



ANNAH MWERU NICHOLA



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VISION STATEMENT:

To champion the plight of many in society through advocacy and resolving African challenges with cross cutting tech solutions.

MISSION STATEMENT:

To become a thought leader in technology and groom a young generation of techies to solve societal problems innovatively.

My journey in M&B Program began when I saw a post about a hike to Mt Longonot. I joined the hike without knowing anything. I thought it was just a group of people coming together and do fun stuff, so when a friend asked me, "which level are you" I was like "level?" then she sent me a link to apply to join season 7 and thank God I qualified. For me joining the program started with a hiking expedition, then later I realized there was so much goodies to take from this organization.

M&B is a place where you will be peeled but with love and expose the inner you. It's a process and the team is so patient until you become who God wants you to be. In the program you will discover your purpose and your position in reference to it. Joining the program has made me a totally different person.

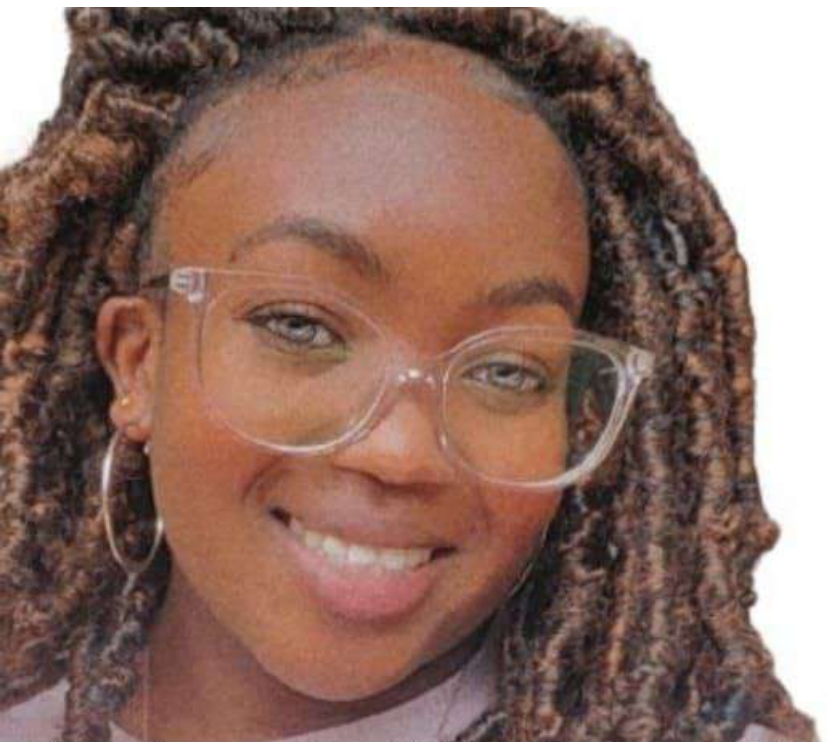
Let's start with reading the bible and knowing God on a deeper level, I loved the bible study they taught me about the word of God, and His love. One thing I was struggling with from the start was waking up at 5.30 am, but later realized it was helping me to take control over my life on daily basis. M&B is a family when you have any issue anyone is ready to help you.

One on one with the mentor is the best thing that ever happened to me. I discovered who I am, why am I acting in such ways by understanding my personality in depth and what I can do to change some aspects in life. It was a peaceful space where I learnt to speak my mind without any one judging. Every time I came out of the meeting I was a different person, I was being sharpened and now am a TRANSFORMER. I got born again and now I understand the will of God in my life.

They hold your hand and go with you step by step until the monkey is tamed and the team is always available whenever you need them. I was so shy that I couldn't interact with people but now I have gained so much confidence on myself. Today, even when am pushed to the wall I always come back strong.

This is the journey I would advise everyone to join by trusting the process because by the time they are done with you, you won't recognize yourself. If you put in the work and follow what you are required to do, you will be a brand new and changed person Like Me.





AUDREY SOI



STUDENT



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VISION STATEMENT:

To become a Brook and well spring of life through my work of art and heart of compassion

MISSION STATEMENT:

To Become a Procurement and supplies specialist in my twenties. To start an initiative that would endear the young people and use it as a tool to transform their lives.

Six months ago, my friend told me about a mentorship program. At first, I was hesitant about it but with time she did convince me. I finally did the interview and I joined. She was happy for me, even more than I was for myself, since she really knew what was in store. When I joined M&B, I felt like my life was so confused. I had just finished high school and another episode of my life was beginning. Mentorship and Beyond to say the least came in and helped me get my life back in shape.

Initially I thought it was just another Programme that will probably end like the rest, no progress. However, M&B helped me reconnect with my spiritual, emotional and physical life. I gained new friends who always woke me up even when I was tired so that I can't miss the meetings. Friends who really cared. Most of all I gained father figures who told me the reality of life and how life really was.

My favorite times in the programmes were during the one on one meetings. At this point I can say that they changed my life. They placed facts in front of me and helped me make decisions. Decisions which I was unable to make before. I used to care a lot about what people would think about me if I did something I liked but they taught me to be who I am. Throughout the Programme I was able to know who I am, enhance my spirituality through the help of Bible study and most of all, to keep time.





BETTY BETT.



economics and finance.



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Betty Bett

Talk about a safe space that I have gotten to really know myself, know my personality. Understand how I make my decisions, how I communicate and how I express myself in depth. The most interesting part is that there are others just like me, with the same personality; something that really intrigued me. And I got to interact with them and my mind was blown away, I kept asking myself why I didn't join this program earlier, but as we all know, "There is a time for everything; a time to join M&B and a time for something else."

When I joined M&B I had been told how awesome and interesting it was and now after six months of being part of the mentorship program all I can say is that it has been an AMAZING experience. It has been more than just a program but also a family, I am so lucky to have interacted with most of the season 7 members and it was such a wholesome experience.

What has been my greatest lesson is that God has given us power to have dominion over everything on earth, and by everything it literally means every single thing. I'm so grateful for our mentors, they gave me an experience I really needed but I didn't know I did.

VISION STATEMENT:

Be the best organic farmer both nationally and internationally.

MISSION STATEMENT:

To be the best version of me this is through understanding myself better, this will ensure that I make decisions solely to ensure my betterment and not to impress people.





DIANA NYAMBEKI



Student



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Diana nyambeki

VISION STATEMENT:

A woman of sophistication, who offers solution to problems, addresses challenges head on to create a life changing environment for other women out there through my writings, poetry and art.

MISSION STATEMENT:

To use my skills and knowledge acquired in all those years of learning to create platforms that educate inform and create awareness against GBV, FGM, assault, bullying and encouraging self awareness for all age groups especially the teenagers who are more affected

Joining M & B has been a life changing journey for me. It became a family for me with love, kindness every attribute of the holy spirit it has overwhelmed me. "A happy family is but an earlier heaven" said a famous literature author George Bernard Shaw. When filled with unrest i could reach out my new found family and then receive immediate response. To care for someone who you ain't related by blood to a point you would put what you are doing on hold to tend to them shows the presence of God in your life. Love your neighbor as you love yourself.

When i came to M&B i was a broken little girl who had built a protective shell around herself to the outside world. All along i had been holding on to pain without even realizing how much it had impacted my life. After my one on one session with a man i'd like to term as My father because it is a father who protects, guides and cheers on their daughters to success. Actually it wasn't even the first it was the third session where i had grown comfortable enough to speak. I realized forgiveness was the only way to set my heart free. No one cared how much they hurt you whether knowingly or unknowingly. With his help i let it all go so now when I'm at my best, I am my father's daughter.

It strengthened my relationship with God now i can refer to myself as Daughter of the Most High too. Growing up my foundation in Christ wasn't that strong but here we are i got to know Him better. We also have bible studies which also serve as a blessing because you might be going through tough times and it reminds you there is someone greater than your problems.

Right now i can say this resilient young lady is an INFJ-T personality. All my life i thought i was extroverted but now i know am introverted. I got to understand my friends better and why people reacted the way they did to situations. I was glad to know i wasn't the only person of my kind. Talking about core values I had to learn responsibility. In the past i was a certified procrastinator. Then diligence for the waking up culture. Choices was an eye opener for me in this world choices have consequences. i was always holding back my opinions on things and never saying no. I learnt that this people pleasing attitude will never get you anywhere in life. Last but not least respect, treating others the way you would want to be treated. Now am Moving to the future with this new found happiness.





EFRAH SORGOR

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VISION STATEMENT:

To inspire moments of optimism and creating value in life

MISSION STATEMENT:

To be a catalyst of good life and making a difference everyday.

Before joining Mentorship and Beyond, I felt like I didn't have a sense of direction. At first I wasn't sure whether I was good enough but I decided to give it a try anyway.

And am happy I did. It was a wonderful experience working with a team who focused on quality and offered plenty of options to improve our thoughts and our lives in general.

I acknowledge the great work performed by mentor Morris and Tim. They are not only knowledgeable in their craft but also quick, consistent and courteous. They made sure we knew exactly what we were doing from the beginning to the end. This is by far the best experience I've had.

I have improved greatly in my productivity and taking responsibility. Mentorship and Beyond couldn't come at a better time in my life. I enjoyed the experience so much. Especially the fact that I got to recommit my life to Christ. That was the epitome for me in Mentorship and Beyond besides meeting new friends of course.

Mentorship and Beyond is a friendly environment, always eager to help and genuinely interested in sharing their expertise with their mentees.

From the first day to the last day I've felt nothing but support from them. I am especially grateful for their patience and understanding when we couldn't live up to their standards. I can't believe how far I have come in the last six months. I absolutely loved being part of the team this season.

The leaders were supportive of everything we wanted to do. They challenged us to think hard about ourselves and explore the depths of our insecurities and in turn deal with them. They also focused on our strengths. Some days were emotional others good and Mentorship and Beyond created a safe space in which to open up ourselves for learning and growth. I had a great time the past six months and am looking forward to better days ahead.





WAMUHU EMMAH



Fashion and design



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Emmah Wamuhu



Wamuhu Emmah

VISION STATEMENT:

To become a global image consultant to inspire confidence and restore dignity to a woman.

MISSION STATEMENT:

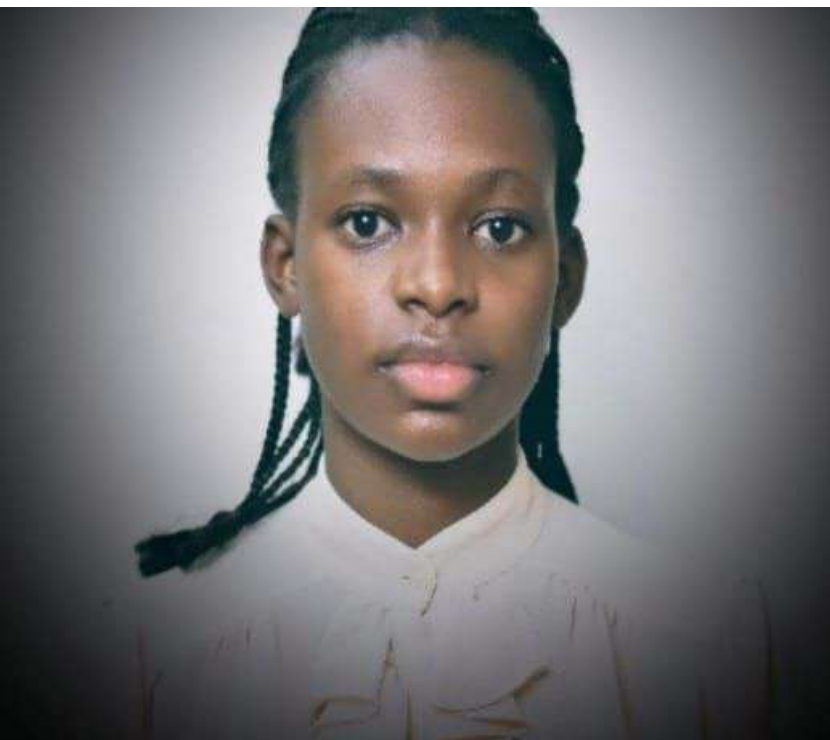
To become a woman of dignity to fulfill God's purpose in my life, to achieve and not settle for less, to grow in all aspects of life spiritually, socially, professionally and be successful in my career and use it to help my family, friends and the society.

'You have a choice to look closer or a choice to stand aside and watch' these words came from one of our mentors and that is when I decided to take action instead of spectating like I always did consumed with so much fear and doubt. I consider Mentorship and beyond as among the best institution 'if I can call it so' which have played a major role in my life.

Before I joined M&B, I was living with my past experiences which I let them to dictate and define me. With the first few one on one sessions all my scars and wounds were healed and became whole again.

I have not only reconnected to self but also have become more aware of my goals and ambitions in life. Not forgetting the create program which has indeed been so powerful and transformative. It has been an eye-opener and I now know the power of 'I AM'. I am so grateful to God for this season and if I was asked I would say the create program to take place every single day. I am humbled to be a part of Mentorship and beyond and all I can say is THANK YOU and may God greatly reward you.





ESTHER BOYANI



STUDENT



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esther boyani



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Esther Boyani

I am one person who appreciates being taught and learning. Thinking about learning and getting to understand why I am the way I am was definitely my goal when I applied for Season 7. The program had been intimated to me several times by my very close friend. I however failed to take immediate action and thereby lost a chance of getting into Season 6. One season later, I count myself lucky for having finally enrolled and gone through the entire season.

I always got intrigued by my brother's endless praises of M&B and countless efforts to break down personality types and decision making techniques that people employ. He couldn't stop saying how great an organization this was and the fact that he really wanted me to have my own experience pushed me to yearn for this. I can proudly say that this far, I can now corroborate his statements with regard to the wonderful experience at M&B.

My experience in M&B has surely been an exciting, informative, amazing, encouraging and fulfilling one. Looking back to the introductory meeting, it was quite clear that we were getting into a journey of Becoming. Our mentors Tim and Morris emphasized on the need for time and energy throughout the season. They were heaving on being deliberate and intentional. One thing they mentioned then and that I have seen throughout the season is that Consistency is Key.

Getting to know my personality type and understanding my strengths and weakness has been quite a journey. Every day I am able to relate better with myself as well as with others. I am a kinder to the younger me as I have grown to understand her. I have learnt that I have a different view and approach to things from others and that it is okay. I have learnt not to regret my past but to learn from it. The CREATE meetings were surely my favourite. From learning how to make the right Choices and why we make the choices we make, to understanding the Reality of who I am, to shamelessly Exposing and confronting my negatives for my positives to thrive, to taking Action by working on myself, to Taking Charge and thereby creating a balance and finally to Excelling.

The one on one experience with the mentors has also been amazing. I fall in the category of people who bottle up what they feel and don't confront the situations they are in. Even though I did not fully unpack my baggage, it was encouraging to know that we have someone we can always talk to. Other than that, I found it worthwhile to have talks from former mentees who have greatly achieved as a result of M&B.

Most importantly, I appreciate the fact that we had a faith-based approach in all our activities. I further appreciate the interaction I've had with my colleague mentees as well as our leaders and mentors. This has surely been a worthy cause.

VISION STATEMENT:

To become the best and full version of myself and thereby fulfilling my mission.

MISSION STATEMENT:

I intend to achieve my purpose in life by allowing God to work in me. In the process of becoming, I intend to keep my values intact and come out non-compromised. Through God's guidance, I want to achieve my goals. I want God's impact through me to be felt in my community, my family and among my friends. Above all else, I want to live a happy, successful, fulfilling and honest life, and through it all have my family and friends by my side.



FAITH KANGAI



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VISION STATEMENT:

To innovate tech solutions that creates massive opportunities and solve societal challenges in the agritech space.

MISSION STATEMENT:

Practice gratitude and become a pillar of support to many through close interaction and genuine love for humanity.



I am Faith Kangai a student pursuing a master's degree in Procurement and Logistics at Chuka University and a part time lecturer in the same institution. I learnt about the M&B program through a friend who had gone through the program and I thank God I got a chance because the past six months have been the onset of defining moments in my life.

M&B has helped me rediscover myself and take charge of my life. I used to struggle with issues of low self-esteem but through the CREATE program I've been able to regain myself and love myself. I used to think am different from others and I didn't take it positively until I took the personality test, communication style and love language tests and realized that there is nothing wrong with me and that's just me and now I love, understand and appreciate myself more. Even if I stand out in a group of people I don't struggle to fit in again, am okay with it. The books shared have been a real wake up call for me such as the defining decade, right now I do everything with the future in mind and I know that where I am in life is a summation of my choices so I ought to choose wisely. My mind was always cluttered.

It always seemed like I needed few extra hours each day to my 24 hours because time was not always enough. I was always busy throughout but didn't seem to get anything done and I was so hard on myself for that. I was like a 40 year old woman trapped in a 25 year old body. After going through the One on One sessions my mind is less cluttered now, the sessions have been therapeutic. I have been able to balance issues in my life and set realistic goals to achieve each day and am surprised that these days I get time to rest, I don't beat myself up because of an uncompleted task. I have learnt to forgive myself, give myself space, love myself and encourage myself. Right now am able to live like a normal 25 year old. The benefits I've gained from M&B are immense and I couldn't put it all on paper. Throughout the entire foundation level program I've discovered that we all are pieces of art and we could become masterpieces depending on the artist. And am glad that M&B has removed those features on my piece of art that were not needed and added other important features and have helped me get on the journey of becoming a master piece. God bless the entire M&B fraternity. I am forever grateful.



GRACE WANZA



Social worker



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Grace Mutuku



gracewanza67

VISION STATEMENT:

To bring healing of at least one heart and soul a day in the society.

MISSION STATEMENT:

In order to bring healing to the society I am aiming to further my studies and pursue a course in counselling psychology. Also through worship and teaching the word of GOD. I intend to also start a foundation one to help ladies abandoned by their families, spouses and others to be able to start again, heal and raise their children in a godly way.



When I first joined M and B I expected to just learn about business and that's all. But I got more than what I expected. I got to open up and talk about things I thought I had already dealt with but turned out I still had a lot of bitterness, anger and pain.

One thing I loved though is the way the mentors are very patient to listen to you, with no judgement at all, that to me was a relief and I felt I had a safe space to open up. In the one on ones I got to learn to actually hear God. There were times I could go for like a week without reading the word but through the Bible studies and one on ones I got to hear God more. Also it made me hunger to dig deeper into the word of God.

It is here that I learned to be unashamed of my mistakes but instead I embraced them and learnt from them. It is here that I learnt the power of the mind, I learnt about writing down my vision in bold letters and it is here I learnt to do things through the direction of God. It is here that I learnt people can be so different but yet so unique in their own ways. It is here that I learnt to be disciplined in terms of time. It has been a beautiful journey and I enjoyed every part of it.





IDA CHERUTO



JOURNALIST



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IDAH MAGEL



IDAH MAGEL

I joined Mentorship and Beyond in S7. I was referred by a friend and honestly it has been a journey of transformation to me. At first getting up at five o'clock was a challenge to me, but once I attended the first meeting, I was always eager to have the next. I have learnt how to make right choices in day to day living and face the reality of things. I have identified my weakness and have polished up. We sometimes tend not to balance things in life and through the wheel of life test, I have known that I should concentrate in all the spheres of my life. I had to shamelessly expose some things that were bothering me and I got over them. I learnt that I should take charge and control everything around me. The art of action was my biggest take.

Most amazing part for me was the one on one sessions. This is a place you pour out your heart, you are listened to without judgment and you are helped to get over. You are also given directions on things you are not certain and all the questions you have are answered too.

Spiritual growth is evident too. In Bible study we shared the word of God and got deeper understanding of the Word too. It's an interactive session you are allowed to give your view too.

In Mentorship and Beyond everyone is a brother's and sister's keeper, the groups you are split into help you know each other and whenever there is a meeting and you notice one of you is missing, you contact them with a sense of love and care.

VISION STATEMENT:

To become a transformative agent in society through media.

MISSION STATEMENT:

To influence humanity to God-life and become an icon in the media industry.





IRENE ZEMUTAI



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VISION STATEMENT:

To seize every opportunity that comes my way.

MISSION STATEMENT:

To give myself fully in every area of creativity that comes my way.

I heard about Mentorship and Beyond by a friend who was a season 6 member; I decided to join season 7. Being a number of completion I vowed to reach the finishing line which I can confirm that it's possible. It was after she explained to me what it entails and also listening to testimonials from season 6 members during their graduation stating how they were before and what they had become after joining the program. Indeed I knew this is a journey of becoming.

In addition growing up I had lots of questions that I wasn't sure who would answer them; then came the one on one sessions. After each one on one session I got clarity and direction. I was amazed by this and I thank Almighty God for this far. CREATE program trained me to wake up early and also to communicate when I failed to attend the meetings. I can say I learned the essence of communication when you fail in a certain area of duty. What stood out for me is REALITY that is the state of things as they are, rather than as they are imagined to be. I personally conquer with Kairos time that we all have brief seasons when God presents certain opportunities and we should take advantage.

The Bible study sessions were like moments of uplifting and viewing oneself in line with what the word says that helped me to get stronger and even believe that I am able because God's word has a way of charging us.

The meet and greet at arboretum was one of a kind; it was an amazing experience. Lots of fun as a family also the journey of togetherness was even felt in various things we did together; the encouragement, the welfare groups and the space to grow.





IRENE MUTHEU



Strategist, Creative



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VISION STATEMENT:

To make my tongue the pen of a skillful writer through the words of my mouth. Use my creativity to uplift others and spread compassion.

MISSION STATEMENT:

Be a place of contact for healing and people laying off their burdens through the songs I sing, the conversations I hold and the way I live by pointing them back to Christ.

If I could rename this whole program I'd call it, hey nice to meet you. May 13th 2021, I receive a text from my friend Nancy inviting me to join M&B season 7 and am just thinking what this is about. I inquire and am told about it but then I go like who'll commit herself to be waking up at 5:30am on Saturdays. After thinking about it I come to a conclusion that I'll just sign up for it because I don't have much to do at the time since I had just graduated so why not.

The investment was worth it. I must say. As I was joining this program, I was in a very dark place struggling with the idea of what direction my life would take now that I was done with my undergraduate degree. Light was introduced into the dark areas and now am a whole being. I'm mastering the art of saying NO. I've been introduced to a part of me that I had no idea existed through the CREATE program and every time after attending the meetings I'd be challenged and motivated to do better. I'd look at myself and say "nice to meet you Irene" with a smile because I'd have gotten a new understanding of how I've been wired. I've learnt to be more kind to myself and embraced myself.

A journey of unlearning, learning and relearning it's what it's been. Wait, have I really touched on the Bible Study sessions? No, I haven't. Let's get into it then. Dominion. I can tell you too are excited because of this word. We are called to dominate. This was unpacked and my eyes were open to this dimension that we are called for. How dominion was lost and how we can regain it.

Joining M&B has been beneficial. Thank you so much to the mentors, all the facilitators and everyone who pushed me to join the program. I came in a different person; I am coming out a better person.

"Whatever you write becomes legal. Writing it validates, actualizes and downloads it."





WANGARI NYAWIRA JEAN



Interior design



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Jean Wangari

My M&B journey has been a timely blessing. When I joined the family, I knew I was going through some crisis, but I did not know where to find help. A friend recommended me to the program, and I must say it was exactly what I needed. I was worried that I would not be accepted, considering that I was not within the age gap, but I am glad I was received warmly regardless. I had an idea of what M&B was about as I had attended some of the CREATE meetings for season 6, and as such, I was ready to get all in and open to what the program had to offer.

The CREATE program and the Bible studies have significantly changed my life, especially in helping me understand my identity in Christ. I can almost touch the change in my life, which is very evident, especially in the way I think about myself. The program has helped me achieve significant growth spiritually and mentally. I have learnt about the importance of consistency and commitment to purpose. I also learnt to stop counting time in minutes, hours, and days, and now I measure my time in Kairos by living and experiencing every moment of my life.

The one-on-ones have given me clarity of purpose and given me the tools to achieve it. I am more confident in myself and have learnt not to allow anything or anyone to take my joy away, not even myself. One thing that stood out for me in the one-on-one session was the Spider Trait-the trait of drawing silk from within itself to create its web. The lesson I learnt from this is to always draw self-worth and validation from within myself.

I must say the past five months have been very transformative to my life, all thanks to the M&B program. I am still a work in progress, and just like gold, I am ready to continue being tested through the fire, and thanks to the program, I have a head start in this journey of self-development.

VISION STATEMENT:

To recreate and restore the real aesthetic value of spaces by actualizing them through design and deco

MISSION STATEMENT:

My mission is to identify spaces in life and bring out their aesthetic value through building a go-to brand in space design (interior/exterior) and events (styling/deco), interior furnishing designer shop (authentic designs) and skilling young talents on hands-on space design and events styling





JESSEE MWANGI



Student Project management



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I am a first-year student at Thika Technical Training Institute pursuing Diploma in project management. Mentorship and Beyond has been of great impact in my life since the day I joined. Day by day, I see the real me through this organization. It has enabled me know myself better and has become a family.

Mentorship and beyond gave me the assurance of confidentiality thus creating a heart of openness in me. It was such a great encounter to share my untold story with confidence to people who were willing to listen, accept me and walk with me through every step of my life by directing me in the right ways.

The program has stood out for me. I have changed; learned how to keep time, commitment, listening and also having life goals. For me mentorship and beyond isn't just a program but a family in deed.
“...WHEREVER YOU GO, NO MATTER WHAT THE WEATHER, ALWAYS BRING YOUR OWN LIGHT “

VISION STATEMENT:

LEAD a God centered life on the principles of integrity, excellence, service to others and trustworthiness.

MISSION STATEMENT:

My life purpose, to love and honor God is foundational. My professional purpose is to be a 'builder' of a future that transcends ways of working for the well-being of people and business throughout the world





JOSEPH NGANGA

 Community developer/
counsellor/bible teacher/
child advocate

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Life is a journey, a journey of ups and down but how the journey ends, it's up to you. The question how do you want to end it? This brings to the idea of CHOICE. As the bible says the eye is light to the body and if the eye is in darkness the whole body is in darkness too. I can term my journey with M&B as an eye-opening journey. Since the first day, no lesson was shared that left me the same. Running Tripple M has been a challenging task and it's not once I felt like giving up, but a question from my assigned mentor, "Can you see it in your mind? Why was the idea planted to you and not the other person?" kept me on toes. I remember my mentor giving me an illustration of the dream am having with a pregnant woman, that its only me and me alone who knows and understands the weight of what am having inside. The M&B is a family full of love. The leaders are very supportive and are all within reach when you require their assistance. We interact freely and this helps us express ourselves and talk about any issues in our lives. Spiritual wellbeing of the members is something am happy about. The bible study done by the family is a great blessing. I always say and believe true success is having our spiritual needs met first. Through M&B, Triple M is rising because of guidance and direction. I believe DIRECTION IS BETTER THAN SPEED. AM ABLE TO LEAD BY EXAMPLE AT THE FRONT NOW GOD BLESS M&B

VISION STATEMENT:

Be the agent of positive change to the society, community and nation at large

MISSION STATEMENT:

Developing a network that foster positive development in the society where leading from the front will be a lifestyle and not a onetime event





JOY CHEROTICH MUTAI



Bachelor of commerce
(finance option)



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Joy Mutai



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_joy_mutai_

So many times had I fret for lack of direction; a physical hand to hold mine and show me the way. I was in a desperate need for a Mentor. Coincidence being God's way of being anonymous, a friend posted about Mentorship and Beyond. She was very enthusiastic about it and in no time I signed up for it. Before I joined Mentorship and Beyond, I thought I had it all: the zeal, the brains, the determination to achieve. I had harnessed my thoughts in the way of success, read a couple of self help books, accessed every information I needed. I was loaded with knowledge, or at least I thought I was. Having been a dreamer and not knowing exactly how to chase my dreams, I was lost. And with M\$B I knew I was found. Joining M\$B has been a great journey of self-awareness. CREATE has really molded me in a way that has enabled me to elevate towards my higher self. All the necessary values and discipline has been inculcated in me in a way that I cannot explain. Punctuality, time management, self-drive and many more has aligned me in the way of becoming.

The most important and my wonderful moments in M\$B is the one-on-ones with my mentors. They are experts and people who have walked ahead of us and they strongly advised me in all aspects of life. What caught my attention most, among others, is in line with Habakkuk 2:2. With this verse, My mentor reminded me of the need to have a vision, dream or a goal and have a clear strategy on how to achieve it. 'A vision entails all the nitty gritty of getting to the ultimate goal of a process. Once you have a vision, it will act as a guidance that will lead you through to your destination'. With M\$B I have designed my whole life ahead of anything in alignment with the will of God. I know that my future is taken care of, my goals are valid and my priorities are well-evaluated. When I have been truly searching for my treasure, I've discovered things along the way that I never would have had I jot the courage to try things that seemed impossible for me. This was done during the 6 months of the Foundation level.

VISION STATEMENT:

To be a generational voice that inspires visionaries to fulfil their mission of existence

MISSION STATEMENT:

To be exceptionally valuable. Each day of my life I strive to triumph over pain and get into a level of mastery and competence. I walk in diligence and confidence keeping in mind that I don't have to know everything. Each week of my life I make a decision to have very strategic destiny relationships that are intentional, that help me preserve my values, that challenge me to rise to the highest levels of my life and be a privilege as well. Every year, I yearn to be an inspiration to others, be the reason people believe in the greater good and radiate Christ-like energy.





204LIZ NCINA



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business person



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I learnt about M& B from Instagram and I got curious about what proves it offered. I remember that the enrollment was open and so I applied for a slot. I was so eager to become part of the community and when I saw an email from them, I was very happy. My experience at M&B has been fruitful. I have learnt a lot of things that has contributed to my growth in a positive way.

This is as a result of the one-on-one sessions where I got to share and learn a lot from my mentor. The spicy bible study sessions, through the sessions I got to interact with other youths and I also grew spiritually. One of the sessions I liked the most was the CREATE session. During this session I learnt the value of saving time and setting goals which I have been able to implement at a personal level.

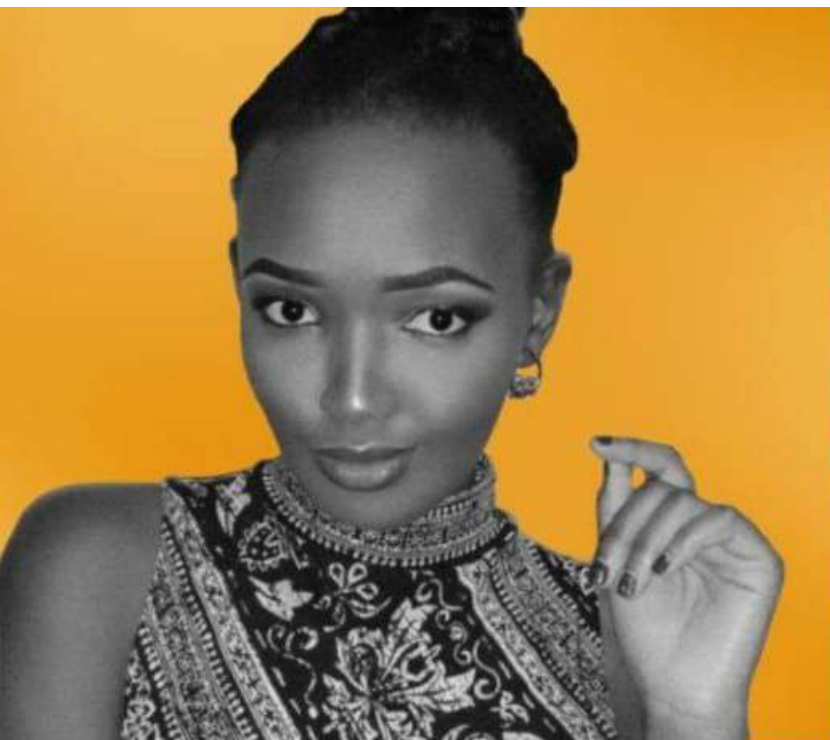
"Sometimes we fall, sometimes we stumble, but we can't stay down."

VISION STATEMENT:

To ...

MISSION STATEMENT:

To ...



JOY LOISE KARIMI



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It is easy to think that you can accomplish everything in life on your own, especially if that is the kind of experience that has shaped your 25 years of life. It gets even easier to keep living like that when it has been working quite well.

I have led a rather 'functional' life, with comfort and convenience as the fundamental principles – honestly, there are still things about changing this kind of lifestyle that I am yet to resolve. Done right and enough times, it sets a pseudo reputation of self-attained excellence, wisdom, and capability – all of which are admirable. I am not saying that I am not all that, but that is not all there is to me – it may just have been a layer to my identity, but one layer can never be your whole story!

Then I met M&B. Every once in a while God will let you meet your match, and that for me was at M&B when I started my one-on-one sessions with my assigned mentor. From being overly nervous about the supposed 'therapy' sessions and balling my eyes out in the very first one to warming up to conversations and turning into a Bible-nerd, not one of those sessions will go unremembered. Besides, have you ever heard of subtle pride? Who would have known that it was actually a thing?

Thankfully, my mentor did, and thank God I crossed paths with him, because now I have a better grasp on my identity.

Now I have a new narrative. I believe in friendships, relationships, and trust. I have even started a different journey of trusting God wholly – I am not saying it became easy, but I started it anyway. I have also re-introduced myself to myself – not the self that was curved out of 25 years of independent-oriented perspectives and experiences, but the originally-created Joy.

I got to meet the Joy that was known before she was formed, predestined before she was called, and justified for the call. Now I can confidently say that I am an enthusiastic advocate, or in a more familiar term, an evangelist. Have I already figured everything out? Far from it! But I don't think that was the plan anyway.

All I know is that I am no longer throwing small pity parties trying to justify my existence for a purpose that has nothing to do with me. Now I am getting ready to enthusiastically advocate and spread kingdom-worthy messages to nations beyond Kenya.

VISION STATEMENT:

Be a resource for heaven touching earth for somebody.

MISSION STATEMENT:

I am the anointed of the Lord, walking in purpose and furnished with resources to live out and enjoy the magnificence of God in the land of the living.





JULIE KITUR



Aquatic ecologist/fisheries
officer/entrepreneur



Mentorship and Beyond has been a family. It has provided a place I could belong. The family has showed immense love. I was not only able to grow spiritually, but also emotionally. I no longer struggle to introduce myself. Having known my personality, I am now able to understand myself better.

The mentors constantly provided a safe space, till you feel relaxed and that you are not alone. The nuggets of wisdom one always gets after each session are eye opening. Each session had a different experience. I could not talk to a crowd without shaking, but I now have grown to be confident.

Joining M&B has been the greatest thing so far this year. The bible studies, the trivia, the mind stimulating games and the get together activities. I am thankful my friend kept persuading me to join. I am forever grateful to Mentorship and Beyond.

VISION STATEMENT:

To ...

MISSION STATEMENT:

To ...



LYDIA KANDIE



Business manager



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Mentorship and beyond has been a home I did not think I needed to have and belong to. I was told by a friend about the program. I applied and a month later I was in. Accepting to join the program and committing myself to it was the best decision I have made in the last six months. My life has been totally transformed.

For a start, I now know my personality. I used to be a judgmental person. I would always fight it and think I'm the worst person on handling myself. After knowing that I'm an advocate, and the trait may come out as a weakness, I don't pin myself down. I work towards handling myself day in day out as circumstances come along.

One other thing that I have really enjoyed with mentorship and beyond is the one on one sessions with a mentor. I have found healing of wounds that I had buried but would resurrect from time to time. I am now completely healed from my past and ready to focus on the future and use the past as a path towards greatness.

Secondly, I now have a vision, mission and what I can do every day in terms of objectives so that I do achieve my goals in life and more so purpose. I will forever be grateful to the program. I have also interacted with people from all spheres of life and I celebrate every day. It's a once in a lifetime program.

I am looking forward to the next program with so much zeal and energy. The foundational level of the program has worked on me and is rooted to my heart.

The next phase will look into what I can do with the plans that I have. I'm looking forward to joining graduate class. I can't wait. Many thanks to the leadership and friends I made in the program. Also all the effort put in, so that young people like me can be better persons in the future and be change makers.

VISION STATEMENT:

To nurture young people through mentorship to become kingdom influencers and market place champions.

MISSION STATEMENT:

To become an entrepreneurship trainer through practical approaches while infusing it with the word of God.





MAUREEN MWANGI



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Moryn Mwangi



moryn_mwangi



Maureen Mwangi

VISION STATEMENT:

To give security to the people that matter around me

MISSION STATEMENT: securing my family

I first heard about Mentorship and Beyond just before the commencement of season 6. Being the procrastinator that I was at the time, I put off my application and before I realized it, I had missed out on the season 6 enrollment. Hearing everything my friends had to say about it at the time, I looked forward to the opening for season 7. This was fueled even more when I joined the bonding trip to Mt. Longonot for season 6 peers. As soon as the application for season 7 was out, I jumped on the opportunity not willing to let it pass me by for a second time. And how happy I am that this once, "fortune did knock twice!"

CREATE program

Greatest discipline teacher I have had this year! I have never been an early morning person but due to this particular program, I am now an early riser by default. The commitment it required and intentionality have been the greatest skills I have harnessed this last few months. The sessions in themselves made it all the more easy to wake up and find it difficult to want to miss out on any session. The knowledge that was exchanged was hard to want to miss out on any meeting.

Bible Study

The most interesting book you will find. It was always a fun experience to meet with people who view life differently and discuss the Bible. Hearing the interpretation of one member and then the other and how different yours is but when put together all the knowledge that comes with it. I am glad that thanks to this program, I have grown spiritually.

One on one sessions

Toughest session yet! Being majorly introverted, I had challenges opening up but once I did, the fruits from this sessions were evident from the get go. I got to understand myself in all aspects with the help of my mentor and look forward to employing more of the knowledge that I got from my sessions.

The togetherness

I have never seen strangers blossom into family like it happened here. The speed with which bonds were formed and people looked out for each was amazing. This is without a doubt a program everyone should strive to join.





REGINA GATHU



Student



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Regy Gathu



Gareginah



Reginah Gathu.

VISION STATEMENT:

To be a renown influential Christian woman globally fulfilling God's original purpose for my life by creating, change and giving hope to others through empowerment and service.

MISSION STATEMENT:

To mentor and empower others through my personal story, helping them understand who they are in God and come to a place of healing and letting go. To influence and create mental health and GBV awareness through content creation and be able to give professional support to the affected (Christ Therapy). Merging the gap between the Church and mental health.

Ever been in situation where you want out but don't know how to? That was me before joining M&B. I had been so intentional about healing my past wounds and bettering myself but I just didn't know how to. All I knew was I was tired of the same old cycles in my life, being a stagnant Christian girl who has anxiety and depression issues and living in my own shadow. I wanted out of this cage I locked myself in.

Then I heard about the program through a friend's testimonial of how M&B helped her heal her past and pushed her to begin a charity organization. That to me sounded like something I wanna be part of and I joined in S6.

I began a self-discovery journey that led to great self-development. I understood my personality and how we act, learnt to accept and appreciate myself more. Am still unlearning some of my bad habits I had picked overtime in response to my traumas and learning to forgive my younger self and everyone else who had hurt me directly or indirectly. I lived in between personalities but through M&B I came to understand how I can be a Campaigner and still remain reserved; that life experiences can push you off the edge of your original personality. Through one on one meetings with my assigned mentor, who also became a father figure I never had,

I went through healing process from my past. In the beginning of our sessions I was always emotional, letting out my deepest emotions and darkest secrets, which was a hard pill to swallow but my mentor saw a bold person behind my story and pushed me harder.

He referred to me as a "rained on lion" and promised at the end of the program we would have dried up that bold lion within to take charge. Now I can now attest comfortably and proudly that I am in a better place both spiritually, mentally and emotionally, from a rained on lion to a pride leader. I can now courageously take leadership roles, something I found hard due to feelings of inferiority and timidity. All this was shaped through this wonderful program, the early morning meetings, Bible studies, one on ones, peer mentorship and the friends who we did life with. My biggest take away was the life design, which I printed and put beside my bed as a reminder. I can now walk in spaces I never walked in before, knowing who I am with a clear vision and Mission of my dreams.





TERER CHEPKOECH



Student



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Yarnlychic_ke

I joined the mentorship and Beyond family through a good friend and I can say am very glad to have taken advantage of the opportunity when it presented itself.

Waking up at 5:30am on a Saturday morning has not always been easy but I am glad I committed myself to it. I have learnt Consistency and discipline through this family. I have gotten to learn more about myself in terms of my personality type and it was even more interesting to meet people with similar personality traits. Realizing that people are different has given me a new perspective and I can now relate better with the people around me because I understand myself and am more conscious of how different people behave. With the knowledge I have now, I can confidently make good choices. Creating my capstone and coming up with my vision and mission has given me clarity in terms of what I want to achieve in life and am positive that it will serve as a guide towards fulfilling my life's purpose.

The one on ones have been a safe space to share, open up and receive guidance. Personally, my heart is full of gratitude especially for our mentors who saw the need to create such an amazing platform to provide guidance, their passion has been a great source of inspiration.

I highly recommend the Mentorship and Beyond program to young people because it is life changing and I would definitely love to proceed to graduate level and to continue being part of this family.

VISION STATEMENT:

To be a leading and impactful fashion designer in the Kenyan fashion industry and also in the African continent and have a well established fashion brand

MISSION STATEMENT:

To use the knowledge , skills and experience gained from M&B Foundation Level to know myself better and to inspire and educate others around me





VICTORIANNA ALWANG'A



Administrator



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Victoriana Alwang'a

VISION STATEMENT:

To champion change in society by becoming a global contributor in STEM programs and raise a young generation of scientists through training, consulting and mentorship.

MISSION STATEMENT:

To create awareness of the need for STEM in young adults while inspiring commitment, dedication, hard work and resolve

I first came to know about Mentorship and Beyond through a good friend of mine. She knew herself and was firm about what she stood for and what she wanted; I wanted to do that too! So when the opportunity to go hiking with some of the mentees in her group came up, I took it up. It was exciting, fun, there was so much togetherness and a seriousness I admired. The experience pushed me to send in my application.

My main focus when I joined the program was to find my purpose, a question that had kept me awake most nights. I wanted to know my why, little did I know that I would get more than just purpose.

I found healing, a very fundamental aspect to my growth. I got to delve deeper into learning about and knowing myself, understanding my wiring, which I really appreciate. I also found self acceptance and self love.

My turning point came during one of the early morning sessions on the CREATE programme, a morning when I finally got the revelation of my identity in Christ; I AM. It gave me a whole new perspective on how I carried myself, I have never been more confident.

Through the one on one sessions with the mentors, I got to sit with someone who could look at my life from the outside, who saw beyond my surface, my experiences and my thoughts. Hard questions were asked during these sessions, questions that got me thinking long about my life, questions that pushed me to dig deeper and realise what I was really carrying within me, limitless potential in a field God designed just for me!

The Bible study sessions we had in the evenings were also quite helpful, everything learnt in our Mentorship classes was now explained via Bible truths, making it all the more insightful. The whole program and the way everyone carries themselves is just a reflection of Christ-mindedness.

I am happy and grateful to be part of this beautiful journey and look forward to more.





VIVIANNE WANGUI WANYOIKE



counseling psychologist



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vivy Wanyoiks



Vivianne Wanyoike



Vivianne Wanyoike

M&B is the opportunity that I almost missed. I sent in my application almost late, after a very long deliberation with myself if I really wanted to commit to it. I had never committed myself voluntarily to anything for this long and so I was not sure I was going to see it through, but I decided to take that step of faith. I tagged a couple of friends along and I thank God we have walked this journey with them.

THE JOURNEY

This has been an amazing journey where I have gotten a chance to face my fears and rise above them. I have known myself better through the CREATE sessions and have gotten a new perspective about God and how everything fits in.

CREATE PROGRAM

The morning sessions were a stretch that taught me about intentionality and showing up when I was needed even when I did not feel like it. It was more of a boot camp that I really needed.

BIBLE STUDY

The evenings we came together to delve into the word were amazing. I got a chance to ask questions and get answers as I also grew in my confidence during these moments.

ONE ON ONE SESSION

I thank God for the mentors and my assigned peer mentor for helping me face myself and actually grow out of myself. I am bolder in standing up for myself and the things that matter to me now. I have healed in so many ways through the six months and many others have benefitted from the ripple effect of me attending these one on one sessions with you guys.

THE COMMUNITY

M&B has been a family that I don't regret joining. I would recommend anyone out there who wants to know themselves more and find their place in the market place the way God intended it for them, to join the team in season 8 and thank me later. Thank you M&B.

VISION STATEMENT:
To heal humanity creatively

MISSION STATEMENT:

To color spaces of life with (appropriate) themes that bring healing to humanity





WILSON KUNA



Digital Creator



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@kuna254



@wilson_kuna_



Wilson Kuna

Hi, there I'm Wilson Kuna. I'm a dreamer, here in Mentorship and Beyond they prefer to call us "Architects". I like to think of myself as a 22-year-old digital creator. I'd describe Mentorship and Beyond as a platform that provides mental, spiritual and entrepreneurship guidance all as one package. To top it off its personalized through the one-on-one meetings with your pre-assigned mentor. When I joined Mentorship and Beyond, I was yearning to mainly understand entrepreneurship more, and you know what? Just as its name suggests the foundation has gone above and beyond my expectations. I've learnt to appreciate progress, objectivity and has greatly improved my creativity. I've been able to understand who I am, and most importantly, I now know where I want to be in the next 30 plus years step-by-step. My experience is just indescribable, I'd summarize it by saying it's been a fulfilling journey thus far.

VISION STATEMENT:

To realize a self-sustaining ecosystem around digital media and digital content by creating opportunities for African talent. In essence promoting Africa as a continent with huge potential in the creative and digital media industry.

MISSION STATEMENT:

To establish a self-sustaining digital media giant.





YVONNE KIBE



Finance Student



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Yvonne kibe

VISION STATEMENT:

To touch humanity and improve livelihoods by establishing strong enterprises and running initiatives for the less fortunate.

MISSION STATEMENT:

To create spaces and initiatives that will improve livelihoods in the following two ways;

- 1. Create a profitable brand in business that will offer employment to many young people and become a market leader.**
- 2. Establish a program for nourishing and replenishing the hungry by making food available to the less fortunate thus solving part of the hunger problem in our counties.**

I heard about M&B through my friends who had tried out SSN 6. I brushed it off a little because I felt like I didn't want much on my plate but three of them really pushed me to join and I thank God they did.

At first I was scared because one of my friends said "It broke her then built her up again!" I was like, Okay.. that sounds deep...do I really want this? "When you're most scared that's when you jump" so I jumped!

It was only after going through SSN 7 that I realized what she meant by what she said. M&B helps you expose things within you that make you behave the way we do (The focus is on the negative actions). It could be past traumas you are dealing with. It's Simply Therapy! Not to mention, a Safe Space!

The CREATE program was awesome. I had to wake up early which wasn't something I was used to so this really pulled me out of my comfort zone.

The One on One's and Bible Studies were great too. I would actually encourage everyone who joins M&B to attend as many one on one's as possible from the very start, don't rush or wait for last minute. I think that will help you experience the program in totality.

All in all I am proud to be a part of The M&B family and I can attest to what one alumnus said "...no one comes out of M&B the same way they entered" There's so much empowerment. I hope you enjoy every part of it!!!

