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On the 7th of December 2017, I had the privilege to attend the 4th Mentoring Future Engineers With Kenya Power Seminar at the Kenya Power Training School in Ruaraka.

The day started with some team-building activities at the venue. This was a great moment for me because for the first time, I was leading the team in the team-building activities together with Collins Ireri. We were able to do the 'Spot the Difference' game whereby a group had to identify what changes had occurred among the members of the other group. Apart from the activities being fun, I gained a lot from them. I was able to know that the skill of being observant is very crucial in today's society. With this knowledge, I will be able to identify various problems and gaps in the society and come up with solutions for them.

Dr. Julius Weche was able to take us through on how to set up good and interesting profiles on the social media sites such as Facebook and LinkedIn. He was able to use various examples such as Ephie Oluoch's Facebook account and his own. From this I learnt to use the social media sites positively for my own gain. I am now going to set up amazing profiles across Facebook and LinkedIn.

The highlight of the day was the presence of Eng. Albert Mugo, who is the former C.E.O of KenGen. He was able to give us a brief history of himself. He then advised us on the various issues in society that people take for granted such being able to be fit in the context of a situation. He also emphasised on mentioning people's names with their correct titles. The question is, how am I going to use this knowledge. I am now going to be able to fit in the various contexts that will be in the society and be able to mention the various people in society with their titles.

In the afternoon, we were given the opportunity to have a tour of the Kenya Power substation at the venue. I was able to see the various transformers that step down power to be used by citizens. I also got to learn how dangerous electricity is. Thanks to this knowledge, I am now going to be more careful with electrical devices.

In conclusion, I would like to thank Dr. Julius Weche for the great opportunity that he offered me to attend the seminar. I look forward to attending more of such seminars and gaining valuable knowledge and more importantly, use this knowledge to solve the problems in my society.