



IMPACT REPORT

Initiative for Self Esteem Education and Advocacy



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MESSAGE FROM FOUNDER

"I knew then that my life will never be complete if I did nothing to help young people going through low self-esteem"



Rosemary Ochiwu
Executive Director, ISEEA

This journey began with no clear destination in mind, except one desire: to encourage other young people going through low self-esteem by sharing my story.

I grew up battling low self-esteem. It was so chronic that it left me unable to look into a mirror for fear of what I would see there. Years later, when I shared this experience with family and friends, I would be told "but you've always been confident! You did not look like someone who had low self-esteem!". The more I heard variants of that statement, the more I understood the depth of the challenge posed by low self-esteem.

My understanding of the challenge ignited a desire to help victims of low self-esteem and prevent many from becoming victims. I knew then that my life will never be complete if I did nothing to help young people going through low self-esteem.

Years later, my desire to encourage others by sharing my story through a blog, led me to a path of purpose in the non-profit space, which birthed this organization.

As a newly birthed organization, we know that there will be a lot of challenges, but we believe that those challenges will be opportunities for growth and our commitment to excellence will ensure that we thrive against all odds.

It is my earnest hope that this Initiative will break the mental barriers of unworthiness and emptiness that holds back victims of low self-esteem.

To our donors, partners, and numerous volunteers and supporters, thank you for your unwavering belief in our cause and we look forward to your continuous support in this new phase.

ABOUT US

Initiative for Self Esteem Education and Advocacy (ISEEA) previously known as Self Esteem Diary, is a non-profit youth-centered hub in Nigeria. We promote awareness on the importance of self-esteem, self-awareness, and teach you how to overcome low self-esteem.

Vision

To see an increased awareness of the importance of self-esteem and the effects of low self-esteem, and to be a catalyst for a youthful population that is more self-aware and resilient.

Mission

To equip young people with the knowledge they need to overcome low self-esteem using media, mentorship, partnership with relevant stakeholders, advocacy programs, and impact projects in local communities across Nigeria.

Goals

1 To enlighten young people on the importance of self-esteem, the effects and causes of low self-esteem, and how to overcome it.

2 To create a network of young people that respects each other's individuality & supports each other.

3 To reduce the causes of low self-esteem through projects that will increase literacy, financial independence and aid the personal development of young people.

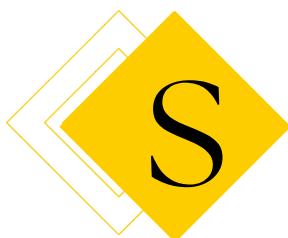
4 To become a resource centre for information relating to self-esteem.

Core Values



Integrity

We believe in honesty and therefore, we adhere to a strict ethical code of conduct that encourages transparency and validates the trust reposed in us by our trustees, donors, staff, volunteers, beneficiaries, and members of the public.



Servant Leadership

We understand that at its core, leadership is service. Hence, we are intentional about building an organizational culture where people feel seen, heard, and appreciated.



Excellence

We strive to be meticulous, accurate, and punctual in the delivery of the goals and objectives for every project we undertake.



Empathy

We practice non-judgemental communication and demonstrate sincere interest and concern for others, to build unity, foster inclusion in diversity, and enhance positive outcomes.



Accountability

We place emphasis on self-awareness and encourage a work culture where individuals take responsibility for their actions and they understand the effect of those actions on our mission, vision, and goals.



PROJECTS & ACTIVITIES



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PROJECT H.E.L.P.

In March 2022, we heard about the story of a 15 years old girl in Galadimawa community in FCT-Abuja, who grew up with a father that constantly demoralized her and threatened to kill them. She developed chronic low self-esteem & an intense need to be loved and accepted which made her easy prey for a sexual predator. He took advantage of her low self-esteem & manipulated her into making nude video calls with him which he recorded and eventually, it found its way online.

After a visit to the community, we birthed Project H.E.L.P. to teach children within about the importance of self-esteem and its place in preventing sexual abuse. We raised the sum of 193,000 naira through peer to peer fundraising campaign for the project.



Highlights

- We had 78 children in attendance.
- At the pre-evaluation, only 8.7% of the children we spoke with knew what self-esteem means, but at the post evaluation, 90.7% knew the meaning. This was an indicator of the projects success as contained in the project outcome and a major highlight for the team.
- Our evaluation analysis also showed that an increase in the children's understanding of rape and sexual abuse. In the pre-evaluation, 62.3% said yes to knowing what sexual abuse and rape, while in the post-evaluation, that percentage increased to 88.4%.



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TEENAGE HANGOUT

1.0

In line with our goals, to build a network of young people that respects each other's individuality, we began an annual hangout for young people.



We had over 25 people in attendance. We spoke to them about the vision of the organization, the importance of self-esteem, and its place in helping us achieve our dreams. We also created time for the young people to know each other, organized games, and ate! The feedbacks of participants were amazing and can be found [here](#).



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WEBINARS & GROUP SESSIONS

Our engagement with community members on Facebook revealed that a major cause of low self-esteem is lack of personal development. To solve this, we began monthly webinar series and weekly engagement. We had guest speakers discuss diverse issues that impacted personal growth career wise and aided tdevelopment of social skills like emotional intelligence.

WEBINAR 6.0

Topic: Practical Ways to Control Procrastination for Increased Productivity

Saturday, 30th July, 2022
05:00 PM
Closed WhatsApp Group

WEBINAR 5.0

Topic: Tips on answering recurring interview questions and other interview nuances every professional should know.

Saturday, 21st May, 2022
03:00 PM
Google Meet

WEBINAR 7.0

Topic: Emotional Intelligence: It's Importance and How to Develop it.

Saturday, 10th September, 2022
05:00 PM
Closed WhatsApp Group

NOTE: Participants are required to register. Registration is mandatory.

JOIN OUR WEEKLY ENGAGEMENTS

TOPIC: GOAL SETTING: ITS IMPORTANCE AND HOW TO EXECUTE THEM

DATE: 25th September, 2022

TIME: 7:00 PM

VENUE: SED Webinar WhatsApp Group

HOW TO JOIN: USE THE LINE & YOU WILL BE REDIRECTED TO THE WEBINAR GROUP

REGISTRATION LINK: <https://forms.gle/GR6PmXZD9m>

Self Esteem Diary (SED)

Presents

A LIVE Webinar



AGNES OGOR
Founder,
Step in Health Foundation

TOPIC:

Leveraging on
Volunteering Experiences
to Get Paid Opportunities

Saturday
12th February 2022
17:00 WAT
SED Team
WhatsApp Group

WEBINAR 3.0



ABIOLA AYODELE
Law Clinic Head,
University of Abuja

Topic:

The Value of LinkedIn;
How to Leverage on the
Opportunities there, and
How to Carve a Niche for
Yourself.

Saturday,
26th March, 2022
17:00 WAT
Google Meet

WEBINAR 2.0



CHIEMELIE MICHAEL AGU
Graduate Student, USA
Guest Speaker

Topic:
Basic Things You Need to
Know Before Applying for
Graduate Scholarships Abroad

Saturday,
5th March, 2022
17:00 WAT
Google Meet

Live Webinar 4.0



Career Essentials Part 1:
Tips for Writing a Good CV
and other Job Application Ethics

SATURDAY
April 22nd, 2022,

5:00pm

Our weekly engagement sessions is anchored by team members on WhatsApp. It, features topics that affect our self esteem and ultimately, our mental health and well being.



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ADVOCACY PROGRAM

On the heel of international women's day, 2022, we were invited to an orphanage home to speak to the children about the importance of self-esteem and its impact on our ability to achieve our dreams.



We were represented by our founder, Rosemary Ochiwu



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HUMANITARIAN INTERVENTIONS



Results

Candidate's Information	
Examination Number	4237
Candidate's Name	M
Examination	WA
Centre	INST
EXAMINATIONS 2022	
ISLAMIC STUDIES, ADAVI.	
Subject/Grade	
MARKETING	B3
ISLAMIC STUDIES	D7
CIVIC EDUCATION	A1
ARABIC	C4
ENGLISH LANGUAGE	C5
GENERAL MATHEMATICS	B3
BIOLOGY	B3
CHEMISTRY	C4
PHYSICS	B3
Card Information	
Card Use	1 of 5
Click Here to Print	
Close Window	

Good afternoon ❤️
Yea, I have some minutes 😊

12 FEB 2022 AT 21:17

Hello dear

Good evening

I want you to coach me on the aspect of self esteem, personal development etc



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HUMANITARIAN INTERVENTIONS

In 2021, a widowed acquaintance of a team member approached us. She had sent her daughter to stay with someone as a domestic help in exchange for educational sponsorship.

Sadly, the daughter was almost raped by the spouse of the guardian. After speaking with the girl to know her preference between education and a skill, she chose skill acquisition and we raised the sum of 25,000 naira to aid her.

2

HUMANITARIAN INTERVENTIONS

After our first webinar in 2022, an attendee informed us of an indigent girl who was unable to pay for her WAEC fee.

After speaking with the girl and confirming the story, we raised the sum of 50,000 naira; 38,000 naira for her WAEC fee and 12,000 naira for the medical check up of her widowed mum who had an accident. You can watch her video [here](#).

HUMANITARIAN INTERVENTIONS

In February 2022, we were informed of a woman whose female twin children had been physically abused by a woman who was supposed to sponsor their education in exchange for domestic help.

We visited the woman and saw the children with swollen eyes dripping with water, teeth marks, knife wounds, and wire marks inflicted by the "sponsor". We also found out their rent had expired. We raised the sum of 50,400 for their rent and medical bills.

4

HUMANITARIAN INTERVENTIONS

In February 2022, a member of our Facebook platform messaged our founder for personal coaching on self esteem and personal development. She was learning a skill and had an abusive boss who used every opportunity to emotionally and physically abuse her. A weekly coaching session was set up but barely month after, the strain got heavier and she became suicidal. To address the root cause, we began looking for opportunities to empower her and boost her self esteem.

We connected her to Funmilayo's Foundation which gave her a sponsorship to a polytechnic to study Mass communication. At the moment, she is in school and we check in with her occasionally. She shared her story with us [here](#).



IMPACT STORIES

1

THABISO'S STORY

"Hi, my good friends from the self-esteem group. My name is Thabiso from South Africa in Pretoria. When I started this group, I was from a situation where I come from a drug addiction problem. I used to smoke heroin for almost 15 years of my life. When I entered this group about 5 months back, I was a broken man who always felt rejected and these things are only happening to me I had a low self-esteem, always thought I was a looser and I have nowhere to go and no one to share my problems with. But I found this group and this lady I don't know physically, Rosemary Ochiwu. She gave me a warm welcome after telling her my story.

She really encouraged me a lot only by chatting with her on this group. Her posts made me realize that my problem is that I have a low self-esteem. Since then, I have been growing day by day until I ended up not blaming other people for my wrong decisions but now I am overcoming every temptation I come across and it's a victory for me cause my life has changed a lot. I'm not perfect but I'm striving for success. Thank you!"

1

ALWANDE'S STORY

"Greetings to all members, I'm so glad for the opportunity to share my story. I'm a 16-year-old girl and I was a victim of low self-esteem. My Mom and Dad are divorced because of their problems. I don't know their problems pretty well. So, when they divorced, my mom went to stay with her family while my brother and I stayed with my father's family.

So, when we plead for my mom to visit us or when my mom pleads for us to visit her, they don't allow us. And they ended up asking us to choose between my mom and dad. Because of what happened to us, I failed my exam and my self-esteem ended up low, and I was always thinking negatively about myself. I even thought that I am useless, and it was my fault that they divorced. Until I met this lady Rosemary Ochiwu. She helped me a lot, she changed my negative mindset. I'm so grateful to her and her group. I wish you guys carry on helping millions of teenagers who have the same problem as me. May God bless you guys. My name is Alwande from South Africa".

1

PERPETUAL'S STORY

"Actually, it's a great thing ever discovering this group, I must say it's a blessing and one of the best things that ever happened to me to have discovered that a group like this do exist. I have been feeling so depressed and lonely for some years now having no one to share my feelings with.

Low self-esteem is the worst thing that would ever happen to a person. At times, I have to lock myself up, I never wanna show my face especially when I see my mates (females), I do feel inferior whenever I come across my fellow girls until I joined this group. This group has enlightened me a lot though still on some certain issue but at least I now know how to overcome some issues. I must say a big thanks to the sole founder of this group (Miss Rosemary Ochiwu). My God will bless you. She was always there for me. Miss Rosemary, you've done a lot for me and I pray that God's wisdom and blessings will never depart from you. Thanks".

1

SIANESSE'S STORY

"At first, I wasn't okay with myself, I doubted myself a lot about my looks and my feelings. And one thing that I was struggling with a lot was that I cared a lot about people's opinion about me. I cringed a lot around people, I wasn't comfortable around people being scared that they will judge me and that led me to low self-esteem and that prevented me from doing things that I like to do.

I saw your group and I joined hoping that I can get help and your posts really encouraged me so I decided to send a direct message to the founder of the group and I told her my story, like talking to her was the best thing. I didn't feel judged, I was heard. When I needed advice you were there, you encouraged me a lot. You taught me how to listen to my feelings, you taught me to not really care about people's opinion that people will always talk. You made me know that I am worthy, beautiful, and unique. And I really don't know how to thank you, you are truly a blessing and I hope you will continue to help people who are hopeless out there. Thank you so much."



FUNDRAISING



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HUMANITARIAN INTERVENTIONS

We raised the total
sum of 344,000 naira.

PROJECTS

We raised the total
sum of 244,900 naira.



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DONORS

Corporate Donors

- Hope Behind Bars Africa (HBBA)
- Servelead Humanitarian Initiative (SHI)
- Butterfly Minds Youth Enlightenment Foundation (BUMYEF)
- Initiative for Legal Literacy and Advocacy (ILLA)
- Funmilayo Foundation
- SOAR Initiative



Individual Donors



Our individual donors give in cash and kind when we have projects. However, many prefer to remain anonymous.

MEET THE TEAM



ROSEMARY OCHIWU
Executive Director



FLORENCE ISIKA
Program Officer



FESTUS NTONG
Communications Officer



EUNICE AMEH
Project Officer

MEET THE TEAM



OMOLOLA OLAYIOYE
Finance Officer



FOGO ADEWALE
Secretary



FUNMILAYO FALAYE
Legal Officer



EDNA PADA
**Social Media
Manager**