step is to transition savings into investments to maintain momentum. Mutual Funds were identified as a trusted investment avenue for reliable growth. She also discussed other investments such as money market, equity, bonds and property.

Mrs. Idigbe concluded the segment by offering participants practical solutions, effectively shifting their focus from simply earning to strategically managing and growing their financial resources.



Sterling Bank Presentation

Sterling Bank Representative introduced the bank products emphasizing customized account options and the necessity of cultivating saving habits.

Participants learned about different account types, including Current and Savings accounts, detailing the purpose and benefits of each.

The bank promoted structured savings plans introducing their platforms that support it such as Investment Account and Sterling Recurring Deposit Account which encourage disciplined saving towards goals and offer competitive interest rates to accelerate financial growth.

Participants were introduced to money market instruments, specifically Mutual Funds, as low-risk investment options designed for capital preservation and generating returns superior to standard savings.



Feedback from Participants





- The programme is enlightening, I love how relatable it was not just with the facilitators but within ourselves, we get to share ideas about improving mens mental health, learn how to manage our finances and qualities of a leader
- This programme has been highly impactful in more ways than one. The initiative is commendable as it shines light on the struggles of men especially as it not talked about in the social dime of today. Two standout moments for me out of the many intresting nugget is the 'It's a Boy'! monologue which resonates deeply as it is something I have experienced in the past . Two is the Leadership discussion as it help what i am currently studying on.
- boys to Men foundation has just answered some of the questions buggling my mind as pertaining to what it is to be a man, a leader, a good friend , a good brother, and so on. This programme should be encouraged and spread across other states, because like me there are others who seek answers.



- Today's programme was inspirational, knowledgable and informative. I loved the interactive class and how each speaker related to real life scenarios.
- The programme was a breath of fresh air, I'm not a fan of motivational speeches and programmes but I find myself relating to the programme because the topics are relatable.
- Men shouldnt be afraid to speak out. Self realization and self love enables man to love others equally, there is no superior gender, respect each other and take every child as a blessing.



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 • Personal Branding and the Rudiments of Public Speaking
 Christopher Aneni	Facilitator boys to MEN Foundation	<ul style="list-style-type: none"> • The Real World, and Gender: A paradigm shift. • Managing Your Finances
 Olusegun Elisha	Senior Programmes Officer, boys to MEN Foundation	<ul style="list-style-type: none"> • Leadership
 Sterling Bank Representatives		<ul style="list-style-type: none"> • Sterling Bank Presentation

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