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Having attended the program on 19TH June 2018 at BIDCO company auditorium, the first lesson that I learnt was emotional intelligence. First, was to recognize my emotional intelligence then with that, I would be able to manage my emotions easily.

The second sub topic under emotional intelligence was about understanding other people's emotions and with that skill, one would create good relationship with others. The importance of one having control over his emotions was that one would create good social awareness and relationship management.



Emotional self-control this is the ability one being able to steer his emotions. Secondly, was transparency this when one is being open with one another means one is being able to share out his or her views with one another and from this, good relationship is enhanced .the other lesson was adaptability which emphasized on gauging the environment and react towards it in which it played a very big role in my life in realizing my environment. A lesson that I learnt was taking initiative to do an obligation for someone else willingly and voluntarily.

The last lesson that I learnt was being optimistic which meant about being positive about life and this



implies where one believe in him or herself that can do it and emerge as a winner .I would like to take this opportunity to thank Dr.Nyawira Kuria for teaching me such skills that I lacked previously before attending the mentorship programme held at BIDCO Company .

The next lesson that I learnt was to identify my strengths and my weaknesses then realizing the areas that I need to improve on effectively in order to achieve our goals in this life that we are living presently in.

When evaluating on the areas that I need to improve on first, is to believe that I can change on those areas that I'm having trouble with. Secondly, is to understand the resources needed in order to improve on the areas troubling me. Then seeking the people that can help me out can either be my parents, mentors, teachers or My school mates. Then coming up with the ways and models to solve it or inventing. Then after inventing, is listening and presenting it to the people around us in order to hear their views. Through their feedback, I will be able to adjust on my invention effectively.

Next, is to deliver which entails solving a problem and coming up with opportunities. Through these lessons I was able to know my weaknesses and improve on them. Thank you Josphat for the lesson that you taught us.

Then the other lesson was having consideration on application which entitled time plan. Through good



time planning, I would be able to have an ample time to re-sit and evaluate a solution to a specific problem facing me personally in my day to day life ,then the second task was to do a research in order to find out more ideas. Having the characteristics of an Eagle which emphasizes on going for what one wants. Next was to embrace failure and learn more from our failure. Then using opportunities that are presented to us and using them appropriately. Thank you Ernest Omondi a HARVARD UNIVERSITY student for teaching us such skills that I had never thought of earlier on.

The next lesson that I was taught by an advocate Schola Kayugira was about accounting the cost. I also learnt that leadership in laws is all about achieving a certain goal in life. From that, I learnt that everything is possible in life. I also learnt not to choose a career just because of money but just because of the passion that I have for it was motivated by a saying she said that do not aspire to make a living but to make a change in this society that we are living in.

I was really motivated by Dr. Vimal Shah story towards establishment of a such a big company. He also taught us having the value of persistence in order to achieve our goals we were also taught us to take risk in order to be successful people in our society that we are living in this present day. I would like to take this humble opportunity to thank all that took part in mentoring, motivating and teaching us important skills that I will utilize them in my studies, social life while interacting with people from different background in our society.