



Lux Terra Leadership Foundation

NEWSLETTER

October 2016 - April 2017

News and Reports

Effective Leadership and Management of Church Structures

Over 50 Priests from the diocese of Lokoja on December 6th assembled at the Lux Terra complex, Abuja to equip themselves with the necessary skills and strategies aimed at effectively managing congregation and church structures. The three-day workshop led by the Diocesan Bishop, Most Rev. Martin Olorunmolu, included courses such as - Leadership in Turbulent Times; Effective Administration of Church Structures; Conflict Management and Emotional Intelligence; Healthy Living Habits; Benefits and Pitfalls of ICT, etc. Professor Placid Njoku, Professor Pat Utomi, Professor Felicia Anumah, Mrs Bridget Itsueli, Mr. Mike Omololu among other resource persons, facilitated the programme which concluded the Foundation's training activities for the year.

Workshop for the Managements of Congregations

The month of February also involved a four-day workshop for Mothers-General of the Sacred Heart of Jesus, Uromi, Edo state and Daughters of Divine Love, Enugu, Enugu state on Leadership and Management of Religious Congregations. The course content embraced various dimensions of Leadership including Leadership Challenge, The Spirituality of Leadership, The dynamics of strategic planning, Legal issues in the Management of congregations, Introduction to Emotional Intelligence, Effective and Responsible use of ICT, Management Skills for Congregation Leaders, etc. Resource persons were drawn from the Foundation's Faculty including Rev. Fr. George Ehusani, Rev. Fr. Dominic Adeiza, Rev. Sr. Juliet Ifediba on legal issues and Mr. Mike Omololu on Emotional Intelligence. The training turned out to be a much needed and well received enlightenment for the management leadership of the two religious congregations.

Effective Leadership for Secondary School Prefects

The Foundation ran a three-day training programme from January 16 – 18, 2017 for the senior class of Regina Pacis College, Garki, Abuja, as a prelude to the selection and appointment of prefects of the college for the next school year.

This training is offered each year to equip the potential prefects with the basic skills in leadership and organization to assist the school's management with the maintenance of discipline and order among the students. This training covered

such areas as: Thoughts for the young leaders; Living a life of focus, First among equals; Perfect prefect; Self-esteem; Managing people; and Responsible use of ICT.

The training was energized with exciting group dynamics that engaged the active participation of the students. It would also prepare them for leadership challenges in and out of school. Faculty members delivering these courses included Gbitse Barrow, Judith Afam, Angela Agoawike, Henry Ijomah, Mike Omololu, Patricia Fom, Florence Nwachukwu, Onize Ohikere as well as Rev. Fr. George Ehusani and Rev. Fr. Dominic Adeiza.



Trauma Healing Training Course (PHASE 1)

The recruitment exercise into the first batch of the Trauma Healing Training Program began in January, 2017 and saw thirty-five participants attending from eleven states of the North East and North Central zones of Nigeria including the F.C.T. The participants arrived Abuja on Sunday February 26, 2017 and departed on Saturday March 4, 2017. The trauma healing training program started on Monday February 27, 2017, at the Lux Terra Complex with the opening ceremony witnessed by the staff of Lux Terra Leadership Foundation, some invited guests and the press corps. The keynote address was delivered by Mallam Nurudeen Lemu of the Islamic Education Trust, Minna, Niger state. Thereafter, the classroom sessions over the five-day training period involved the presentation of modules including: Concepts and Theories of Psycho-Trauma and Epidemiology of

Trauma Distribution in the population; Typologies of Trauma Stress viz Inter-Personal Trauma (War/violent conflicts, Natural Disasters, Accidents, Robbery, etc); Collective, Inter-generational and Multi-generational Trauma, and effects of unhealed Trauma Stress; Introduction to Record keeping and Information Management in Trauma Healing- Facilitated by Prof. Andrew ZAMANI; Trauma Awareness and the Neurobiology of Trauma; Dynamics of Post Traumatic Stress Disorder (PTSD);

continued overleaf



The Paradox of Stress Resilience and Devastation; Resilience - A Bio-Psychosocial and Spiritual Approach; Breaking the Cycle of Violence with Forgiveness; The Role of Spirituality in Trauma Healing - Facilitated by Rev. Fr. George Ehusani; Assessment and Dignosis of Psycho-Trauma; Managing Behavioral Emergencies and Psychological First Aid; The Place of Justice in Trauma Healing; Ethics in Trauma Healing; Mindfulness, Meditation and Compassion in Trauma Healing and Trauma Resilience - Facilitated by Dr. Grillo Adetola; The Use of Art Forms in Trauma Healing - Facilitated by Rev. Fr. Dominic Adeiza; Empathy and Compassion in Trauma Healing and Trauma related Communication Skills - Introduction to Listening Techniques - Facilitated by Prof. Haruna Karick; Mobilizing Psycho-Social Support and Referral Services for Trauma Healing; Facilitated by Dr. Zubairu Dagona. For discussions on the module The Role of

Spirituality in Trauma Healing, participants went into two major groups (Christianity and Islam) to study the religious dimensions.

There were question and answer sessions for participants to seek clarification on issues covered by the modules. Group exercises were also organized where participants were broken into several groups to address various dimensions of the modules presented.

Monitoring and Evaluation (Phase 1)

The monitoring and evaluation exercise was conducted, April – 6, 2017, by teams of experienced supervisors and experts in the area of psychology. They visited the participants to have an overview of what they were doing in their various locations and the impact the training has in the areas of the work they do. Step down training programs for expanded beneficiaries were being planned by the course participants.



Trauma Healing Training (Phase 3)

The same number of participants registered for the third and final phase of the Trauma Healing Workshop which held from April 24-28, 2017. The modules of this phase were again covered by the same facilitators.

Monitoring and Evaluation (Phase 3)

The monitoring and evaluation exercise for the third phase will be undertaken between May 22-26, 2017.

Trauma Healing Training (Phase 2)

The second Phase of the Trauma Healing Training workshop registered thirty-five participants again from the zones covered in the first phase. The program ran from March 27-31, 2017 and began with a keynote address by Mallam Mustapha Mohammed of Ray Power radio station in Abuja. The modules of this phase were largely identical with those covered in phase one by the same facilitators.

Monitoring and Evaluation (Phase 2)

For this second phase, the monitoring and evaluation exercise is ongoing and is being facilitated by the same group as in phase one. Step down training programs will equally be incorporated in the participants' post workshop activities.



Young Women Entrepreneurship Programme

A one-day workshop on entrepreneurship was organised for over 35 young women on March 18, 2017 anchored by Ify Malo and supported by Gbitse Barrow. The programme opened the participants to the self-building and motivating concepts and values for self-discovery and actualization, to enhance wellbeing, satisfaction and contentment in life. They were taken through the various stages of passion, knowing one's self and purpose, the philosophy of work, learning and self-improvement, the prioritisation matrix, the to-do list as a work enhancement tool, self-development, managing one's energy-body, mind, emotions and spirit, tips on building a business, etc. The summary of this pep talk is letting their passion cave out a path to a successful and fulfilling life for the young women in a challenging world.

2017 Lenten Retreat

A retreat to usher in the season of fasting and prayer was moderated by Rev. Fr. Robert Achiaga at the Lux terra chapel on March 11, 2017. It is pertinent to note the significance of the cross in our lives as Christians. Areas reflected upon included; The goal of Christian Life, The Temptation of Jesus Christ and its lessons, The use of Music to improve spiritual Life. He stressed the need for Christians to know who is in the saddle, know whose voice they hear and who is preaching.' He admonished the youths to be conscious of morals and values and learn to be selective in their musical and entertainment choices.

News

Lux Terra has launched an audio web-streaming platform on www.luxterraradio.com for the airing of Homilies, Reflections and spiritual Songs.

In addition to the on-going television programmes on various TV networks across the country, Lux terra daily Psalms are sung on air on Lumen Christi Television.

UPCOMING EVENT

Prefects Summer Camp Training- July 30 - Aug 4, 2017

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