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## **THE UNEXPECTED TRANSFORMATION**

It was invitation from the Retirement Benefits Authority and I attended on behalf of Akad Africa at the Intercontinental hotel in Nairobi. I didn't know it was going to be such a transforming event ever for I realised the benefits one gets when he saves so that he cannot remain redundant after retiring. Mr Danson Muoria Njihia a seventy two year old man started the event as he gave his testimony saving and I learnt that for one to be great, one has to start small. Mr Danson started as a by saving twenty shillings after he had encountered many mistakes and with that he has grown into a responsible man. On the other hand when he began earning he saved one hundred shillings which he used to buy his cow and few hens. He invested in his animals and now they have expanded whereby he milks over sixty litres and for the hens, he collects over two hundred fifty trays of eggs.

We were later facilitated by Dr Joseph Chege who talked about time management. He warned us about time wasters and told us to aware of the way we use our time. He urged us to differentiate between what is important and urgent. He urged us identify our prime time and use effectively and to be aware of time vampires.

He told us to get SMART goals and here he meant

S- Specific. Here one needs go for a comfortable goal where she knows all the

Consequences.

M- Measurable. Here one to be sure if he is getting positive out comes from what he has chosen.

A- Attainable. The goal should last. It should not take the shortest time and it should not take forever.

R- Realistic. Your goal has to real to you. It should not be like a dream.

T- Time limited. It should not take forever for one to achieve his goal.



Figure 1 As some of the Akad members were socialising

The event was interesting for we had many motivational speakers whose words were able to move the words that were immovable and rigid ideas I had. I learnt that for me to enjoy the benefits of my work in the future, I had to start saving now even

though it was very little. I also learnt that I should also consider a budget

in my life. Though I have been using a budget, I have not been using it effectively. But after the event the importance and the true meaning of a budget came to light

I learnt how I should use my time effectively. Here I realised the time I am active and productive and the time the minds are so dull. I learnt that I should not cowardice going for the fear plane but rather go for the faith plane.

I learnt that if I spend my time poorly I would have to create myself problems like stress, depression. I also learnt that the combination of time, resource and energy brings out good results if properly used and careful balanced.

I learnt that I needed to keep the mind busy if I needed to keep relevant. If one needed to get far, he needed to keep something in front of you to remind you from where you came from so that one keeps motivated.

