

Testimonials



TESTIMONIES AS PENNED BY THE MENTEES OF THE M&B SEASON 5 FOUNDATION LEVEL PROGRAM.

PART 2 OF 3



Cliff Crispin Maina
Electrical Installation
NITA Student

My name is Cliff Crispin and this is my experience of learning, understanding and growth in M&B. Such a place is a blessing in itself and am truly glad and grateful to have been part of M&B cohort 5. Trending through this life without guidance is equivalent to self-harm. Guidance helps one bypass troubles that you are experiencing. Never did I imagine that mentorship and counseling had great effects till I joined M&B. Even though the road has been mystified by mist, I can proudly say that I could not miss the road signs now.

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It is especially so if I can say so myself that mentorship and beyond has helped me know the true cause of where my problem lay. It has helped Jennifer, my beloved, grow in ways I didn't foresee. Especially upon her past and present. To me M&B has a special place in my heartbeat. I have known many things including the bible, my personality, attributes, character and life in general. Every day is an added day to learn a new word and I have learnt a lot of words and sentences since I joined M&B six months ago. By being shamelessly audacious, I can confidently claim that my experience in the half annual of 2020 I have made progress in terms of growth in every area pertaining my life. Now I can know how and where to speak and what to speak.

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It hasn't been easy through this journey as plans changed and sleep sacrificed, but all in all it has been beneficial to Jennifer and me. The joy and fun accompanied by creativity and openness has led to upward increment of knowledge and wisdom. M&B can be said to be a safe haven of learning and socializing with different people at the same time.

The teachings delivered makes one lean towards his or her own domain and be successful. Many things have been brought forth to my eyes and many things I neglected have been prioritized in my life through this process. It has been such a miracle and great blessing to be in such place as M&B season 5. It's a great place to be. May all of you be abundantly and without measure receive God's blessing and Grace. Amen

FAITH ASHIONO

GIS & Remote sensing specialist

DEKUT -Alumni

A friend sent me an invite to join the program. I was so eager to join as I had done in other organizations. Little did I know that M&B was something totally different from all other programs I had joined. Waking up early on Saturday morning was not my thing but I had to give up my sleep for this cause. The morning sessions brought me into the right course with so much insights especially how deeply the mentors revealed the scriptures in an earthly context. I am a Christian born and brought up by Christian parents but have gotten new revelations in M&B.

I recall my first one on one with my assigned mentor, I had no idea of what and how to narrate. But his words by God's grace have changed my life. I was in total confusion with so many dreams in mind and not knowing what to follow, something he identified during our conversations and helped me find out my niche and narrow down to what would bring me satisfaction in pursuing. I was a person who lived in hurts and ended up hurting others, very bad emotional deposits had led me into making wrong decisions and never wanted anyone to wrong me.

This was when he referred me to a therapist, counsellor and a mother all in one who helped me heal of my past. It was a tough session with her and I literally broke down in the entire session but it was the beginning of my healing. Am a new person, free from hurts, patient and easy to forgive and feel much lighter. It is in this place I could plainly lay my issues without shame and having no one to condemn me.

The therapist stood in the gap and helped me identify what I had lost, love myself more and realize every good thing about myself. I realize that I am the best person I have ever met. I can now socialize freely in a group and feel important. Describing my vision at 40 as one of the assignments led me into realizing that I have very little time left into achieving my dreams. Through this I have learnt time management and right associations.

M&B is more than what I anticipated, a family with parents who are unconditionally loving, instill discipline to their children who feel equally treated. It was born for such a time as this to teach and raise entrepreneurs who impact generations positively. God given strategies utilized by our mentors have made me realize that success is not difficult if you have the right guidance and strategies.

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Philip Muli

Thika school of medicine health and applied sciences
- clinical med and surgery



My journey at Mentorship and Beyond, has been a discovery one, especially at the foundational level. It has been a platform for incubation of my dreams. I really didn't know what to expect but Wow!.....

I understood my identity as a child of God and the dominion I have as well as my strengths and weaknesses and the ability to use my strengths to actualize and make steps of becoming.

Mentor Tim says "Successful outcomes are never the results of a single choice, they are built up through good choices over time, "CREATE" in particular Choices and Taking action have been my greatest take away home. It's now all the way up and just MOVING ON..... actualizing "My life design summary "

The Family now I got, has been an awesomely amazing people I can look up to, I can trust and do life with, I have grown to love them day by day. I thank the lord for the opportunity.

I am grateful to the patronage of Mentorship and beyond for the time, commitment, patience, and love they have for us and the impartation of knowledge into our lives.

"Successful outcomes are never the results of a single choice, they are built up through good choices over time"

"Socializing with the large family of M&B has been of great impact. I Thank God for all the members. I have been very happy to be part of the family."

Jennifer Wairimu
Information Technology
Mahanaim College



I joined M&B season 5 when I saw a friend post it in a whatsapp group. I had always wished to get a mentor. I took the post very serious and followed up till I was given a slot in Season 5.

With the introduction given the first day, I knew this is a wise decision. At least I got someone to do life with me. To tell me about life. What life entails as well. Someone to make me see life in a good direction. Waking up at 5:30am has not been an easy task for 6 months. But my goal and purpose of being in the mentorship kept pushing me. Despite the struggles it has been fun. Learning about the word of God with such a good family. The one on one has been the most amazing part of it all. They opened the closed part of my eyes. They helped me see Jennifer I had not seen since birth. I am very thankful to the mentors. May God shower you with His blessings forever.

Thank you for the great work you people have done. Socializing with the large family of M&B has been of great impact. I Thank God for all the members. I have been very happy to be part of the family. I am also very happy to have introduced my man to the mentorship and he has made it also to this far. I have also invited many more friends. This is to grow our family and help many youths out there. I have grown to know me better for the six months. I am impressed by the new me. Without the mentorship it would have taken a little longer or maybe even forever. I am thankful that I got this chance to be in the mentorship. I also applaud the leadership team of M&B, which is made up of our age mates. You guys have been of great impact to the family that is M&B.



ANNETTE KANYANGO
Forex trader/account manager
Murang'a University Alumni

I joined M&B in season four. I could say this with confidence that to-date, this has been one of the best decisions I have made in my life.

The first thing that I learnt is the importance of time keeping. I was late for my first meeting and I will never forget the embarrassment I felt when I was asked to go home and reschedule that meeting for another day. But, I went back and as they say, the rest is history.

My journey to intra-personal knowledge was one of the best thing I did for that season. I used to get excited whenever I was meeting with my mentor.

The nugget of wisdom that I got from that session will forever be in my head. I love how our mentors get personal with you, if you let them.

They guide you with so much selflessness, and a love that is not normal, without asking anything in return besides the dedication and humbleness to learn from them.

I have had a journey of discovering who I am as an individual, and also as an entrepreneur. Made new friends that have now become family and just becoming. Becoming what you ask? Becoming that which God has placed us on earth for.

"One action defeats a thousand wishes"

Taking dominion as we ought to, through which, God will be glorified and praised in everything that we do.

I am proud to say I am a product of Mentorship and Beyond, and excited for every person that I meet and walk the same journey with them.



PATRICIA MURIUKI
INTERNATIONAL RELATIONS AND
PSYCHOLOGY GRADUATE
DAYSTAR UNIVERSITY

I had to make personal choices to let go of bad habits and to embrace new change in my life which was unfamiliar to me, but I had to act and let go of the past. I am glad I took this step to follow the light and I thank God for being patient with me in every step and present all the time, to God be the glory. The Graduate level has also been mind-blowing and it has really tested my patience and discipline.

Mentorship and Beyond, making you become!

Since I joined M&B, I have seen myself grow in levels I didn't think I can tap into. I have discovered my potential in different ways through the lessons and entrepreneurial skills offered in the program. The mentors have played a big role to uphold and guide the team through self-discovery, entrepreneurship training and spiritual maturity.

I became fully committed in season 5 and I have enjoyed and learnt so much in this journey. This experience has been above and beyond for me. It has really made me get past my comfort zone and also getting myself busy to plan and design my future. The foundational meetings have been the best for me. The wisdom I have gotten are like God sent; beautiful gems to me to remember the days of my life. Being intentional to commit in this season, it has made focus and invest my time in areas that help me grow, in friends who add value in my life and to get closer to God than before.

It made me realize I have to put in work and time in order to achieve a goal. In conclusion, the topic in Foundational about Action in one of the series, my take away is the five things that help you take action are **conviction, courage, discipline, consistency and commitment.**

"There are two powerful sets of forces within the human condition: a drive for growth and its opposing force, a drive for safety."
(Abraham Maslow)



FELISTER KANANU
ACCOUNTANT & ENTREPRENEUR
BBM Finance and Banking
MOI UNIVERSITY

The Bible study sections were so profound and they helped me grow spiritually. I got more knowledge and understanding of God of the Bible in deeper dimension than I was before. It was so interactive that I got to know new faces. The entrepreneurship journey is one am longing to take. Having already started by knowing my entrepreneurship style, can't wait for what awaits in the Graduate level. I got to know my personality type also. I am in a better position to handle situations as they come now. The light was shone on me and now I have self-awareness and will never walk in darkness again on issues of life and my surrounding. I will forever be grateful to God for connecting me with this great platform that is M&B. The program helped me have a sense of life that I had lost.

OVERHAUL

My journey at Mentorship and Beyond has been a journey of transformation and development. I joined the mentorship through an invite when one of the mentor came to preach in our Royal Youth Service. At first I thought it was meant for young people in college who needed guidance. I just joined for the sake of not wanting to disappoint my Youth Pastor who asked us if we want to grab the opportunity that had come our way. The deadline for recruitment was that very day it was closing by midnight. I joined not knowing that it was my turning point of my life..

Before I joined, I was really struggling with my past life. My life was in a total mess and I was not able to face and handle it with my pastor. When I shared with my assigned Mentor, he connected me with the therapist of M&B. She took me through a therapy session and since that time my past has been my strength. I was able to face and overcome it.

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MY JOURNEY IN M&B HAS BEEN A REAL TRANSFORMATION JOURNEY, I JOINED THIS PROGRAM THROUGH ONE OF THE MENTORS OF THE PROGRAM WHO WAS INVITED TO OUR CHURCH TO SPEAK TO THE YOUTH IN JULY 2020 AMID THE COVID-19 PANDEMIC. I JOINED IT WHEN I WAS SO LOST IN LOTS OF THINGS, YES I HAVE BEEN BORN AGAIN AND SPIRIT-FILLED BUT THERE WERE THINGS THAT WERE STILL PULLING ME BACK, THIS PROGRAM HAS TAKEN ME FROM ONE LEVEL TO THE OTHER, EVERY SESSION HAS BEEN A LEARNING EXPERIENCE FOR ME, I GREW UP BEING SO TIMID BUT THROUGH THIS PROGRAM I HAVE KNOWN THAT I HAVE A RIGHT TO CHOOSE WHAT I WANT IT, I WAS SO FULL OF FEAR BUT THROUGH THE GUIDANCE OF OUR MENTORS I HAVE BEEN ABLE TO OVERCOME, I WAS VERY RESERVED BUT THROUGH THIS PROGRAM, I CAN SPEAK OF MY WEAKNESS AND ALSO MY STRENGTH WHICH BEFORE I WAS NOT ABLE TO DO SO, I HAVE ALSO LEARNT TO TAKE A STAND ON THINGS I BELIEVE IN. I REMEMBER WHEN I WAS JOINING THIS PROGRAM I THOUGHT IT'S JUST LIKE ANY OTHER PROGRAM BUT IT'S THROUGH HERE THAT I GOT A FAMILY, A PLACE WHERE I DON'T HAVE TO SIT ALONE WHEN EVERYONE ELSE IS HAVING A COMPANY, I WAS SCARED OF EVEN TALKING TO OUR MENTORS JUST TO REALIZE THAT THEY ARE THE MOST LOVING LEADERS I HAVE COME ACROSS, I WAS INTRODUCED TO MYSELF, SOMETHING THAT HAS NEVER HAPPENED TO ME BEFORE, I THANK OUR GOD FOR USING THE MENTORS IN M&B TO HELP US BECOME. AM FOREVER GRATEFUL.

"I was introduced to myself, something that has never happened to me before, I thank our God for using the mentors in M&B to help us BECOME"



Elizabeth Muturi
Beautician

My experience in mentorship has been amazing. Actually it was an eye opener to me, I met amazing people and it has been a great experience. I would say that the program is what I was looking for but I could not find it. I always call it heaven sent .

I was going through a lot but I could not open to anyone even to my parents for fear of being judged. But in M&B, it gave me a platform where I could express myself without being judged. My assigned mentor played a very big role to ensure that I was counselled and supported . The One on One has been amazing! I can attest that my life really took a different turn immediately after the second counselling session. I started to view my situation in a positive angle, appreciated life, no guilt and I will be forever grateful for that experience.

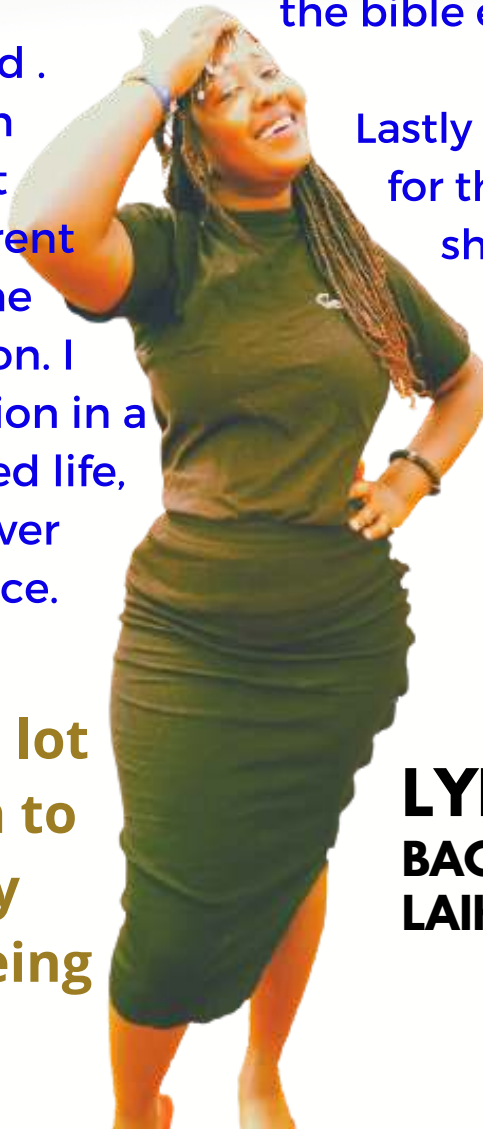
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Being in M&B made me realize I was not the only one in a crisis and, moreover I should not sit back and give up on life. The early morning meetings have made me to be disciplined with sleep. I cannot sleep past five o'clock this days, the words of encouragement and affirmation are always my guiding pillars in life. I have developed a habit of reading the bible every day.

Lastly I have a lot of appreciation for the whole MB fraternity for shaping my life. God bless you.

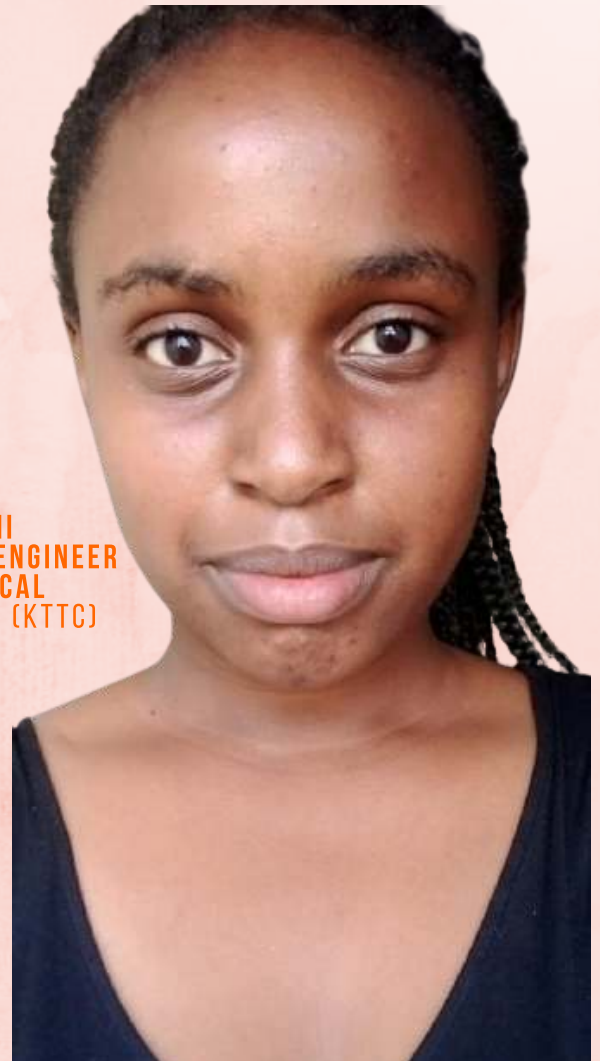
LYDIA MASAI
BACHELOR OF EDUCATION
LAIKIPIA UNIVERSITY



Before joining M&B my cousin was always attending the meetings and had a lot to say about the meetings and this made me curious to what the program really entailed. So I joined it this year, I applied to season five and I can't regret. Before the program I had really big self-esteem issues, trust issues and I was not confident with myself and I really didn't know my purpose and who I really was.

Then after joining the program I was like okay am in, I hear it will help me but will it really. Or maybe am beyond being fixed or too old to being helped. But according to the interview I knew they won't accept me and I was really surprised when I got picked. My first experience was a bit tiring especially the morning sessions but I got the hang of it. My experience in M&B has been amazing, especially the getting to know oneself where I took the personality tests, and knew more about who I really am. I understood that I am a diplomat INFJ-T (mediator), and am really proud to be one. The best part of the sessions was the one on one with my assigned mentor who has really helped me.

GLORIA GAKII
ELECTR. & ELECTR. ENGINEER
KENYA TECHNICAL
TRAINERS COLLEGE (KTTC)



We talked about getting to learn who I am, my strength and weaknesses, passions, desires I have in life and in the future. Thinking about the future made me realize that I have to prepare a lot to make it a worthwhile future. The program has helped me accept myself and be proud of who I really am. My level of self-esteem is high since I believe in myself and I love myself more, and the level of my confidence is high and I am proud of who I have become. M&B program is a little family that doesn't judge you but is ready to help whenever necessary and I would love if more people joined and became better.

Thanks to my M&B family and the mentors since I owe them a lot.