



Lux Terra Leadership Foundation NEWSLETTER

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Quarterly News and Reports

PUBLIC FORUM ON MENTAL HYGIENE

The Lux Terra Complex was the venue for the public forum held May 1, 2014, which began with a one-hour film show on Mental Health by Daniel G. Amen, M.D. Titled "Magnificent Mind at any Age," the video expatiated on a wide range of brain-related health conditions. Health professionals, experts and consultants were present, including those in the fields of psychology, psychiatry and neurology.

Significant topics covered in the video include: Natural treatments for the brain; natural ways to help attention deficit disorder, anxiety and depression, to boost memory, sleep and pain reduction; prescriptions to promote a brain-healthy life and help increase lifespan by as many as 14 years.

While finding the video highly informative and educative, participants raised a number of questions, observations and concerns. The experts provided answers and informed opinions on such myriad issues as: The importance of good sleep hygiene; the capacity of the brain to recover at any age; the harmful effects of substance abuse; learning new activities, especially those that use all the five senses; brain exercise like solving puzzles; nutrition and medication in mental health management; the place of local foods (e.g. ugu) as a major part of a balanced diet. They highlighted conditions like Parkinson's and Alzheimer's diseases, dementia,



autism, Down syndrome and tremor, that impact on brain function.

Participants also discussed issues on the influence of unwholesome religious practices regarding group hypnosis and brainwashing. They lamented the lack of affordable professional help for mental and psychological therapy.

Lux Terra Leadership Foundation was commended on the forum, more of which was called for as a regular feature in its programming, to help disseminate important health information, promote personal and public discipline, as well as help parents improve their parenting skills.

FIRST SET OF TRAINERS GRADUATE AT PSI

On May 9, 2014, eleven pastoral agents (priests and nuns) drawn from Nigeria, Kenya, Uganda and Sierra Leone graduated from the Psycho-Spiritual Institute (PSI) of the Lux Terra Leadership Foundation, in Chemchemi, Nairobi, Kenya. They had completed a 9-month Training of Trainers (T.O.T.) course in Psychology, Spirituality and allied courses with a view to developing psycho-spiritual courses in African context.

At the Eucharistic Mass marking the day were the Apostolic Nuncio to Kenya and Sudan, Archbishop Charles Daniel Balvo; the Executive Director of Lux Terra Leadership Foundation, Fr. George Ehusani; Revd Prof. Peter Gichure, Director of Academic Linkages, Catholic University of East Africa; Fr. Dominic Adeiza, Director PSI; the Executive Council members of the

Association of Sisters of Kenya (AOSK); various congregational members, friends and family members of the T.O.T. participants.

Archbishop Balvo extolled the initiative of Lux Terra Leadership Foundation as a flagship in response to a critical need in Africa. He praised the pioneering effort of the T.O.T. participants who will be teaching the use of a hybrid of psycho-spirituality as African tools and methods in counselling, therapy and healing for those experiencing emotional and psychological trauma.

Fr. Ehusani expressed his delight in seeing the birthing of the PSI and highlighted the role of Toni Goertz and Missio Aachen. He announced that some T.O.T. graduates would join the Nairobi

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PSI GRADUATION

...from front page

faculty in August 2014 while others will do more specialised courses and counselling practicum, preparatory to opening the Uganda and Ghana centres subsequently.

On behalf of the other T.O.T. graduates, Sister Margaret Yusufu paid tribute to all the trainers, Missio and staff members of Chemchemi for the opportunity to contribute towards the mission in Africa.

UPCOMING EVENTS

Prefects Workshop: 3rd-7th August 2014. At: Divine Mercy Secondary School, Asokoro, Abuja

The Lux Terra Leadership Foundation organises an annual workshop for senior secondary school students who have been selected to the various positions of school leadership. The workshop

prepares them for their roles as student leaders and cultivates their potential as effective future leaders in society.

The participants will be taken through various topics such as: The Challenges of

effective Leadership, Conflict management and the attributes of the Perfect Prefect. Participation is drawn from schools in Abuja and across the country.

Leadership and Management Skills for Senior Executives: 2nd - 4th Sept., 2014

A three-day intensive leadership training course is planned for the 2nd, 3rd and 4th of September, 2014 for executives and management personnel of public agencies and corporate private organisations, including managing directors, permanent secretaries, directors-general, directors, deputy directors and senior managers.

The challenge of human progress and nation building has for generations been known to depend on the quality of

leadership. Part of the training philosophy of Lux Terra Leadership Foundation is predicated on a commitment to the transformation of the character and conduct of leadership in our society.

The Foundation is thus engaged in the training of current and future leaders at all levels, in the dynamics of good, effective, visionary and purpose-driven leadership, as well as in the skills of managing human and material resources in today's competitive society.

Some of the topics to be covered on the course include: Challenges of Leadership Today; Leadership and Management in Public Office; Policy Implementation Enhancement Strategies; Communication for Management Effectiveness; Enhancing the Leader in You; Managing Personal Finances; Group Facilitation Techniques; Busy Executives and their Work-life Balance; The Stewardship of the Body – Living to be Alive.

Total Health Forum: Third Quarter of 2014. At: Lux Terra Complex Apo, Abuja

As a follow-up to the public health forum on mental hygiene held on May 1, 2014, Lux Terra Leadership Foundation in collaboration with health experts and

consultants active in the promotion of wholesome health, is planning to institute public health forums on a regular basis to discuss and raise public awareness on

important health issues. The first of such forums is to be held in the third quarter of 2014.

Workshop For Bishops: End of Third Quarter of 2014

A training workshop for bishops is planned for the end of the third quarter of 2014 to refresh their skills in the management of their diocesan jurisdictions. To be effective

managers and not just being spiritual leaders or pastoral administrators, even bishops need to be aware of best practices in resource and human capital management. In a fast

changing environment of social and economic challenges, bishops need to enhance their understanding of modern tools and techniques for dealing with leadership issues.

ACKNOWLEDGEMENT

We acknowledge and thank you for your contributions to Lux Terra Leadership Foundation. Your continued support of the Foundation is critical to our capacity to organise and run these programmes of leadership development in Nigeria.

We look forward to your sustained commitment through financial contributions to our Account No.: 1001459442 at Keystone Bank, Asokoro, Abuja.

Look out for regular updates of the projects, programmes and activities of the Foundation via this medium.

Executive Director