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AKAD WORK PROGRAM

Never once did retirement occur in my mind until the morning of, 27th January 2017, an ordinary day kicked off with an extraordinarily sweet cup of tea, in the one and only Intercontinental Hotel at around 8:00AM, which I must say was more than incredible in so many ways ; from the service to the meals, to the furnishing ;it was simply beyond words could actually describe. Eventually it is time for the seminar to begin, RETIREMENT PLANNING was the day's topic of discussion; 'Your network is your networth' being the day's theme.

The session kicks off with an amazing introduction from Christine Onyango, who gets to warm the stage up for Anne Mugo who manages to tell of what RBA is all about and just how much it had grown

since it was established by an act of Parliament in 1997. Having its returns shoot from about 300 million shillings to around 200 billion shillings. A great indication of the good work they had done so far. She as well gets to talk of the amazing innovations that have been employed in bettering the state of pension schemes in the country, which couldn't help but baffle me. I got to really appreciate the good work they had done so Far. Though best of all she gets to remind us that retirement is real in the best way she knew how,by telling us and I quote "Hapa si kwa mamayako." Which meant that this place isn't my mother's home which got me wondering on how soon I'll get to my "mother's home"



Next in line was the, "young old man" as many particularly got to know him as,Danson Njihia. I particularly get to love the energy he just brought on the stage that had the tendency of just lighting up the whole room. A lot about him just gets to strike me as well, including the fact that he is an ardent reader despite his ripe old age that got me back to the drawing board to rethink my reading habits. The fact that he manages to rise from being just a man earning 125 shillings a month to someone who earns over 100k a month, which got me to realise that despite my past I can define

my future. From him I leave with this one statement, 'There is a winner in me. ' and no matter the situation I can and will succeed

After Danson concludes his rich presentation filled with very many beautiful life lessons he hands the programme over to Christine Onyango who gives an overview on Retirement Benefit agencies. She talks of how they operate and the benefits of joining such schemes as well as members rights and responsibilities. I personally had some what of a hard time getting to absorb all she taught though I did try my best to grasp one or two things she talked about including just exactly how the trustee council operates which was pretty incitefu.



After her very eductive presentation it's time for a taste of the so very tasty tea, and I finally can't wait to use the glorious opportunity to put my networking skills to the test. Well, to be honest, the exercise wasn't as easy as I had pictured it would be in my mind but non the less what must be done must be done, and so I decide suck up all my anxiety and take a bold step into the unknown after spotting a one stunning young lad who had this towering height that may have given me some chills but nonetheless it wasn't enough to make me backdown from the challenge. "Hello Sir," and with a firm handshake my first shot at the challenge is sealed. Victory at last. His name was Kevin Musole ,an associate with a foundation that is geared towards environment al conservation. After the short conversation I have with him ,I decide to go ahead and take some tea before it's depleted, after all, bearing in mind just how good it was I didn't quite think it would have much of a long lifespan.

Soon, perhaps too soon the break is over and it's time for all of us to get back to class and get a taste of Mr. Chegel of the Psychological Health Services who was to take us through time management. The session is simply beyond that which words could tell. It was exactly what I needed, what I thirsted for, what I hungered for. His presentation was just simply rich with new insi, for example I got to learn of Stephen Covey's principles of time management as stated in his book seven habits of highly successful people. He as well gets to teach of the time quadrant that helps to get you know exactly you spend your time and the kind of person you are, depending on which quadrant you fall in. But what striked me most in his whole presentation was this one statement that everything I see now was once but a mere thought in someone's mind and only hardwork and passion brought it to life, and it gets me thinking in so many different dimensions among them being the fact that I could make my dream a reality as long as I just was determined enough to make it a reality.

Soon Mr. Chege concludes his lovely presentation though had it been my choice I would have chosen to let him speak for the whole day so that I would get enlightened by his Wisdom but just as Dr. Weche taught me on 26th January 2017, Ecclesiastes 3, does say there's always a time for everything under the sun. In that respect, Dr Stephen Wahome takes the stage. He tackles the topic Attitudes towards Retirement whereby he tackles various issues that rack the brains of retirees to be concerning retirement. His presentation opens with a simple excercise where he asks his audience to

give him the pros and cons of retirement, and well as expected the cons turn out to be more. Though by the end of the presentation I'm left saying may be retirement isn't as bad as I thought. He also gets me to realise just how important it is to develop a positive attitude not only towards retirement but towards various aspects of life.



Not long afterwards, it's time to pray for the lunch, which I particularly was looking forward to for two main reasons, one being, it was time for me to flex my networking skills and the other being that, well I couldn't simply just imagine how good the lunch would be if the tea simply was royal class. Over lunch I get to meet so many people including Mr. Danson, Ms Perris, Mrs Muraga who I must say had this way to just make everyone around her just glow with joy with her amazing sense of humour. It actually seemed like I was on a roll and I finally had the networking part all figured out until I almost blacked out when I approached a one Brenda Njeri, only for me to salvage myself just at the nick of time and managed to get the conversation rolling.

Soon the lunch break, which I simply really did enjoy is over and it's time to get back to class and learn about Investment and Personal Financial Management and I must say this was simply the gold mine I always dreamt of finding. Dr. Judson manages to teach of just how exactly to save and to spend money in relation to preparing for retirement and he makes getting rich so easy you would think you could almost just make money by just walking up and getting out of bed. He highlights on various aspects of goal setting and financial planning so well you would almost think he was heaven sent. He let's us have a look at the top six richest people in the world and I can't help but realise one thing, they all are their own employers and I can't help but feel that one day I to Will be on that list, remembered as a man who made a difference by simply believing in himself

After the delightful presentation it's time, once again to welcome Dr. Stephen Wahome once again on stage, to talk of the Psychological and health issues in retirement. He starts his presentation by highlighting the various stages of retirement which are: preretirement, actual retirement, honeymoon phase, disenchantment, reorientation and routine. Though what particularly captured my attention



was the massive influx of loneliness that comes with retiring and I couldn't help but put myself in the shoes of a retiree which was quite sad. The session got me to appreciate my grandparents more and it really let me feel like there was some need to actually just always be there for them. It also let me learn just how important it was to plan for my retirement which I apparently had never thought of. I as well appreciated the light moments daktari shared with us including the time his father's stubbornness got him to buy a substandard cow which was pretty funny. The day's learning is eventually culminated by

a question,answer and submission session that is plainly dominated unsurprisingly by members of the AKAD education group.And with a prayer from Andrew Njuguna and a cup of tea and of course a photo frenzy the day ends peacefully and amazingly enjoy the day and I can't help but thank Dr. Weche enough for the fantastic learning experience.

