



CHILD HEALTH ENVIRONMENT AND SAFETY TRUST



CHEST LEADERSHIP TRAINING PROGRAM

THEME:
**BUILDING
TODAY'S LEADERS AS
TOMORROW'S BUILDERS**



CLASS OF 92 ROOM, DEPARTMENT OF HUMAN
NUTRITION AND DIETETICS, UNIVERSITY OF IBADAN.

THURSDAY 30TH MARCH 2023

For Enquiries: **08131179336**

TIME:
**9AM-
3PM**

with support from



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REPORT ON THE LEADERSHIP TRAINING PROGRAMME

ORGANISED BY

CHILD HEALTH, ENVIRONMENT AND SAFETY TRUST (CHEST)

HELD ON 30TH MARCH, 2023

AT THE

**DEPARTMENT OF HUMAN NUTRITION AND DIETETICS, UNIVERSITY OF
IBADAN, IBADAN, OYO STATE, NIGERIA.**

THEME: BUILDING TODAY'S LEADERS AS TOMORROW'S BUILDERS.

MARCH, 2023.

EXECUTIVE SUMMARY

Leadership development programs are a vital and inherent aspect of the student's experience and school-based leadership development programs have been proven to be beneficial to students' personal growth. This can be appraised in the roles performed by students' representatives where there are saddled with the responsibility of fulfilling the expectations of the position they are called to serve. Also, research has shown that students who are exposed to leadership opportunities gain knowledge in the development of social (e.g., goal setting, planning, evaluating), interpersonal and communication skills. Such involvement has also been shown to motivate students and also encourage initiative, imagination and creativity. Hence, the aim of this training program was to expose 100-level class students' representatives across various departments of the University of Ibadan, to the rudiments of leadership in order to prepare them for future roles and responsibilities.

A pre and post survey were carried out among the participants via self-administration questionnaire method where their knowledge, attitude and perception on leadership were assessed. Training sessions were via the presentation of 5 different lectures on leadership from seasoned speakers such as the founder of CHEST, Prof G.R.E.E. Ana, Prof., Catherine Chovwen, Prof., J.A Akintayo who are leaders in their respective fields. Participants were also divided into 4 different groups in order to discuss different concepts of leadership.

The maiden edition of the Leadership Training Programme organised for 100 level undergraduate students on the University of Ibadan campus did witness positive feedbacks from the participants who showed ample interest in the program and were fully engaged with all the activities therein. Also, the invited dignitaries gave positive remarks about the organization of the program and wish more of such programs can be done in the university's campus.

INTRODUCTION

Child Health Environment and Safety Trust carried out her first programme for the year, the leadership training programme tagged “Building Today’s Leaders as Tomorrow’s Builders”.

This event took place on Thursday, the 30th of March, 2023, at the Department of Human Nutrition and Dietetics, in the University of Ibadan, Ibadan. The program had teaching, survey and group work sessions. 100-level students’ class representatives and their assistants from different departments, dignitaries, CHEST officials and volunteers, and press men, were in attendance. The event was for a duration of 6 hours from 11:00am-5:00pm.

The aim of the training program was to expose students to rudiments of leadership in order to prepare them for future roles and responsibilities and its specific objectives were to:

1. introduce students to the concept of leadership.
2. acquaint students with the characteristics and rudiments of leadership
3. expose students to key leadership roles and responsibilities.
4. guide students on the methods of development of social skills.
5. expose students to the rudiments of leadership in the environment and health domains.

TARGET POPULATION

The target population for this program were 100-level class students’ representatives and their assistants from various departments in the University of Ibadan.

HIGHLIGHTS OF THE EVENT

The program started at 11:00am with the National Anthem led by Mr. Adegoke Umar, an intern with Greenway Environmental and Public Health Services followed by the welcome address from the Founder of CHEST, Prof. Godson R.E.E. Ana. The chairman of the program, the Dean of Students’ Affairs, University of Ibadan, in person of Prof. I.A., Abiona gave his opening remarks which was then followed by a speech from the guest of honour, the Deputy Vice-Chancellor,

Academics, UI, in person of Prof. Aderonke Baiyeroju, who was unavoidably absent but ably represented by Prof Taiwo Jeremiah.

The training session started with a presentation on the topic “The concept and importance of leadership in the Society” by Prof., G.R.E.E. Ana where he gave an exposition on what leadership is all about, who a leader is, skills and traits required of a leader and societal benefits from leadership. The second presentation was given by Prof., Catherine Chovwen on the topic “Developing Requisite Leadership Skills”. She also explained more about the leadership concept, who a leader is, traits of a leader, how leaders are selected and finally, important skills required of leaders such as effective communication, emotional intelligence, creativity and special skills like technical, conceptual and interpersonal skills, etc.

A tea break and networking session followed the first two trainings and this was anchored by a representative from Building Nations Initiative, Miss NDOH Oluwaseyi Ndidì. She urged the participants to network amongst one another and invited some participants to discuss what they understood by the concept of leadership.

The training session continued with the third presentation on the topic “The Act and Practice of Leadership and Governance” which was delivered by Prof., J.A Akintayo. He made the participants understand the necessity of leadership in the society, he talked about qualities and responsibilities of leaders. He also gave the fourth presentation on the topic “Decision making, Conflict resolution and Goal mapping”.

The last training session featured a presentation on the topic “Leadership in the Environment and Health Domains” by Prof Godson R. Ana. He explained the concept of the environment and health and how the two topics combined to become Environmental Health. He discussed further about the roles of leaders in environmental disaster situations and urged the participants to take up leadership responsibilities in their respective environments. Various questions were asked and the responses were given accordingly.

A group work session followed this, where all participants were grouped into 4 different sessions and asked to work together on specific concepts of leadership, thereafter, a representative from each group made a presentation of their findings to the general audience. Questions were raised amongst the group members and responses were given accordingly.

The award of certificates to all participants was carried out by CHEST Executive Director Mrs. Margaret Ana and the vote of thanks was given by the Programme Manager, Mrs. Huswah Fakeye followed by the closing remarks by the CHEST President, Prof G.R.E.E Ana. The closing prayer were said by two of the participants and the programme came to an end by 5.00pm with group photograph and lunch.

APPROACH ADOPTED FOR THE PROGRAMME

The following strategies were employed to achieve the objectives of the programme:

- i. Survey:** A pre and post survey were carried out among the participants via self-administration method where their knowledge, attitude and perception on leadership were assessed.
- ii. Training:** Training was carried out via the teaching session where 5 different lectures on leadership were presented.
- iii. Group work:** Participants were divided into 4 different groups in order to discuss different concepts of leadership.

IMPACT

The Leadership Training Programme was first of its kind organised for 100 level undergraduate students. Previous programs had been carried out across different secondary schools in the city of Ibadan, Oyo state, Nigeria. However, this maiden edition on the university campus did witness positive feedbacks from the participants who showed ample interest in the program and were fully engaged with all the activities therein. Also, the invited dignitaries gave positive remarks about the organization of the program and wish more of such programs can be done in the university's campus.

CHALLENGES

- 1. Punctuality:** The programme of the day did not begin at the slated time due to the lateness of participants, leading to rushed presentations and skipping of the last activity.
- 2. Sponsorship:** Inability to secure adequate funding support for the programme

CONCLUSION

The Leadership Training Programme organized by Child Health, Environment and Safety Trust for 100-level student representatives and their assistants from various departments in the University of Ibadan, ended on a high note. The programme was insightful as participants expressed their enthusiasm in the activities carried out.

SURVEY FINDINGS

Social-demographics characteristics

Table 1: Socio-demographic characteristics of respondents

Variable	Frequency	Percentage (%)
<i>Age (years)</i>		
<20	7	26.9
20-30	19	73.1
<i>Sex</i>		
Male	9	34.6
Female	17	65.4
<i>Religion</i>		
Christianity	18	69.2
Islam	7	26.9
Others	1	3.8
<i>Ethnicity</i>		
Yoruba	22	84.6
Hausa	0	0.0
Igbo	1	3.8
Others	3	11.5

Table 2: Knowledge on leadership

Variables	Frequency	Percentage (%)
<i>Heard the term "Leadership"</i>		
Yes		
No	26	100
	0	0.0
<i>Where did you hear the term?</i>		
School	22	84.6
In a book	13	50.0
Friends	11	42.3
Others	3	11.5

Responses on “most important quality displayed by a leader”

- Humility
- Responsibility
- Boldness
- Courage
- Sacrifice
- Team work
- Authenticity
- Integrity
- Self-discipline
- Consistency
- Activeness
- Honesty
- Commitment
- Selflessness
- Influential

Table 2: Attitude associated with leadership

Variable	Frequency	Percentage (%)
<i>Self-motivation is important</i>		
Strongly Agree	21	80.8
Agree	5	19.2
<i>Consistent work on oneself can help build leadership skills</i>		
Strongly Agree	21	80.8
Agree	5	19.2
<i>Building social skills is important to improving one's communication skills</i>		
Strongly Agree	16	61.5
Agree	10	38.5
<i>Self-evaluation helps to see areas of strengths and weaknesses</i>		
Strongly Agree	18	69.2
Agree	8	30.8

Table 3: Perception about leadership

Variable	Frequency	Percentage (%)
<i>Anyone can be a leader</i>		
True	14	53.8
False	9	34.6
Undecided	3	11.5
<i>Leadership skills are inborn</i>		
True	6	23.1
False	14	53.8
Undecided	6	23.1
<i>It is crucial to have sound values as a leader</i>		
True	25	96.2
False	0	0.0
Undecided	1	3.8

Table 4: Assessment of leadership qualities

Variable	Frequency	Percentage (%)
<i>I enjoy planning for the future</i>		
True	23	88.5
False	0	0.0
Undecided	3	11.5
<i>I feel threatened when criticized</i>		
True	6	23.1
False	19	73.1
Undecided	1	3.8
<i>I doubt myself and my ability to succeed</i>		
True		
False	2	7.7
Undecided	21	80.8
	3	11.5
<i>I can see beyond temporary setbacks and problems</i>		
True	23	88.5
False	2	7.7
Undecided	1	3.8
<i>My actions show people what I want from them</i>		
True	13	50
False	3	11.6
Undecided	10	38.5

PICTURE GALLERY











