



# Precious Times - Term Three 2019

Mentoring Weekend - Precious Blood School Riruta – August 31<sup>st</sup> & September 1<sup>st</sup>

Dear Precious Girls,

It is a joy for me to, once more, compile an edition of Precious Times – summarising another great weekend of mentoring, learning and interacting with girls from other schools and our faithful mentors.

## Introduction

The last mentoring event for this year was a great success with 107 of you turning up for the event. The theme of the event was **Self-Belief** which is the B in our ABC theme. (Remember, A stands for Ambition; B for Self Belief; & C for Commitment.)

## What Is Self-Belief?

Wallace defined self-belief as **being confident in who you are, how you look, your abilities and making the right decisions.** It is the feeling that 'I can do anything, no matter what'. Self-belief is an important quality because without that ability to belief in yourself and your actions, you will struggle to reach your full potential and live a less fulfilling life. We should all love ourselves because we all bring something unique to this world .... You really need to believe that. There are dream thieves or life vampires that can take away your self-belief and you should keep away from such people.



To build your self-belief:

- + Try new things. Don't only do what you know and can already do. Take some risks because if you can learn something new, it will really help build your self-belief. Remember too, practice makes perfect and the more you keep doing something the better you will become at it.
- + Physical exercise really helps. When you are feeling fit and healthy, you feel good about yourself. It also reduces stress and takes worries away.
- + Be helpful to other people. This will help you feel good about yourself.
- + Surround yourself with people who support and encourage you. Keep away from those people who would put you down or criticise you. Identify a person who brings out the best in you and makes you feel good and listen to them.
- + We all have that little inner voice in our heads that tell us this or that. Very often, the little voice is negative and tells us what we can't do and what we are not good at. Self-belief is about drowning out those negative bits that the little voice tells us and instead giving ourselves positive and good helpful messages. Would you say to your best friend ...'you're not good enough?' Of course not! So why say it to yourself? Please stop beating yourself up. Have some self-compassion. Allow yourself to be who you are. Saying positive things to yourself is a way of developing your self-belief. Look at what you have achieved already and be proud of yourself. If you could achieve all of that, what else can you achieve? Celebrate yourself and focus on what went right not what went wrong.
- + The alternative to self-belief is self-doubt – that you are not good enough, that you are too critical of yourself and that you compare yourself with others and always unfavourably. Please do NOT compare yourself to others – it is unhelpful.
- + Who are you? What makes up you? If you asked your best friend what would be the good things that she would say about you?
 

<input type="radio"/> You are kind	<input type="radio"/> You are supportive	<input type="radio"/> You are pretty and good to look at
<input type="radio"/> You are helpful	<input type="radio"/> You are clever ... good at Math or science	<input type="radio"/> You sing beautifully
<input type="radio"/> You are happy	<input type="radio"/> You work hard	<input type="radio"/> You can run fast
<input type="radio"/> You care	<input type="radio"/> You are God fearing	<input type="radio"/> ????
<input type="radio"/> You are fun to be with		

## What would you say about yourself????

Just spend a minute thinking about what those things might be – only good and positive things:

I am ..... I am ..... I am ..... I am .....

Once you have that list that is who you are. Self-belief or self-confidence is feeling good about that list – whatever is on that list. If you can develop self-belief:

- You will be much less frightened of new situations and challenges
- It will help you face setbacks or cope when something goes wrong
- It will help you make more friends

So get used to saying quietly to yourself:

- I can do it
- I will do it
- I am strong
- I am beautiful



No one will believe in you if you don't believe in yourself – **REMEMBER YOU ARE GOOD ENOUGH**

Muthoni narrated to you a dilemma story of how there once was a beautiful girl named Daniela who lived in a village. Across the ridge, there was a handsome boy named Austin. The two were admired for their beauty and attracted many suitors. One day, while Daniela was in the market, she met Austin and it was love at first sight. With time, Austin proposed marriage and Daniela accepted. As they were planning their wedding, heavy rains fell for many days and washed away the only bridge connecting the two villages. During this time, there was no way for the two to communicate and their friends started to plant doubts about the relationship. Daniela's friends told her that Austin, being as handsome as he was, would surely be taken by the girls in his village and forget her. Daniela sought advice on what to do from her mother and the mother advised her to be patient. Daniela however was unable to wait for the river to subside and decided to go and see whether there was a way she could cross the river. She found a man with a canoe and requested him for help to cross the river but he refused to help her unless she agreed to sleep with him. She went home dejected and explained to her mother and her mother cautioned her again to be patient and wait for the waters to subside but also told her that since she was 21 years old, she was free to do what she wanted. Her friends meanwhile were continuing to put doubts over Austin waiting for her and in the end she went back to the river and did as the old man proposed and afterwards, he helped her cross the river. When she went to Austin's home and explained what had happened, he pushed her away and told her she could not be the mother of his children. After this amazing story, Muthoni posed a question to you that was the focus of your discussion both in the morning and in the afternoon public speaking session. The question was, 'Who was wrong in the story?'

This created a very interesting debate and many of you have told me you learnt a lot from the views of others. The main lesson being that it is important to have values and that you should avoid compromising them. Following the discussion, you were asked to form groups of ten and write several lines of what you had learnt from the poem that Muthoni recited, **Hello World** by Dan Coppersmith which was what you presented on Sunday morning.

## Hello World

<i>I am amazing</i>	<i>I'm inspired, desired</i>	<i>I'm delightful, insightful</i>	<i>I am focused and clear</i>
<i>Incredible me</i>	<i>I am wonderfully weird</i>	<i>I am loved and adored</i>	<i>Life becomes brighter</i>
<i>Celebrating the being</i>	<i>I am unbridled passion</i>	<i>I live a charmed life</i>	<i>Because I am here</i>
<i>I choose to be</i>	<i>I am highly revered</i>	<i>I'm renewed and restored</i>	
			<i>I am blazing, amazing</i>
<i>I'm uniquely spectacular</i>	<i>I'm outrageous, contagious</i>	<i>I am grateful, elateful</i>	<i>I can't be contained</i>
<i>I am one of a kind</i>	<i>I am daring and bold</i>	<i>I am centered and wise</i>	<i>I'm a glorious, fabulous</i>
<i>Creativity oozes</i>	<i>I am honoured and</i>	<i>I am wealthy and worthy</i>	<i>Radiant flame</i>
<i>From my heart and mind</i>	<i>cherished</i>	<i>I am God in disguise</i>	
	<i>I'm a treasure to hold</i>		<i>I choose to exude</i>
<i>I'm stupendous,</i>		<i>I declare my brilliance</i>	<i>All this and much more</i>
<i>Tremendous I stand out</i>	<i>I am gifted, uplifted</i>	<i>It won't be denied</i>	<i>My wings are spread</i>
<i>from the crowd</i>	<i>I am endlessly blessed</i>	<i>The world cries out</i>	<i>Watch me soar!</i>
<i>I do things</i>	<i>I am sought out</i>	<i>For what I provide</i>	
<i>That aren't allowed</i>	<i>For the skills I possess</i>	<i>I am powerful, masterful</i>	

Muthoni introduced Amimo Kwambo, who started off with a video of a song about appreciating others to build their self-esteem. Amimo gave each group an item that the groups were to describe its importance in self-belief or leadership without mentioning the name of the item. This was to emphasize that no one is the same and you all have different abilities. Some of the items were a shoe, a torch, a mirror, a Kenyan flag, a paper and clear paper. These were some of the examples the groups came up with:

**A shoe** – gives one confidence to step out, is a symbol of footsteps that people should follow and the steps one should fit into in order to lead.

**A torch** – is a source of light, can guide, has a switch which symbolises one's ability to choose and control, has batteries that produce energy thus one can achieve a lot.

**Mirror** – reflects objects (you are the original copy of yourself)



**Kenyan flag** – black colour is for humanity, green for nature, white for peace and love and red for blood that was shed. The shield is a protection against obstructs for self- belief.

**Paper** – can be used for decoration, can be folded and unfolded which symbolises resilience.

**Clear paper** – it is transparent which means one should be open to change.



## Group Sessions and One-on-one Session with a Mentor

Our faithful mentors arrived on time and you all had a wonderful group session in the morning where you were with colleagues from different schools and a mentor. You were placed in groups of three students plus a mentor and you had time to discuss the theme of the day. This was an interactive session where you learnt from other girls and from mentors.

The afternoon session with mentors was a time when mentors helped you realise who you are and what you can do if you believe in self. They helped you remove self doubt and encouraged you to keep having positive self-talk, find friends who you can talk to and who can encourage you. Mentors also took time to discuss your commitments and share with you additional study techniques to help you accomplish your commitment.

## Prize Giving Ceremony

What would we do in this life if there was no prize at the end of the road? Isn't it good to be recognised for hard work? This



was the fruit of all the effort you have put in all year. Our guest of honour was Mrs Jane Karuku who is the Chairperson of the Trustees of Precious Sisters in Kenya and is also the Managing Director of Kenya Breweries Ltd. Our take from Jane was:

- Have the right judgement, drive and influence
- Self-drive saves time and brings success
- Be assertive and say 'NO' to the wrong things

Jane posed a question to you as to why girls your age are in such a hurry to do things that can wait until one is mature. For example rushing into relationships with boys when you are still young.

Jane thereafter handed out prizes to the winners that included a novel relevant to your age selected by Muthoni and Kes. 500 for those in Forms 1 and 2 and Kes. 1,000 for those in Forms 3 and 4. The award was given to the student with the best academic results in each year group, the most improved student in the last one year, the best in leadership

and the best in community service. The last three awards were across the year groups for Forms 1, 2 and 3. The prizes are to encourage each of you to strive to do their best.

<b>Class</b>	<b>Best in Academics</b>	<b>Most Improved</b>	<b>Leadership</b>	<b>Community Service</b>
<b>Form 1</b>	Grace Okumu – Starehe	-	-	-
<b>Form 2</b>	Mercyline Juma – Starehe	Mary Mumbua – Kilungu	Precious Ndanu – Kilungu	Purity Nyokabi - Maryhill
<b>Form 3</b>	Tracy Moraa – Starehe	Elizabeth Kalas – Gatimu	Michelle Gesare – Gatimu	Elizabeth Mbulwa - Riruta
<b>Form 4</b>	Judith Mukonyo – Kilungu	Philomena Mumo – Kilungu	Tabitha Gatogo – Starehe & Husna Hassan – Starehe	None

## Sunday Morning

### Skits

This time round, you completely outdid yourselves with an amazing set of presentations. They were based on the poem 'Hello World' from the previous day. You were to add stanzas to the poem according to your self-belief. As we watched the presentations, we saw a remarkable improvement in self-confidence and voice projection, as well as some excellent new stanzas.

### Session

Our Sunday morning career section was not the usual career session but this time round, our speaker Cindy Mwendwa spoke on the topic:

### **How To Make Yourself Employable**

She started by stating that making yourself employable starts NOW. You need to know yourself (likes and dislikes), hobbies and values. You need to have dreams and aspirations. Do you have what it takes to be employable? Right attitudes, skills etc.



How can you raise your level of employability?

- Complete your education to be competitive
- Enhance your education to a higher level
- Learn to set goals and achieve them
- Engage in extracurricular activities



**What can you do while in school?**

- Study
- Participate in extracurricular activities
- Plan what you can do in the school holidays
- Volunteer
- Community service
- Participate in sports
- Attend workshops

**Extracurricular tips**

- Try as many as possible but narrow down to a few
- Focus on leadership and impact
- Let your activities tell a story
- Keep a record
- Ask for a letter if possible
- Don't stop during the school holidays
- Don't let your grades suffer
- Don't overdo it

**What should you do after leaving school and before joining university?**

- Internship

**How will an internship help?**

- Apply your education
- Get experience and be more employable
- Figure out what you like or don't like
- Learn from others
- Build your resume
- Will make you stand out
- It's an opportunity to explore different potential in what career to pursue at university
- See and learn how a professional workplace works
- Gain great exposure and build your network of contacts
- Helps in finding jobs and internships in the future
- Helps in developing confidence and soft skills

You get internships through networking and applying to various organisations

**Soft skills also referred to as life skills include:**

- |                      |                        |                       |
|----------------------|------------------------|-----------------------|
| ➤ Communication      | ➤ Stress management    | ➤ Creativity          |
| ➤ Flexibility        | ➤ Listening skills     | ➤ Using technology    |
| ➤ Teamwork           | ➤ Self confidence      | ➤ Motivation          |
| ➤ Responsibility     | ➤ Drive/energy         | ➤ Work ethics         |
| ➤ Problem solving    | ➤ Interpersonal skills | ➤ Networking          |
| ➤ Time management    | ➤ Critical thinking    | ➤ Presentation skills |
| ➤ Negotiation skills | ➤ Respect              |                       |

**Reports compiled by**

*Kilungu – Cynthia & Rose  
Riruta – Sheila & Janet*

*Gatimu – Catherine & Caroline  
Starehe – Elizabeth & Daniela*

*Maryhill – Joy*



We greatly appreciate all our Mentors for making the time to come and mentor our girls; you are a source of motivation to our girls and every Saturday you turn up to mentor the girls is an investment in their lives that is of enormous value. Thank you once again to all the Administration and Catering staff of Precious Blood Secondary School, Riruta for your wonderful hospitality. The girls always mention how well they are treated and fed. We appreciate all our Sponsors for believing in Precious Sisters and partnering with us to 'Give the Bright Girls a Chance to Shine'