



Lux Terra Leadership Foundation NEWSLETTER

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News and Reports 2016

(Special Issue)

Capacity Building for Nannies and Staff of Nursery/Primary Schools

A one-day training workshop was organized at the Lux Terra Complex for 50 staff members of Creative Learning International Nursery/Primary School and Laurel Montessori Centre in Abuja, two learning and care facilities for young

children. It was an intensive workshop with interactive sessions on the multiple dimensions of child care (legal, ethical, social); and the understanding and appreciation of Emotional Intelligence and Self-actualizing Work that go with child care. Feedback would include visits to the facilities to assess the level of on-the-job application of the handy hints from the workshop.



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Post - Workshop Visit

Consequently, a visit to Creative Learning School was undertaken on April 22, 2016 where facilitators garnered useful information regarding the outcome and practical implementation of the training. The recipients described the modules on Emotional Intelligence and Child Psychology as very helpful and enlightening. They sought further insights into issues such as Multiple Intelligence, Negotiation Skills and Dealing with Challenging Behaviour.

Effective Leadership for Secondary School Prefects – Regina Pacis College

Regina Pacis College, Garki Abuja, was host to a 3-day intensive training programme facilitated by Lux Terra Leadership Foundation, January 14-16, 2016 for potential prefects of the college.

The programme is designed for the senior class from among whom prefects are regularly chosen. This year's set were put through leadership topics including 'A life of focus', 'Learning to manage people', 'Goal setting', 'Perfect prefect', 'Self-esteem', and 'Responsible use of ICT.' The training sensitized them to the practical imperatives of interacting with younger students, peers and school authority. It equally inspired them to prepare for the daunting task of leadership from a young youthful age to

adulthood in later life.

Post-Workshop Visit to the College

Florence Nwachukwu and Robinson Okeke, two of the training facilitators, undertook a post-workshop visit during which some prefects alluded to their frustration with exercising authority and creativity, sometimes experiencing humiliation in the presence of their peers.



Introductory Course in Trauma Healing – First Contact Session

Lux Terra Leadership Foundation, with support from TY Danjuma Foundation, inaugurated a high quality course on Trauma Healing with the goal of providing training for an expanding crop of carers and supporters of trauma victims of insurgencies, various forms of conflicts and natural courses. It is a weekend course of several components in the first year, to further advance into a second and third year leading up to university certification. The first Contact Session of 40 participants held at the Lux Terra Complex Abuja, March 17-20, 2016 would ultimately produce trainee-trainers to further train others in trauma healing for service in the field.

This inaugural session attracted the presence of two key religious figures – John Cardinal Onaiyekan of the Catholic Archdiocese of Abuja and Mallam Nurudeen Lemu of the Islamic Education Trust, Minna. Training modules including: Concepts and Theories of Psycho-Trauma; Intergenerational Trauma; Interpersonal Trauma; Disaster and Accident Trauma; Empathy and Compassion in Trauma Healing; Managing Emergencies and Psychological First Aid; Record-keeping and Information Management in Counselling; Diagnosis of Psycho-Trauma; Neurophysiology of Trauma and PTSD; were adequately handled by expert resource persons – Prof. Andrew Zamani, Prof. John Ekore, Adetola Grillo and Rev. Fr. George Ehusani.

Public Forum on LAUDATO SI'



LAUDATO SI'

CARE FOR CREATION

May 1, 2016 at Lux Terra Complex, Rev. Fr. George Ehusani, Executive Director of Lux Terra Leadership Foundation moderated the forum discussion on the Pope's Encyclical letter on the global environment, LAUDATO SI'. He brought together a crop of knowledgeable individuals whose professional and career engagements bring them close to the issues of elemental human activities and their impact on creation and the environment.

Joseph Bassey, a water resources engineer spoke on the waste and abuse of water as a limiting resource that needs to be protected. He raised the issue of the indiscriminate sinking of clusters of boreholes in built-up areas in our cities, citing the danger that this ill-advised practice could pose.

Hilary Ogbonna, a UN Agency executive on Sustainable Development Goals and like global development issues, highlighted the impact of the Pope's document on the world stage, a document he said addresses all of humanity. He recalled among his experiences, the despoliation of the once vibrant and thriving Lake Chad environment, a far cry from when he rode by speedboat as a young child on the

Priscilla Achakpa, a well-known activist on gender and family issues, recognized the grinding poverty in large sections of Africa and the world, lamenting the detrimental effect of environmental degradation on the existential burden on women in families. She posited that in the face of natural disasters and human-induced environmental crises, it is the woman who in the end is left to manage coping devices and strategies for the survival of families.

Prof. Placid Njoku, an animal scientist, noted that humans as minute elements in the universe and the galaxy, need nature to survive, whereas nature does not need us - nature being in a constant state of flux, transforming and evolving through time, since creation. He observed that to avoid extinction which has been the lot of many of the world's species, humans must cultivate a tripartite relationship with the Creator and the earth, adapting to the environment through advancements that provide peace and well-being.

Fr. George Ehusani paraphrased the six-chapter Encyclical letter along themes that include: the condition of our common home (Mother Earth); the gospel of

of integral ecology; human lifestyle conversion, driven by spirituality; and a critical call to dialogue. In a nutshell, the Pope's document draws urgent global attention to the inexorable human degradation of mother earth, to the point of courting catastrophic global environmental disaster, if left unchecked.

Young Women Empowerment and Leadership Programme

In a 2-day empowerment and leadership training programme at the Lux Terra Complex moderated by Ifeoma Malo, a group of 40 young women aged 18 to 35 were addressed by panelists comprising successful young female executives, entrepreneurs and professionals in various fields.

The objective was to sensitise, inspire, motivate and empower them with insights and tips to becoming successful themselves as entrepreneurs and leaders in their own right.

The discussion sessions covered key self developmental issues including: Leadership, Rising with Purpose; Workplace Boundaries and Work/Life Balance; Challenges of Rising to Senior and Significant Roles; Building Confidence in Capabilities; Identifying Limiting Behaviours; Women and Competition; Strategies to Working Effectively with Others; Building Vision and Matching Ambition.

The panelists included Dr. Chinwe Madubuiké, Irene Bangwell, Aishatu Ella - John, Chidinma Chidioka, Yetunde Enendu, Blossom Ozurumba, Kemi Kuin and Ifeyinwa Emelife.

The participants were addressed by the Executive Director of Lux Terra Leadership Foundation, Rev. Fr. George Ehusani, on "A Life of Purpose," with opening remarks by Rev. Fr. Dominic Adeiza, the PSI Director of the Foundation.



Democracy Day Public Forum - Individual Contributions to Moral Decay in Nigeria (How we debase society)

A public forum was held at the Lux Terra Complex on the Democracy Day holiday, may 1, 2016 to reflect and appraise the impact of individual contributions to the ongoing decline of morals in societal life in Nigeria. In the course of the open group discussions, a synthesis of the negative inclinations and behavioral tendencies of individuals and groups in society threw up such prevalent practices as indiscipline, rampant corruption, poor and detrimental parenting, greed, instant and self gratification, poor work ethics, religious and ethnic bigotry, shad business and administrative practices, manipulation and exploitation of weak public systems, nepotism and favoritism, conspicuous consumption and many more.

Imperative solutions to our collective national malaise were identified to include movement towards honest self assessment of leadership and follower ship, speaking and teaching about wrong practices, promoting justice and enforcing sanctions as deterrence, good neighborliness being agents of positive change everywhere, inculcating the right moral values in children, and generally promoting the common good.

What have we done WRONG?	What MUST we do to make it RIGHT?
<p>WE are INDISCIPLINED – driving, waste disposal, clock-in-time</p> <p>UNETHICAL Business PRACTICES – cheating and over-invoicing</p> <p>BENEFITTING from Bribery and CORRUPTION</p> <p>WASTEFUL and OSTENTATIOUS in the midst of poverty</p> <p>Religious and ethnic BIGOTRY</p> <p>Do not care for our CHILDREN</p> <p>NEGATIVE ATTITUDE towards our Country</p> <p>We COMPLAIN and are LAID-BACK about creating CHANGE</p> <p>SELF-CENTERED: not worried about others</p> <p>Teach our CHILDREN to CHEAT</p> <p>Ignore INJUSTICE – turn our backs and carry on</p> <p>We practice NEPOTISM and FAVOURITISM</p> <p>We seek INSTANT GRATIFICATION</p> <p>STEALING from our employers</p> <p>CHEATING our employers</p> <p>Treating our domestic workers and employees BADLY</p> <p>Double Lives – “Churcheous, yet not truly Christian”</p>	<p>BRUTALLY HONEST SELF-ASSESSMENT</p> <p>DECIDE THE CHANGES YOU WANT TO MAKE</p> <p>LIVE A BETTER LIFE: BE A BETTER EXAMPLE</p> <p>SPEAK AND TEACH ABOUT THE THINGS THAT ARE WRONG</p> <p>ENCOURAGE OTHERS TO BE BETTER</p> <p>BE AN ACTIVE AGENT OF POSITIVE CHANGE WHEREVER YOU GO</p>

Trauma Healing Training – Second Contact Session

Some 31 of the inaugural set of 40 participants of the first Contact Session of the Trauma Healing Trainee-Trainer

Programme returned to Abuja for the second Contact Session held June 16-19, 2016. They were taken through various modules

and activities to further enrich their learning and enhance their intervention capacities in dealing with traumatized victims and trauma scenarios. The facilitators infused a deeper understanding of the various elements impacting on trauma situations and experiences – namely: Resilience as an attribute; the place of Justice and Ethics in trauma healing; the component elements of Unhealed Collective and Multi-generational Trauma; the effects of Vicarious Trauma; as well as the use of Art Forms in Trauma Healing. Facilitators at this Session included Rev. Fr. George Ehusani, Adetola Grillo, Prof. Andrew Zamani and Dr. Joanna Nwosu. Experiential intervention narratives and workshop exercises constituted valuable interludes in building up the effectiveness of the training from where the course participants will prepare for the next stage of the programme.



Trauma Healing Training - Third Contact Session

A 2-day intensive Third Contact Session in Abuja, September 23 - 24, 2016, rounded off the first phase of the training in trauma healing begun in March 2016 for a corps of trainee-trainers drawn from Benue, Yobe, Taraba, Borno, Adamawa, Bauchi, Kaduna, Nasarawa and Plateau states, as well as the Federal Capital Territory. Flash points in the nine states have been among the areas of the north of Nigeria most affected by unrest and insurgency, particularly from the activities of Boko Haram.

Participants at this third Contact Session aimed to consolidate and enhance their capacity to intervene meaningfully in helping traumatized persons and to help train other field workers in trauma

management among the most affected population of victims of strife and insurgency, especially in numerous camps harboring internally displaced persons. This training dealt more deeply with such

trauma issues as: Faith and Spirituality in Trauma Resilience and Healing; Mindfulness, Meditation and Compassion in Trauma Healing and Resilience; Models of Crisis Intervention and Trauma Counselling;

Repressed Conflict, Unforgiveness and the Cycle of Violence; Mobilising Psycho-social Support and Referral Services for Trauma Healing.

Breakout sessions were organized to highlight salient dimensions of the training facilitated by experts, including Dr. Zubair Dagona, Adetola Grillo, Prof Andrew Zamani, Dr. Joanna Nwosu and Rev. Fr. George Ehusani.



2016 Leadership Camp for Prefects

This year's Prefects Training Workshop in Abuja, July 24 - 29, 2016, brought together 120 prefects from secondary schools in Ebonyi, Anambra, Kaduna, Benue, Kogi and Plateau states, and the Federal Capital Territory.

The annual training workshop is designed to equip secondary school prefects with knowledge and skills in self-awareness and leadership development.

Standard rules of behavior and discipline expected of student leaders were spelt out, the breach of which would incur consequential sanctions including eviction from the camp and/or withdrawal of certificate of attendance by the Foundation at the award night.

The prefects were privileged to learn from notable speakers on topics including: The Challenge of Leadership,

Effective Communication, Goal Setting, Public Speaking, Emotional Intelligence and Conflict Management.

Outings included excursions to notable sites in the city of Abuja as well as slum areas in the city's environs.

In the course of the training, students engaged in physical recreation and career counseling, as well as club activities in drama, music, creative writing and a closing variety night performance.



UPCOMING EVENT

**December 6 - 8, 2016 for Clergy of Lokoja Diocese
Workshop on Effective Management of Parish and Church Structures**

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

NEWSFLASH!

PSI Graduates 1st Set of Psycho-Spiritual Therapists

The Psycho-Spiritual Institute of Lux Terra Leadership Foundation has witnessed the graduation of the first set of Psycho-Spiritual Therapists at the Catholic University of Eastern Africa, Nairobi, Kenya on October 28, 2016.

Among the 4 first graduands is a 1st Class Honours Masters of Arts degree candidate from Nigeria, while the other 3 bagged their Masters degrees in the 2nd Class Upper division.

The degree is titled "Masters of Arts in Psycho-Spiritual Therapy and Christian Counselling."

Graduates of this Institute that was established by Lux Terra Leadership Foundation are equipped to offer an integrated therapy support to an increasing number of Christians, including Clergy and Religious, who now and again suffer emotional and psychological problems.

The next set of 14 candidates in the Institute shall, all things being equal, graduate in May 2017.