

# "Lighting the Path: From BYU to Sierra Leone and Beyond"

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**THE AFRICAN PHILOSOPHY OF "UBUNTU : I AM, BECAUSE YOU ARE; AND YOU ARE BECAUSE WE ARE" WHICH SIMPLY MEANS, CONVIVIALITY OR INTERDEPENDENCE.**



## **My BYU Journey of Service**

My time at Brigham Young University (BYU) J. Reuben Clark Law School, where I earned my LLM in 2022, was transformative. It did not only deepened my understanding of human rights and law but also ignited a passion for meaningful service that continues to guide my efforts in Sierra Leone and on a global scale. BYU taught me the importance of blending faith, academic excellence, and service to uplift and empower others, and this foundation has fueled my journey since returning home. At BYU Law, I participated in the three minutes thesis competition, my goal was not to win but to pass on a very important message of conviviality focusing on the **African Philosophy of Ubuntu meaning "I am because you are, and you are because we are"** We are all one human race and interconnected. No man is an Island, and no man stand alone and thus we can never strive in isolation. **Therefore, the time for racial injustices must come to an end, heal the world to make a better place for the entire human race and to upheld human dignity, because diversity and inclusivity build and make a better society.** As a member of the Church of Jesus Christ of Latter-Day Saints, a return missionary (Responsible Member) who served in Nigeria Lagos Mission, (**Mission of Integrity and Honesty**), I believe it is time to prepare for the restoration of all things as the lord instructed that **Zion is the Pure in Heart**, where everyone is treated right and equal without any prejudice. **For if yea are not one yea, are not mine.** Hence Love is all we have left to heal the world. **For if not us who? and if not now when?.** This was where I developed the zeal from, because of the universities' motto which is: **"Enter to Learn; Go Forth to Serve."**

## **Spreading Knowledge Through Publications**

Since graduating from BYU in April 2022 , I have written and published two books, now available on Amazon.

**Fighting Corruption: The Changing Dynamics of Conviction, Transparency, Accountability, and Reforms to Enhance Development in Sierra Leone. This is a comparative write up, using the FCPA, UK Bribery Act , UN-ANTI Corruption Policy and the Sierra Leone Anti Corruption Act to point out the effect of corruption on Sierra Leone and how to hold private individuals accountable and possibly extend it to Corporate bodies.**

My drive to become a Legal Professional was for obvious reasons, that being to advocate for change and improve on the unimproved. My country, Sierra Leone, is blessed with so many natural resources but has benefited very little of its proceeds because of corruption. The grand corruption that happens among top public figures needs to be checked to enhance the development in the country. When this is mitigated and possibly eradicated, then the country as whole would be transformed and the proceeds obtained from mining these resources are not pocketed by individuals but used for the good of the people. Therefore, it is against this backdrop that I write to argue about the history, and negative effect of corruption in Sierra Leone, and the current action taken to by the Anti-Corruption Commission and the Government to bring a stop to any form of corruption. To further the country's growth through the Commission of Inquiry, with the end result being conviction, accountability, and transparency, to discourage any form of corruption from people holding public offices, and private individuals.

This book showcases how the fight against corruption in Sierra Leone is serious at this time, putting the country's image in better footing on the global arena. Hence, is it my desire that it will not only stop, by holding public officers accountable, but also corporate investment companies who pay bribes to get away with anything, even when they violate human rights in their foreign direct investments. This must stop to enhance development in the country. The book examines the history and impact of corruption in Sierra Leone, highlighting recent efforts by the Anti-Corruption Commission and the government to combat it. It emphasizes the importance of accountability and transparency in fostering national development. This work delves into the evolving strategies employed to fight corruption in Sierra Leone, focusing on the significance of convictions, transparency, and reforms in promoting development. Please see link below to my books on amazon and the book publisher.

<https://www.amazon.com/Changing-Narrative-Corruption-Sierra-Leone/dp/9994985361?>

Amazon USA - <https://www.amazon.com/dp/9994985361>, Amazon Germany - <https://www.amazon.de/dp/9994985361>,

Amazon France - <https://www.amazon.fr/dp/9994985361>, Eliva Press: <https://www.elivapress.com/en/book/book-5107015974/>

Author's Profile: <https://www.elivapress.com/en/authors/author-4967575555/>

## BYU Roots, Sierra Leone Impact: A Journey of Light

### **Transformation of Africa through Indigenous Innovations and Technology Transfer to Facilitate Development.**

In my quest to bring change and becoming a lawyer, I realized that the legal profession is not just to talk about the rule of law but to be a change maker, and an influential leader. Hence, I decided to challenge hot potato issues, one of which was inequality and unfair treatment of developing nations, particularly Africa.

Therefore, this book talks about how African history was misrepresented for centuries, and it is time to change the narratives by changing the Status Quo to promote sustainable development as described in the United Nation's Millennial and Sustainable goals, by creating a fair and equal level playing field as a paradigm shift to encourage the transformation of Africa through indigenous innovations by the Africans themselves, and **technology transfer by the advanced nations to make the world a better place for all.**

**This book argues that innovation and technology began in Africa, and in fact laid the foundation for any subsequent advancement in the world. The First International Law Treaty, for instance emerged from Africa not Europe, but due to poor record keeping, and many other factors such as lack of protection of inventions, coupled with Slave Trade, negative impact of colonialism, and brain drain, Africa lost its glory to the dominant world, making the African continent lag behind. Moving forward to correct the past wrongs, it is time to rewrite the African history, by giving credence to the ancient African success stories from which other parts of the world copied.**

**This publication explores how indigenous innovations, and technology can drive Africa's transformation, emphasizing the role of local solutions in addressing the continent's challenges while appreciating Technology transfer to enhance Africa's growth in the midst of globalisation.**

Amazon USA - <https://www.amazon.com/dp/9994985825>

Amazon Germany - <https://www.amazon.de/dp/9994985825>

Amazon France - <https://www.amazon.fr/dp/9994985825>

Eliva Press : <https://www.elivapress.com/en/book/book-9725740532/>

Author's Profile: <https://www.elivapress.com/en/authors/author-4967575555/>

**Additionally, I have authored ten (10) scholarly papers, which are accessible on SSRN. These publications tackle contemporary legal issues, promoting knowledge sharing and contributing to global academic discourse.**

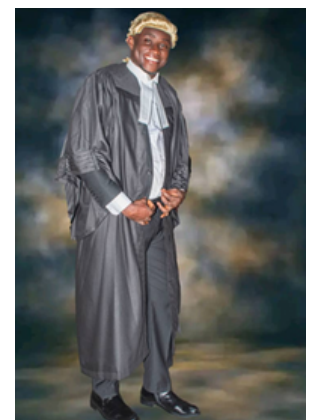
[https://papers.ssrn.com/sol3/cf\\_dev/AbsByAuth.cfm?per\\_id=5350943](https://papers.ssrn.com/sol3/cf_dev/AbsByAuth.cfm?per_id=5350943).

These books are designed to inspire legal minds and young professionals by addressing critical topics in human rights and law. These publications reflect my commitment to addressing critical issues in Sierra Leone and Africa through scholarly work.

### **Passing of the Sierra Leone Bar Exams in 2024.**



One of my most cherished accomplishments is passing the Sierra Leone Bar Exams in 2024, which officially made me a Barrister & Solicitor. This achievement enabled me to extend my influence in the legal field, providing mentorship to aspiring lawyers and contributing to the development of the rule of law in Sierra Leone



## Founding and Leading Organizations for Change

I co-founded the **Resilient Communities Network (ReCoNet)**, an NGO committed to improving community resilience by addressing health, environmental, and social challenges through the **One Health approach**. This holistic framework recognizes the interconnection between human, animal, and environmental health.

As one of **ReCoNet's** leaders (**Legal Officer or Company Secretary**), I have spearheaded initiatives to promote sustainable health practices, environmental conservation, and equitable access to healthcare and education. These efforts include organizing community outreach programs to address zoonotic diseases, raising awareness about environmental sustainability, and advocating for improved healthcare systems in underserved communities.

By integrating health, advocacy, and empowerment, ReCoNet's programs have directly contributed to improving community well-being, fostering gender equality, empowering youth, and building a healthier, more sustainable future.



**F. D Amara ESQ**  
Co Founder / Legal Officer  
of ReCoNet SL.



Blood drive donation  
for sick people in the  
Government Hospital



Preparing for blood donation



Healthy Food Donation to  
blood donors and breast  
feeding and lactating  
mothers

Moreover, upon returning home from Utah, I established the Sierra Leone Chapter of the J. Reuben Clark Law Society (JRCLS), where I serve as Chairperson.

This platform promotes legal innovation, the rule of law, and ethical practices while encouraging lawyers to use their skills to uplift communities. Through this chapter, I have organized workshops and seminars aimed at inspiring young legal professionals to pursue excellence with integrity.

Also see visit to the Chief Justice to foster a meaningful relationship and possibly help with a particular issue we can identify and work on together as part of a collaborative effort to support in strengthening the Sierra Leone legal system.



Cross Session of the JRCLS Sierra Leone Chapter



Visit to the Director of Sierra Leone Law School to talk about the BYU LLM Program and the impact it will have on Sierra Leoneans who will go, learn, get the leadership skills and return home to serve the country like Frederick as an example being the first to have benefited from the program and has set the post standard for others to follow in the near future.



The inaugural meeting of the JRCLS Sierra Leone Chapter members, with Brent J Belnap, Senior Counsel of General Legal Counsel of the Church, Professor Eric T. Jensen, LLM Coordinator BYU Law and Forrest Hansen the Executive Director of the J. Reuben Clark Law Society in Freetown Sierra Leone.

## Faith-Focused Advocacy

My BYU experience also inspired me to integrate faith into my professional journey. While at BYU, I worked with the Faith4Rights initiative, developing a toolkit to counter hate speech and restore human dignity. These principles have guided my work in Sierra Leone, where I champion religious tolerance and unity in diverse communities.

### Overcoming Challenges to Achieve Dreams

Throughout this journey, I have faced challenges, including balancing multiple roles and overcoming systemic barriers. Yet, the resilience, leadership skills, and faith-based approach I cultivated at BYU have empowered me to persevere and excel despite all odds. Illuminating the Path Forward. My journey from BYU to Sierra Leone has been one of learning, growth, and service. Each milestone, from Passing the Sierra Leone Bar Exams, my publications, to my NGO ReCoNet work, embodies the values instilled during my time at BYU. These efforts reflect a commitment to spreading light by empowering others, advocating for justice, and building communities that thrive. Through this submission, I hope to inspire others to see how faith, coupled with education, can create ripples of positive change that extend far beyond personal accomplishments.

### Building Connections with a public Speaking business call: EmpowerSpeak Motto: Inspire Educate and Empower.

EmpowerSpeak is dedicated to transforming businesses, government, and individuals through effective leadership and inspirational mentorship. Our mission is to equip organizations with vital knowledge and skills while empowering individuals with the right mindset, fostering growth in a dynamic business landscape.

Led by a founder with diverse experiences in the Private Sector, NGOs, and Human Rights Advocacy, our global message embraces the African philosophy of Ubuntu, emphasizing coexistence and celebrating the immense potential of Africans for achieving excellence.

Join us on a transformative journey where education meets public speaking, motivation sparks inspiration, and leadership fuels progress. Our focus includes leadership excellence, personal empowerment, mindset mastery, and tailored training.

EmpowerSpeak uniquely blends motivational speaking with practical leadership training. We prioritize leadership development, individual mentoring, cultivating a growth mindset, and delivering impactful speeches to inspire audiences worldwide. Together, we will challenge misconceptions and showcase the true brilliance and potential of individuals and African greatness.

EmpowerSpeak <https://empowerspeak.godaddysites.com/>



Frederick Daniel Amara as a keynote speaker at an event organised by an organisation called men's up initiative advocating against rape and Sexual and Gender Base Violence - S.G.B.V. , with representatives from UNAIDS CD, UNWOMEN CD and the Government of Sierra Leone Present.

Frederick as a guest speaker at a youth event in Utah, where i shared my success story and how Africa's/ African stories have been misrepresented and that Africa is a massive continent not a country as many people believe it to be because of what the have been told. I also clarified that Africans does not live in caves as has been purported by many, which i explained better. Questions like do you have pipe burn water , Yes, Electricity Yes, Roads Yes. came up etc. The most interesting question was how i felt about racism when i was about to travel to BYU Law Utah and the USA in particular, was there anything like shocked? answer No because i was just coming from the UK, after studying my LLB i.e. Undergraduate Law degree in Wales, United Kingdom. This was a reeducation process to lots of youths who had grown up to believe Africa is not lively and people do not live like human beings. This reechoed what i had taught whilst in the UK, working as a human right defender being the president in the Bangor University in Wales.



At the end of the year 2024, it was a blessing to have been invited as a guest speaker to give a keynote address in a Senior Secondary School. It was thrilling because i made the pupils under that educating oneself is like extracting raw materials from the farm to be transformed into a more useful state by going through the refinery process from primary Production, to Secondary and Tertiary Production until they become more valuable to the final consumers due to the value added to them and if no value is added to them as the end products, they will not be useful to the society, meaning the educational process did not make a changes in their lives. Hence, education changes everything, i.e. economy, lives and Societies. That address went viral because of it's content, thus transforming lives to bring about changing mindset in Sierra Leone and beyond.



Sierra Leone Netherland Friendship International High School Rokel Eastern Freetown on the school foundation day the 20th of December, 2024

These are the progress i have made so far and i hope this helps as i go forth to serve.