

AKAD MEMBERSHIP CONVERSATIONS SERIES.



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As a fourth year student at Lenana School and on a midterm break I decided to take up the invitation to attend the AKAD mentorship program at MOW sports club, South C, Nairobi that took place on 24/6.2017, scheduled from eight in the morning to four thirty in the evening.

Upon arrival I was a bit confused and felt lost for I had never attended an AKAD event before. Never the less the first session themed leadership Team building games kicked off magnificently conducted by Paul omonge, Mercy Kamau and Boniface Omina. Here I learnt four new games among them WAR. The game that really got my attention was one that we entangled ourselves with our hands and we were required to come out as a circle in the end. This required critical thinking, listening, communication and execution. I remember one of us commenting that it was impossible but we finally managed to crack the puzzle. From this session I realized that nothing is impossible and that communication and critical thinking are very important. I know that this will go along to helping me in future to communicate to my peers better and also to my teachers at school. My most valuable lesson here was to pay attention.

Session two was on confidence building and public speaking; it was brilliantly conducted by Rosemary Wambui a mentor with AKAD. She extensively educated on how to be good public speakers and key points to observe like low pitch. She advised that we should know our audience and portray confidence. Among her teaching was how to use humor and slides to enrich your presentation. This opened my eyes to places where I would get to practice these skills to become better in society such as churches and though I failed on first attempt I am still psyched to doing it again with more confidence.

After the session, there was a delightful break where I got to network. I was surprised as to how warm the people were as I am not used to socializing much. This challenged me to go out of my



comfort zones and make new friends as a result I met Bella, Debby and Teresia who were a pleasure to meet.

The third session was brief but informative and was led by Doctor Reverend Julius Weche. He taught on negotiation for leadership, he focused mainly on the best alternative to a negotiation, the worst alternative, the zone of possible agreement and the post settlement settlement. I was thrilled to know that though one agreement one could get to make more agreements for future benefit. This challenged me and as a result I was able to obtain our guest speaker, Earnest Ochieng's address, with a sincere hope that through negotiation I would be able to obtain his help on my project. I also would like to humbly request the AKAD Group to help me to get in touch with the standard nation Media Group once more with regards to promoting my talent, acting.

The fourth session was empowering with the guest speaker, Earnest Ochieng speaking on careers, he is a first year student studying mechanical engineering at Harvard University, an Ivy League university. After his rather amazing profile was read he confessed to us that he was a failure which was shocking to me, but he explained that for all those successes he had he failed more times and that what mattered was when he rose to the task. He gave us tips on what is required to apply to a school abroad especially in the United States of America where he studies, this information for me was very empowering for I have a dream to study software engineering at Massachusetts Institute Of Technology in America. Hence I am more than determined to boost my grades and focus on my dream.



Photo: Mr. Collins Ileri (left) and Mr. Earnest Ochieng (right)

The fifth session was on team building leadership games conducted by, Paul Omonge, Mercy Kamau and Boniface Omina. To me this session was frustrating and humiliating. This is because the game we were asked to play was to solve a puzzle and despite burning in the sun for about thirty minutes no solution was found. Upon reflection I realized that teamwork in the group was minimal and that I was guilty of monopolizing. I learnt that humility is a virtue and teamwork is essential. I vowed to listen more and work with others rather than putting it all on my shoulders.

The lunch was energizing and at this point I got to reconnect with my school mates who attended in masses. This got me thinking on how left out a new person would be in a scenario where the rest of the people know each other, I learnt that not everything comes instantaneously sometimes time and patience is needed in some situations.

Session six was led by Eric Fairweather the council secretary Lenana School. He talked on communication skills and factors to consider when making your communication efficient. He extensively talked on verbal and non-verbal communication skills and how to calm your nerves when called upon to present. I became informed on areas I was ignoring whenever I stood in front of a crowd to speak that were important such as tone quality, posture and facial expressions. He even taught on how to administer a proper hand shake which was interesting. Through this session minutes later I was able to give a proposal on my opinion of what educative material could be aired on KTN to empower the youth. I was also resourceful on suggesting the date and time when this would take place.



Photo from left *Mr. Kelvin Muyundo, Collins Ireri and Mr. Eric Fairweather*

session seven was on group discussions. In the group I was placed we agreed to be leaders that serve others, I was blessed with the opportunity to bring the meeting to a close with a word of prayer.

In conclusion I would like to, appreciate the efforts of AKAD to mentor students like me through such events which will be remembered for days to come. It was a fun experience. I also would like to extend my gratitude to the guest speaker, Earnest Ochieng for making time to be with us and to Standard Media for sponsoring the event.