



International Federation
for Family Development

Advocating for Parenting Education **THE PERSONAL PROJECT COURSES**

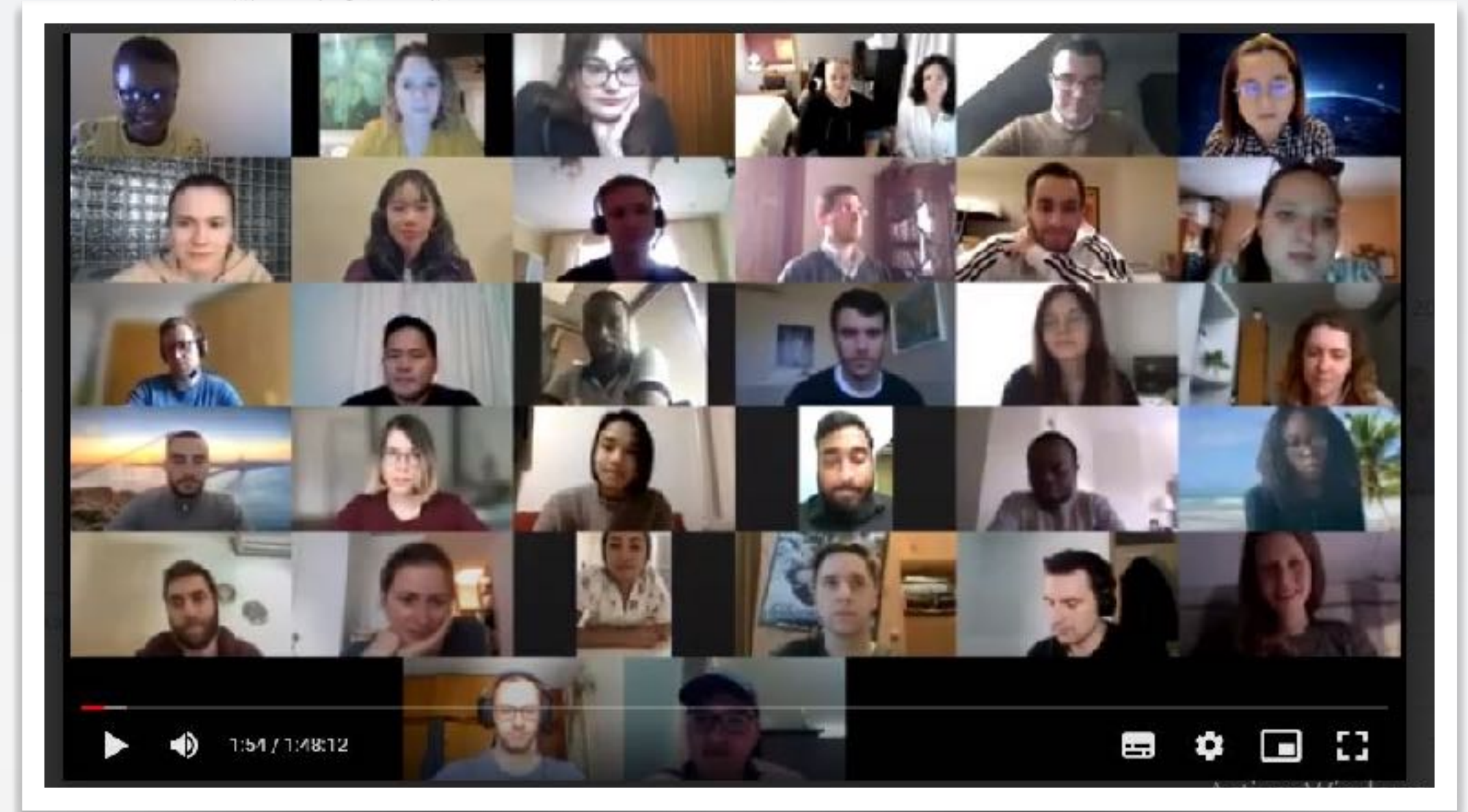
Diane Ngankam

1 Context



I need to do something significant for my fellow young professionals...
What???

**January 2021:
I met IFFD through IDPP2**



2 IFFD & Personal Project Courses

IFFD

- International Federation for Family Development – IFFD is an international civil society organisation, whose primary mission is to support families through training.
- Process: support programmes based on the “case method” which consists in analysing a lively case & a technical note, individually, in teams and in general sessions with a qualified moderator each 2 weeks.

Personal Project Courses

- A course made to give good criteria to young professionals to start their adult life
<https://iffd.org/personal-project/>
- With the IDPP2, we had 7 topics: Friendship, Dating, Personal Growth, Family, Citizenship Work and Breakups
- A lively case! + a technical note which allows you to think with good criteria

3 Promoting PP Courses in Cameroon


3 Challenges

- 1. The case method:**
first, taking time to read and think alone.
Second, sharing point of views in teams and general sessions considering other opinions as a wealth rather than as opposition
- 2. The length of the programme:**
it is hard to keep young people focused nowadays

3.2

Solutions

The case method


- Presenting the programme face-to-face to potential participants, then shared by email a summary I prepared on PowerPoint 
- Presenting the programme to some role models (Stéphanie Joyce, Magda, abbé Antonio, Hervé) and parents (Suzy and Bertille) whom I knew could stand for the programme and invite young professionals.
- Working also with one of the responsables of Family Enrichment in Douala, Mr ETONDE Hervé who is close to young professionals

Finally the programme started on 2nd October 2021 with 29 registrations

3.2

Solutions

The length of the programme

- Starting with 6 sessions only for the 1st edition
- Contacting the best moderators for young professionals
- Participating in 5 sessions as the scribe, in order to raise the level of sessions like in the IDPP 2, make them enjoyable and simply to be with and get to know each one
- I moderate a session and advertise the next edition with a video of testimonials from previous participants 

Final figures



30 registrations



23 attendances



18 regular attendances (team or general sessions) and 12 at the most attended general sessions

4 Anecdotes in some general sessions

- The case "Family"
- Stephane's moderation

5 Conclusions

- I gained a lot from **experienced** people, Leticia Rodriguez and Hervé ETONDE, to firmly decide to launch the programme in Cameroon
- I learned it is easier to **promote** through **young** themselves and role models because in Douala, young people do not take part in programmes/activities not recommended by people who influence them, nor in those that do not make the headlines in the media
- It is so important to make available evaluation assets in order to continue, based on participants' answers, with some practical sessions after the basic programme. So, after the 1st edition, we organised 4 practical sessions about: Building a **career** plan - Choosing a **spouse** - Discovering your **temperament** to build harmonious **relationships** - Setting up a **civic** project. After the 2nd edition, we organised a practical session on how to communicate
- Finally, it's always a good idea to get the best previous participants involved in organising the next session, so that they get intused, learn moderation and carry on the future of the programme on their shoulders, because as Leticia Rodriguez said, ***“this is a programme of young professionals, made by young professionals for young professionals”***.

Thank you!



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