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MEDIA MENTORSHIP EVENT

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Each and every AKAD event brings together a diverse gathering of young leaders and intellectuals from various schools. On this day, it wasn't any different, and I had the pleasure of interacting with them all. As I led in the teambuilding exercises I noticed something about the mentees; that whether an extrovert or introvert, once a friendly atmosphere is created within a room ideas and information flow freely in conversation. I noticed people who were more reserved at first begin to open up to those around them, and thus began a day of networking

“Dress intentionally to achieve your professional goals.” That was the first lesson of the day. You never really realize it but what you wear and how you wear it determines how people will treat you. This is seen in any situation, whether it is going for a job interview or to the supermarket. Derek Bbanga expounded on this and other areas such as vocal communication skills. This was crucial for me seeing as though my future career will heavily depend on communication skills. I picked important tips on how to improve how I speak using some vocal exercises. Bbanga also stressed on having a digital footprint, and a good one for that matter. Your online presence plays a major role in determining who you are and how people treat you.



1 TV Anchor Asha Mwilu with our youngest AKAD mentees, Graca and Shawn

Asha Mwilu, a TV news anchor, made me realize the value of knowing who you want to be early on in life. From her teenage years she knew she wanted to be a chief producer for KTN and she never let anyone or anything stop her from reaching her dream. She also changed my general opinion of journalism being an easy task. Being a journalist, and a good one at that needs a lot of sacrifice. One will need to be willing and ready to dive into any situation head first to get a story, knowing deep inside that you are working towards your

dream.

I have always wondered how the media selects stories to air on TV, what they consider to be news and what's not? George Orido was present to speak to us about **News Values**. He highlighted on a couple of things that make a story 'newsworthy' such as *being unusual* and having a *conflict*. He used a wonderful example of a football being interesting and entertaining due to the constant fighting over the ball by the players. Another thought that was put into my mind by Josphat Lowoi was "*Am I challenging myself enough?*" I analyzed myself in terms of the steps I'm taking in terms of academics, looking for opportunities to grow, coming up with solutions and I realized that "*No, I'm not challenging myself enough.*" I do not expose myself to the right catalysts that would jog my thinking towards a certain direction.



2 The Standard Group building

Due to AKAD Post Settlement Settlements (POSS) negotiations, Eric Fairweather and I got the opportunity to be interviewed by The Standard's Hashtag Magazine. That was when I was asked one of the most difficult questions ever: *Who is Boniface Omina?* I searched every corner of my mind for that answer but came up short at first, not because I didn't

know who I was but because I had difficulty defining myself. So I went around asking my

mentors and mentees to define me. I received various answers from each one of them and this was because they each knew me differently depending on how we have interacted. Then the simple fact of the matter hit me and I realized that **no one can define you except yourself**. This is a simple truth that is either misunderstood or completely unknown to the youth of society.

I took home many lessons on this day but the biggest one being that I don't have time. Having seen journalism in an entirely new light I have already taken action to spearhead my aspirations in journalism. Through coordination with the committee of my estate I have been able to secure an area where I can shoot videos for my YouTube channel and future TV Show-**BOXT Kenya**. Through this I can be able to build on my journalism and presentation skills and through the networking I did during this event, I have found someone to co-host the show with me. I will also continue to improve in my team-building activities using the simplest of equipment such as *playing cards* and *bananas*. I will also begin training my fellow students in school on public speaking and presentation skills.