

IMPACT **REPORT**

2022 - 2023



initiativeforselfesteem



iseea_nig



Initiative for Self Esteem Education and Advocacy

MESSAGE FROM FOUNDER



Dear Partner,

My journey battling low self-esteem so chronic that I was unable to look into a mirror for years, because I was convinced that I was extremely ugly and shapeless set me on this path. After realising in that many other young people were experiencing low self esteem, and being unable to find a support group, I opened a blog to share my experiences and help others.

It spiraled into social media pages and eventually, it was registered as a non profit organisation in 2021.

The journey so far has been exciting and challenging. The impact we have been able to achieve with consistency greatly encourages my team and me to remain focused on our vision and mission.

"It is too late to go back because what began as a passion has become a journey of purpose."

Indeed, it is too late to go back because what began as a passion has become a journey of purpose.

In our short time of existence, we have executed three projects in two communities and plan to expand into more communities. We are excited for what the future holds for us as an organisation.

We are deeply grateful to all our partners, volunteers for your consistent support and belief in this cause through which we will continue to impact the lives of more children and young people.

Rosemary Ochiwu
Executive Director, ISEEA

OUTLINE



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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 of the importance of self-esteem, self-awareness, and equip young people with knowledge to overcome low self-esteem.

VISION

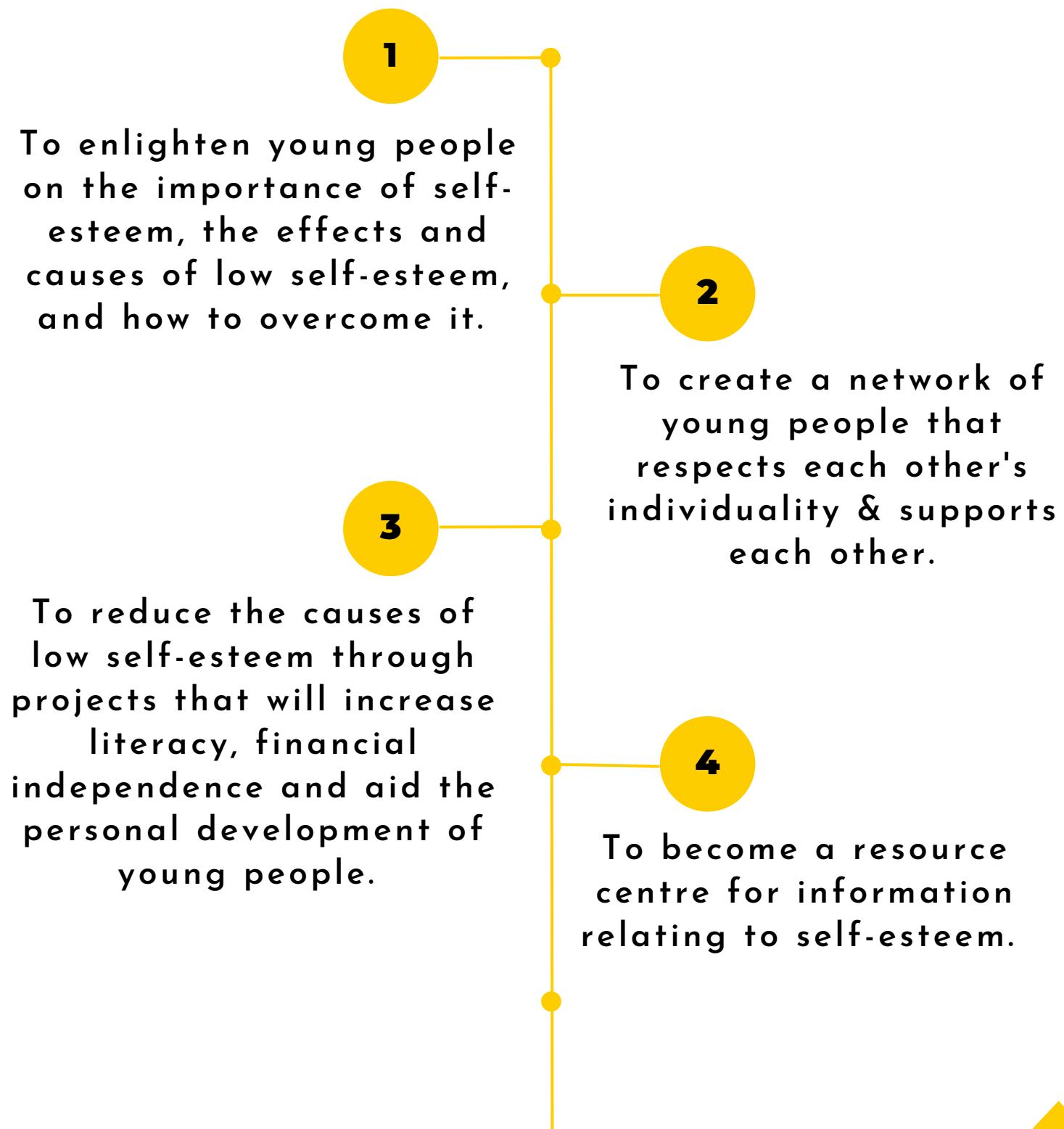
To see an increased awareness of the importance of self-esteem and the effects of low self-esteem, and to be a catalyst for a youthful population that is more self-aware and resilient.



MISSION

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

GOALS



CORE VALUES



I

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.

S

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.

E

EXCELLENCE

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

E

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.

A

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.

OUR IMPACT



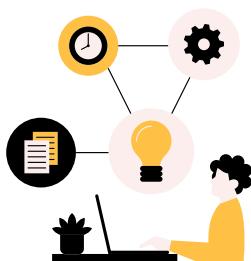
250+

**CHILDREN AND
YOUNG PEOPLE
IMPACTED**



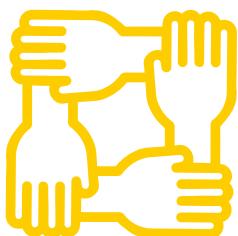
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**COMMUNITIES
IMPACTED**



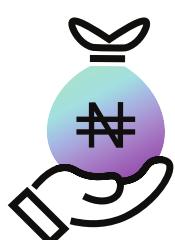
3

**PROJECTS
EXECUTED**



2750+

**COMMUNITY
MEMBERS**



700,000+

RAISED

PROJECT H.E.L.P.

(HELP ERADICATE LOW SELF ESTEEM AND OTHER VICES IN YOUNG PEOPLE



In March 2022, we heard the story of a 15 years old girl in Galadimawa community in FCT-Abuja. She grew up with a father who constantly emotionally abused and threatened to kill her. She developed chronic low self-esteem & an intense need to be loved and accepted which made her easy prey for a sexual predator she met on Facebook. He took advantage of her low self-esteem & manipulated her into making nude video calls with him. Eventually, the nude recordings became public. 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%.



HANGOUT 1.0



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

Highlights

- We had over 25 people in attendance.
- We spoke to them about the vision of the organisation, 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](#).



HANGOUT 2.0



Through these hangouts, we fuse fun and learning to create awareness about self esteem and low self esteem.

For this year, we partnered with Nigeria Reads, an NGO advocating for SDG 4, Quality Education, to give age appropriate books to all attendees. By giving them those books, we invested in their personal development and expanded their capacities to dream bigger.

Hangout 2.0 also featured a pitch competition after which we awarded scholarships to 6 children until the completion of their secondary education.

The highlights of the event can be found [here](#) and [here](#).



WEBINARS AND INSTAGRAM LIVE SESSIONS



WEBINAR 8.0
Attachment Styles and Their Effects on Relationship
Saturday, 15th April 2023
07:00 pm WAT
WhatsApp Group


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, Instagram Live sessions, and bi-weekly engagements on our WhatsApp Hub and Facebook Community.

We have guest speakers discuss diverse issues that impact the personal growth of our members career wise, aid the development of their social skills like emotional intelligence, and improve their financial literacy.



Self Esteem Diary (SED) Presents **WEBINAR 2.0**
A LIVE Webinar
Topic: Leveraging on Volunteering Experience to Get Paid Opportunities
Guest Speaker: AGNES OGBOR, Founder, My Health Foundation
Date: Saturday, 12th February 2022, 17:00 WAT
Platform: SED Team WhatsApp Group

WEBINAR 6.0
Topic: Practical Ways to Control Procrastination for Increased Productivity
Guest Speaker: STEPHANIE REECROFT, Operations Manager, Digital Standard Africa
Date: Saturday, 3rd March 2022, 17:00 WAT
Platform: Google Meet

WEBINAR 5.0
Topic: Tips on answering recurring interview questions and other interview nuances every professional should know.
Guest Speaker: IGWEBUIKE REBECCA, Hope Behind Bars Africa
Date: Saturday, 21st May, 2022, 05:00 PM
Platform: WhatsApp Group

WEBINAR 3.0
Topic: The Value of LinkedIn: How to Leverage on the Opportunities there, and How to Carve a Niche for Yourself.
Guest Speaker: ABIOLA AYODELE, Law Clinic Head, University of Abuja
Date: Saturday, 26th March, 2022, 17:00 WAT
Platform: Google Meet

WEBINAR 4.0
Topic: CV Writing & Job Application Ethics
Guest Speaker: Igwebuike Rebecca, Human Resource Manager, Hope Behind Bars Africa
Date: Saturday, 10th September, 2022, 05:00 PM
Platform: Closed WhatsApp Group

WEBINAR 7.0
Topic: Emotional Intelligence: Its Importance and How to Develop it.
Guest Speaker: FOGO ADEWALE, Moderator
Date: Saturday, 23rd September, 2022, 05:00 PM
Platform: WhatsApp Group



WEBINAR 9.0

MONEY MANAGEMENT & BUDGETING

29TH JULY 2023
05.00 PM WAT
ISEEA WHATSAPP HUB

PATIENCE CAREW
Fellow Chartered Accountant (FCA), Certified Money & Life Coach, Neuro Linguistic Programming (NLP) Practitioner

Enquiries: +234 802 093 0258
To register: <https://forms.gle/51Eer5dkBRvJgF17>

Instagram Live

How to Build the Self Esteem of Children & Young People



Host



Guest

Time: 07:00 pm

Date: 21st February, 2023

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.



HUMANITARIAN INTERVENTIONS



Scholarship for the WAEC Fee & Tertiary Education of an Indigent Girl

In 2022, an attendee informed us of an indigent girl whose Father is late and mum was ill. She was unable to pay for her WAEC fee and had dropped out of school. We verified the story and raised the sum of 50,000 naira for her WAEC fee and her mum's medical checkup. A partner will be sponsoring her to further her education as a nurse. Watch her story [here](#).



Paid the Medical Bills and Rent of a Widow

In February 2022, we were informed of a widow whose twin children had been physically abused by a woman who pledged to sponsor their education in exchange for domestic help. We visited the woman and verified the story after seeing the children with varied injuries. We also found out they were about to be evicted from their home. We raised the sum of 50,400 naira for them.



Tertiary Scholarship for a Suicidal Young Girl

In 2022, a member of our Facebook community messaged our founder for help to overce low self esteem. She became suicidal after some time. To address the root cause, we looked for opportunities to empower her and boost her self esteem. A partner heard of her story and took up her tertiary education. Watch her story [here](#).



FUNDRAISING



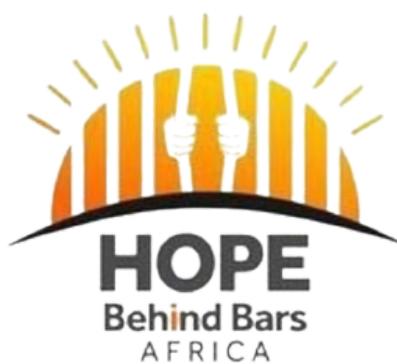
HUMANITARIAN INTERVENTIONS

We raised the
total sum of
367,850 naira.

PROJECTS

We raised the
total sum of
328,800 naira.

DONORS



**Including many individuals
who align with our cause.**

MEET THE TEAM



Management Team



Rosemary Ochiwu
Executive Director



Festus Ntong
Operations Consultant



Eunice Ameh
Secretary



Chinonso Christian
Legal Officer



Joyce Odabi
Programmes Manager



Ezeokwelume Onyekachi Louis
Finance Officer

Social Media Team



Mofogofunoluwa
Eunice Adewale
Content Creator



Florence Isika
Content Creator



Edna Pada
Content Creator



Omolola Olayioye
Blog Writer



GALLERY



Thank you!

For your support to us over the years.

You can support us financially no matter where you are in the world by donating to the account details below:

[Donate](#)

ACCOUNT NAME: INI. FOR SELF EST. EDU. & ADV.

ACCOUNT NUMBERS

Naira	-	0841760429
Dollar	-	0841760436
Pounds	-	0841760443
Euro	-	0841760450

BANK: GUARANTY TRUST



Email: initiativeforselfesteem@gmail.com
Contact: 08020930258, 09098075283