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### QUALITY SIPS OF WISDOM.

Drip, drop, drip. The sound of rhythmical drops of water patterning away, trickling from the source, gaining volume as the first merges with the second, the second with the third, until the full force of the waterfall cascades down, yielding its magnitude and potential and unleashing its wrath in its entirety on the creatures below, mouth agape in an earnest bid to get a quality sip from this liberating water. Yes, you guessed it, the water is life, the water is knowledge and depending on the application it evolves to wisdom. Another classic day at the water hole.

On this particular day at the water hole, this young calf set goals, which he would have diligently strived to achieve so as to make the most of this day. Coming into this, I was looking to put a finger on the methodology behind how to make a life path to achieve larger more critical goals considering the dynamics involved in my day to day life. Secondly, I was looking to compare myself and my journey with other people moving in the same direction, dissecting and examining the contrasting aspects so as to set myself a standard to work around. Lastly, I believe time is the most valuable investment, hence if others invested their time coming to the conversation, then I too will invest in this free deal called networking to cap off my day.

No doubt, the body brings about communication and lessons that words cannot fully describe. This is my conviction after going through a session with Angaza coaches and in specific Steve. From the activities that we undertook, what's evident is that the mind-though limited sometimes -has the power to adjust and adapt to your specifications. When required, the mind would set up a system that it follows when dealing with a pattern of events, thus a breach of this pattern required readjustment of the grey matter's system, though time consuming, but necessary. Next up, the change in mode of command or communication from audio to visual would cause havoc in our coordination. However, I learnt the essence of maintenance of a strong communication bond between both parties and almost literally glueing my mind to the instructions so as not to mess up. My application of this is that, in reality situations where communication modes may have been altered, to get the best results, fix your mind on the overall message the communication carries, it's meaning and meant outcome, especially not looking at what others may be doing. I also learnt that when working to do something, I should tear my mind from what methods my colleagues are using to do it and their outcome, rather concentrate on MY TASK, AND MY FORMULA OF DOING IT. Lastly, from the closing activity, I realised the importance of maintaining the correct body language when communicating

with others verbally or non verbally so as to prepare them for your message, and ease your conveyance.

At the water hole, this calf got the opportunity to learn from other people's journeys to and from the water hole, and see what impact the occasional sips of the precious knowledge they have gathered, closely stitched between water molecules made available. First up, Francis Wahome took us along his journey, from an ordinary high school student, with ideas generating themselves in him, as well as vanishing upon realisation that they will not be actualised. To the walk the walk person he has evolved into. His citations of the change in company, naturally and without force expectedly affirmed the adage; birds of a feather flock together. The mental links could not be maintained between Francis and his lesser self-realised company, as he had evidently stepped up his rationale, and the results were radiating from him only allowing him to acquaint well with like minded people. This is the definition of transformation. Thus from the lessons I learnt, Nyamawih Charo said wisely, "Knowledge is only power when I is up to date and used correctly." This set the stage for the integration of information that I would come to get, into my life.

Only at the brink of extinction does man evolve. This is a summary of the illustration Eric Kimonyi gave us concerning his experience in public speaking. The above statement is so widely used to produce results though few realise it's deep truth, even us rugby folks are given an option, to go hard or go play marbles, then gear 6 always sets in. Now, the bull conquered the giant, how will the calf fare? Yours truly was requested the congregants through the abstract maze of leadership. Subjecting them to his opinion, way of thinking and surgical methods of dissecting and analysing leadership theories and styles was quite timely, seasoning their minds in readiness for the session with the honourable speaker Ekuue Ethuro. My lesson, allow the audience to digest the information you're giving them by using transitional remarks and illustrations.

I posed three questions from my presentation, for the audience to chew on and digest so as to give them that eclectic thinking. Dr Emy Wanyama took it upon himself to guide us in understanding the reality and repercussions of the questions, salutations to him. He shared his knowledge on the reality of situations eg that every healthy institution has 20% of the people splinter off from it and retains 80% for stability. This ensures regrowth and new dynamic approaches to things. This though challenges the leadership to think around ideas and concepts evading them through splinters.



Alas! Honourable Speaker of the Senate graced us with his presence, being the kind of herd we are, these calfs wasted no time in engaging him on political issues and his life story. We picked at his

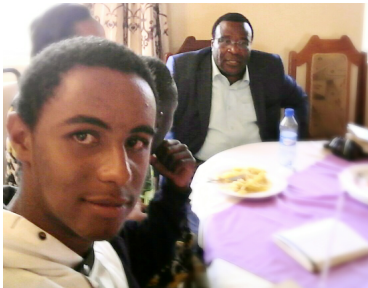


political principles first, as well as those of fellow upper house members, trying to link the river with the source. He wasted no time in building a mental picture for us concerning how he developed his political aspirations, his aptitude on selling crucial issues on debate and his methodology of developing his status as a well seasoned and transformational leader. He didn't need to state his principles, the explanation of his journey painted a clear picture of the brilliant ideals behind this great man. Next we

dissected his life philosophy. Evidently, he believes in the value of time, innovation and morals as did the apostles believe in the resurrection of Christ our Lord. His indelible remarks on me were, "Ideas are better than food on the table." Another lasting illustration concerning the 'dirt' of politics and what a leader's role is, was "Cats will always try to keep clean irrespective of their environment, but will dogs do the same?" This statement borrowed from his fellow PhD classmate Dr Wanyama.

We capped off this day at the water hole with a mentally and self challenging session from Dr Wanyama. In brief he taught us to see, not just look. This meant that we should begin to deduce the opportunities and niches from what we come by, not just seeing and passing along. He challenged us to develop a system to discover our abilities in new situations, hence keeping us at the summit of relevance in every environment. Evidently, he is a big advocate against thinking with the crowd, if I would summarise his explanations on why he is adamantly against it I would say, it leads to mediocrity and elimination, without any apologies. His stand was, the enemy of execution is the way things are known to be done. Now this is what you call a day of investment, not in the stocks or in real estate, but in the water, that is knowledge and wisdom.

As a result of this, yours truly has convicted himself to establishing a better refined way of thinking about the niches around me. To keep generating and actualising ideas before they become obsolete and irrelevant because others too are thinking, maybe thinking exactly what I am. Lastly, my mentor, Eric Kimonyi challenged me to maintain quality communication between my followers and subordinate leaders and myself, so as to maintain a cordial relationship between us and so that I can deeply understand their mentality and aptitudes on various issues. As the sun set, so did this herd depart from the water hole, bellies almost bursting, but nonetheless, watch us grow!



Having lunch with speaker of Senate Hon. Ekuoe Ethuro