



**NAME:** Gladys Wanjeri Gachoka

**AGE:** 17

**EMAIL:** [gachokagladys@gmail.com](mailto:gachokagladys@gmail.com)

**MOBILE:** +254 702 704 338

**FACEBOOK:** Wanjeri Gladys

## **SESSION 2- KNOW THYSELF**

I never thought I could be as interested in a mentorship program as I am now in AKAD. The session was held at the usual grounds at MOW sports club, South C. I fortunately arrived just on time but was deeply shocked by the turn up. The numbers had decreased from about 30 to 5 later to be joined by one more. We did not let that stop us from starting the session on time. Rev. Dr. Julius Weche, after having his cup of tea, started us off. The theme of the day was 'Know thyself'. We were also able to tackle confidence



**Me working on my introduction**

building and due to the low number of attendees it was possible to do it on a personal level.

We learnt and practiced our introduction which is a key factor in the life of any successful person. If given only thirty seconds to introduce yourself, what would you say and how would you say it? First audibility is not optional neither is appropriate eye contact. Use of appropriate gestures to effectively communicate and most important keep

your cool. We all had problems here and there but in the end we managed and came out alive. One is supposed to state something to do with their past, what they are currently doing and what they hope to accomplish in future and so organization of thoughts is also essential. We also got to learn more about each other.

He then told us to go through our essays with everybody else explaining what we wrote. This I think majored on our communication skills. Dr. Weche took us through the Aptitude Information where we learnt the different type of questions we should be ready to answer. They are questions based on:

verbal ability, numeric ability, spatial ability, abstract reasoning, mechanical reasoning, fault diagnosis, data checking and work sample. So do not waste time practicing questions that will not appear on an actual test.

We then took a short break to digest all the new information we had obtained and to reenergize ourselves with tea and snacks as we chat. We were able to be joined by another gentleman at this time totaling our number to six attendees and that was it. Better late than never I guess. It was not long until we were called to enter into the second part of our session which was more interesting revealing. We were introduced to the Myers Briggs test.



(From far left) Shivon, Lucy, myself, John, Ted and Mike having a break.

We went through the Cognitive Style Inventory, similar to the Myers Briggs Type Indicator (MBTI), which is a simple introduction to personality type and psychological type. We were basically asked four questions each with two answers to choose from and each answer represented by a letter. Combining the letters will categorize you under certain professions. While some of our four letter combination got us the professions we eyed for, some specifically Mike got a shocker but it was an eye opener to all of us. The inventory was not a defining factor for our future just an opportunity pathway.

Dr. Weche continued on to show us the importance of public image using our Facebook pages, particularly mine, as an example. Never expected that to happen but anything in life can catch you off-guard. Always be prepared. While he had a profile worth advertising, I had selfies worth just being screensavers. That definitely has to change. Thank God I had changed my profile name in time or that would have been a mess. Everything you do the world will be watching especially in social media. Always brand yourself in the best way possible.

Leadership was also touched on referring to a document on the AKAD website that we could not recall. A kind of bad habit we have not yet grown out of. It was on the steps to becoming a leader; directing, coaching, supporting and delegating. One should be ready and willing to be directed and coached by their mentors, should support and allow to be supported by their mentors and finally delegate.

We also underwent another practical exercise which Dr. Weche said changed his life. Writing down our strengths, weaknesses, opportunities and threats of which mine are clearly stated in the table below, at least those I can think of.

Generally, the day was a success and makes me yearn for more of these great experiences with the whole committed team.

<b>STRENGTHS</b>  <ol style="list-style-type: none"><li>1. I am self-driven.</li><li>2. I can work under pressure.</li><li>3. I am reliable to complete a given task.</li><li>4. I can adapt to various situations (flexible).</li></ol>	<b>WEAKNESSES</b>  <ol style="list-style-type: none"><li>1. I don't befriend anyone easily.</li><li>2. I am less sociable.</li><li>3. I sometimes overthink in a given situation.</li></ol>
<b>OPPORTUNITIES</b>  <ol style="list-style-type: none"><li>1. In high school I got the opportunity to learn music and now I can interpret and compose music.</li><li>2. I was part of a team in high school called technovation where I developed a keen interest in app development.</li></ol>	<b>THREATS</b>  <ol style="list-style-type: none"><li>1. Fear of underachieving.</li></ol>

