

Testimonials



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

PART 3 OF 3



EMMA NYAKIO GACOKI
ACTUARIAL SCIENTIST- JKUAT
INSURANCE UNDERWRITER

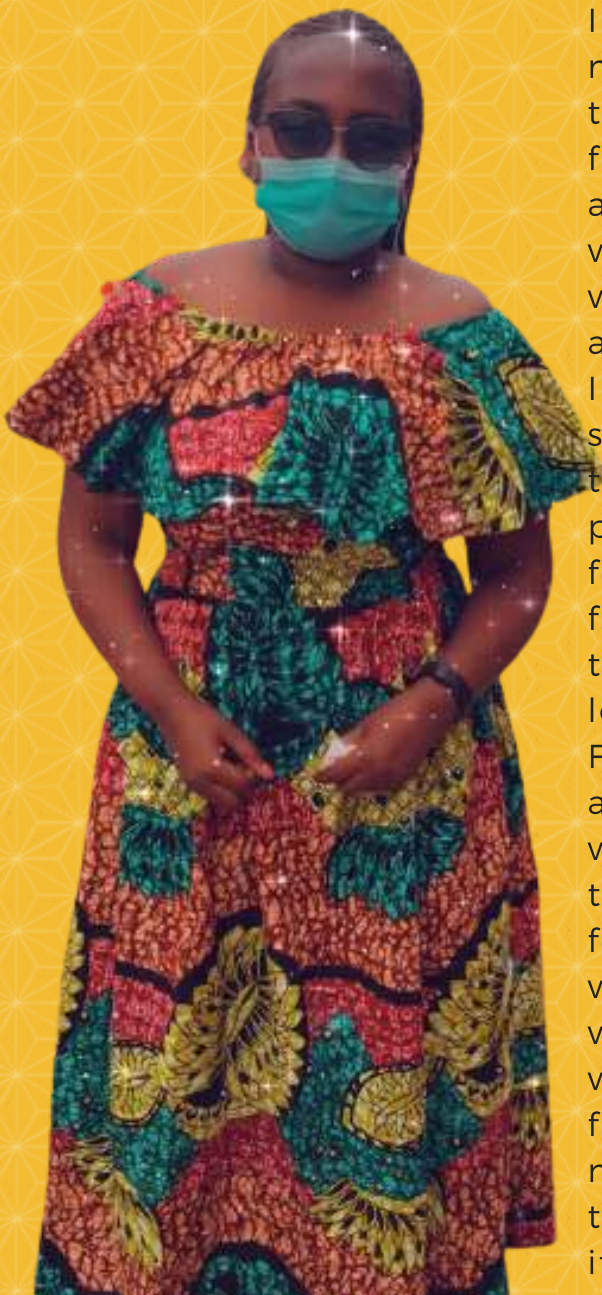
**"BE HEAVENLY
BOUND BUT
EARTHLY
RELEVANT"**

A friend invited me to join M&B in 2019 but I was not ready for commitments but one year later I received the same invite and decided to give it a trial. I joined the program because it's built from a biblical foundation and I really wanted a program that I can grow my spiritual life.

Foundation level has been great for me. I thought I would drop before month six but am so proud of myself. This is a milestone. The program has helped me understand who I am better.

I really loved the Bible study sessions although I was really scared at first since I didn't know much about the Bible and the team were just discussing and quoting scriptures during the study sessions. This really challenged me. I did my research and found a better way to ready my bible and understand. I really wanted to improve my social skills by being an active member but just kept to myself.

Am looking forward to joining the next level and continue learning. I thank the mentors and my peer mentees for making the experience for me.



STACY KIOKO
CIVIL ENGINEERING
JKUAT

My journey of mentorship and beyond started when I saw the transformation my friend had from the mentorship program she was attending. I've always been a girl full of dreams and aspirations with no bounds. I aim for the sun but always land to the moon.

I felt I lacked direction to my ultimate place. Most times I felt the lack of care from friends and family and I just wished I'd find the place where I was loved and appreciated for the things I achieved or for being a smart kid who just wanted to make her parents proud. I longed for the feeling of being a part of a family that was always there to stand by me and love me for who I am. From the moment of attending the first session with the group which was then their first meeting, I felt welcomed even without everyone knowing who Stacy is and I felt the warmth of friendship and family and it was then I made up my mind that this was it for me.

Full of enthusiasm I then signed up for the program and met great mentors but the season didn't go as I had hoped. Having too many people make decisions for your life and letting them choose what's good for you happened. I no longer felt what I did was enough. I just felt inferior to my peers and family in all I did.

I did let go of that particular season and decided to wait as I thought if mentorship was what I really wanted and if I'd choose to give up on a journey that I really knew would turn things around for me. As I waited for the new season of the mentorship program to start, I had to make a decision of being intentional if I signed up for the new season. I had one more lesson to learn of being open minded and stop resisting the change that was due for my life to turn around for the better and be ready to make changes when need be. Coming this far I wouldn't trade the chance I took on myself for anything. I'm that girl now who chooses value over reward, not ready to give up, keep working to bring out the best in me. Being here I'm excited about my new phase of an entrepreneurship journey and learning to take risks and learning from the mistakes that I make with greater joy. Nothing good comes easy without ever working for it. A heartfelt thank you to our mentors for making the sacrifice and taking a chance to better the young people and making us BECOME.

I was skeptical at first but decided to give a try since everything worth doing isn't easy. My aunt sent me the Mentorship and Beyond link via whatsapp and that is how my journey of becoming started. I applied and my interview was arranged. I consider it lucky to have made it to the shortlist. The bible study is one of the amazing sessions I have had in a long time now. In my foundational level I have learnt that in order to be successful you have to be able to connect to God in a disciplined manner and not forgetting hard work. Life is intertwined in a lot of evil and we need God to walk us through. Self-discipline and getting to know the purpose why you were created is the beginning of knowing how to move forward in working towards your purpose. This session has enabled me to understand God in many different levels, how we relate and how He commands me into knowing him more.

The one on one sessions was so therapeutic to me. When I applied for this program I was going through a terrible mental breakdown. My assigned mentor helped me out of it, though I didn't tell him about it. But the first step to healing is talking the pain out and that is exactly what we went through in the second session of the one on one session. I felt relieved after the session and since then I have been healing slowly. I don't trust anyone but somehow I did trust him after assuring me that everything said there was between me and him. Revisiting hard situations is one main thing to healing and forgiving. Ignoring the situation just make forgiving and healing more difficult. The CREATE sessions have helped me understand the stages of life and what am supposed to do at certain age. It has helped me know how to set my goals and how to choose the perfect trees to swing on, ones with ripe fruits to feed on, thick and well established leaves for shelter and shade. Being shamelessly audacious and knowing about dominion was a turning point to viewing things differently.

My journey in the foundational level has been one great journey and phase in my life more so when it came when I desperately needed a non-judging person to talk to. I have made new and important friends during this session. I don't easily make friends but I couldn't deny myself the amazing chance to meet new competition and friends in life. I thank my mentor for mentoring me through everything.

BERYL DETTY RICHARD

Media and Communication
Kenyatta University (KU)

"The program came when I needed a non-judging person to talk to"



I first came across M&B back in 2018, at Valentine event they organized for youths. I was amazed by the fun we had in Christ, I was convinced to join. The geographical factors were the only challenge. Two years down the line, I met with one of the mentor and he invited me to join. I couldn't resist because I had a feel earlier of the things that happen there. At M&B, I would say, I was an extrovert before I joined them. Then we embarked the journey of becoming, I was able to know my personality, guess what? Am an advocate.

What you don't know is killing you. The create gene that was embedded in me by M&B, helped me to set things right in my life. I exposed the hidden synergy in me. I have my personal vision and mission, yes I know where I want to go. Equipped with roadmap, I take charge of my life. Surprising as one of the mentor explained "God created human in His own image, likeness is working progress." Excellence and God likeness is a reality to me, am in charge of my life.

Am a co-founder of an initiative that we specialize in mentoring teenager in Nyandarua County, we used to do things with no vision and registration. Now we are registered and with a clear purpose of existence.

Are you there and you want to excel and become the best version of you ?

The M&B family is here for you!!

Obrigado M&B mentors and the new acquired family!

ELIJAH KAMOTHO
Statistician, Financial and
Investment Analyst and
Tutor
Masters' student in Project
management

"The creative gene that was embedded in me by M&B, helped me to set things right in my life. I exposed the hidden synergy in me. I have my personal vision and mission, yes I know where I want to go"



WHEN THE DOORS OF MENTORSHIP AND BEYOND ACKNOWLEDGED MY APPLICATION IN JULY, VERY LITTLE CROSSED MY MIND ON WHAT I HAD SIGNED UP FOR. TO ME, IT SEEMED JUST LIKE ANY OTHER PROGRAM I HAD KNOWN. SIX MONTHS LATER, THINGS HAVE TURNED OUT DIFFERENT IN WAYS I NEVER EXPECTED.

Being in Mentorship and Beyond has taught me the importance of having a personal relationship with God. My Spiritual status at the time was missing in action. With time it became clear of the importance of a personal relationship with God.

Joining M&B opened up a new chapter in my life. A chapter where I met people who were hungry and thirsty for transformation. It's here where I got the chance to be mentored and elevated to the best version of myself and still, I get the phrase the best is yet to come

Through the CREATE process, I believe the program seeks to first make the inner me better to be able to achieve. This platform is where I have made connections that will be worthy moving on forward. A place for personal growth. A place where author "Jim Collins" would refer to as the right opportunity.

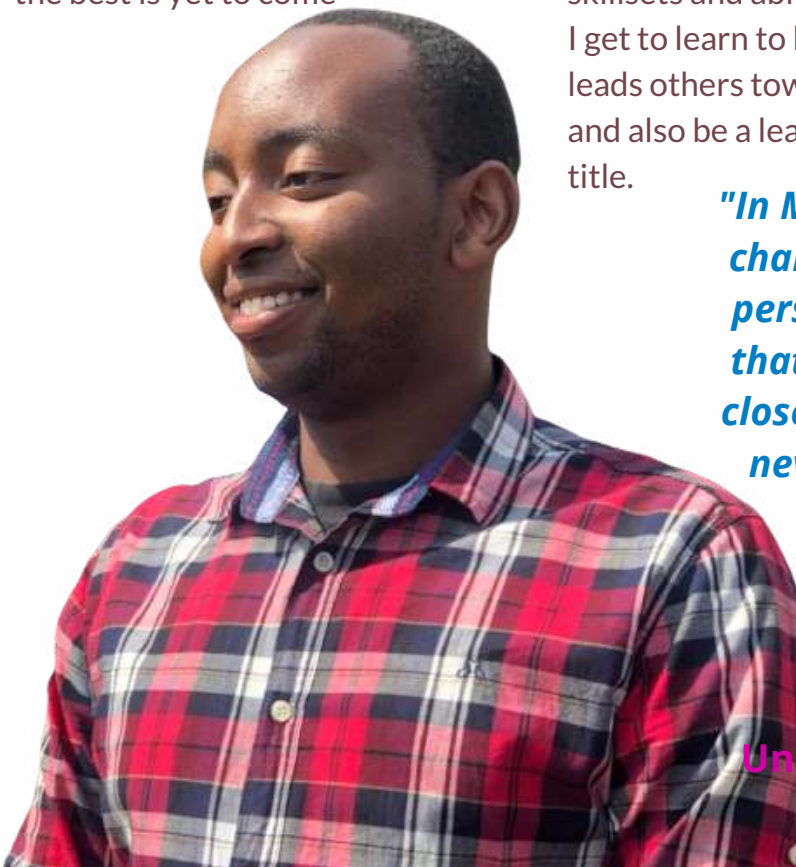
It's the place to get ideas and sell ideas. It's a place where I am building my dream and doing everything possible to make sure I achieve it. It's where I can nurture my talents, skillsets and abilities. It's where I get to learn to be a leader who leads others towards excellence and also be a leader without a title.

"In M&B I got the chance to share personal things that even those close to me have never heard."

M&B is a platform where we all get the opportunity to share our life stories. We get to share what's happening, happened and shall happen in our lives. The details from the heaviest to the lightest. In here we all let out. Some of the details are good, some are bad, others are scary and more often we always tend onto hold on to them.

In M&B I got the chance to share personal things that even those close to me have never heard. It felt good to speak it out. The first time it seemed quite uncomfortable but with time it became easier as I got to know who I should share it with. The one on one session proved to have played an important role. They made M&B quite memorable.

Kiringa Kimani
Applied Computer technology
United States International University



After I jumped on board into the Mentorship and Beyond “Making you Become” program, the amount of knowledge I have gathered has increased to a great extent. It has been a journey of self-discovery, self-realization and a hope for my future.

With the well outlined objectives, I have had a chance to do my spiritual exploration; bringing the bible into context to my daily life, realizing my personal strengths and identifying my weaknesses as opportunities for improvement, understanding my personality and others. This has gone a long way in helping me relate with others effectively.



JOHN OENGA
BSc Computer Science
Dedan Kimathi
University Alumni

I have learnt on obtaining value for my time and being in a position to identify the risks and opportunities coming with them and able to make rational decisions that lead me into greater chances of success. Learning to take dominion in my field and being in a position to show up when every opportunity comes up and seizing the moment and show what I have got unlike the times before where I was embroiled in fear which could lead me into frustrations.

Throughout the whole period of the foundation program, I have got to meet new personalities, interacting in profitable discussions as I get to expand my network for more opportunities and ventures. Having fun and playing mind co-ordination games which has greatly influenced me to be a creative thinker and up scaling my reasoning and coordination skills.

I finish by recommending this program to all youths, as this will provide you a platform for personal realization and growth throughout the journey of becoming.

"I have learnt on obtaining value for my time and being in a position to identify the risks and opportunities coming with them and able to make rational decisions that lead me into greater chances of success."

I was reminded that dreams are free and that possibilities are endless. I was pushed to write down my vision and mission statement of my life, like something you can always sit back and reflect, something you can always look back to when you feel you lost your way somewhere.

My journey began when my colleague first mentioned to me about the program, well I was intrigued and I found myself going through their website and I finally decided to apply for the program. I successfully went through the interview and I was selected for the program. The teachings began and because of Covid the sessions were online and I'm not going to lie I was kind of relieved. Everything was great and we kick started the journey. I booked the first OOO and I found out who my assigned mentor was. I really didn't know much about him so I was okay with him. When our session began, he spoke most of the time and then he asked me, so Faith tell me about you "and for a min I thought well apart from my name, age and well school what am actually supposed to say!

So I ended up introducing myself in that order and it was hardly lasted 30seconds I kept quiet because I clearly had nothing to add. That session was a bit tough for me but as time went by I learnt am a diplomat and specifically am an advocate. I actually came to understand why I felt the way I felt and I learnt about my strengths and weaknesses as well as the characteristics. I was taught the CREATE program which we recently concluded and the hardest one was expose. As an advocate I'm often secretive and rarely talk about my personal issues but I also knew that it's by opening up that the wounds get to completely heal. I learned through bible study that we were given dominion and sometimes we sit on that dominion or we never realize that it was always within us. My journey may not fit into one page or even two ...well maybe three will do but I learned exactly who I am, was reminded that dreams are free and that possibilities are endless. I was pushed to write down my vision and mission statement of my life, like something you can always sit back and reflect, something you can always look back to when you feel you lost your way somewhere.

I was reminded to write down what I see just like in Isaiah 43:19 God says "See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." It reminded me even if I can't see it there and then I can perceive and I wrote down my VISION AT 40.

During our physical meeting, what stayed in me is that likeness is a process and it's a journey you have to walk in and I believe M&B is that journey for me to make me become who God intended me to be.

Faith Gathoni
Cooperative university of Kenya
Bachelor of Commerce
Marketing major



I have a long way to go...but the journey of a thousand miles starts with one step.

I first heard of MnB from a friend who had graduated from the foundation level. He narrated to me a little bit of his journey through the program and I was sold, majorly because I'm always chasing personal growth. Therefore, going into the program, I had huge expectations, which were met and massively exceeded.

I was firstly impressed by how well everything was planned, and how the sessions were coordinated. It was the first sign of the quality I was expecting from the mentorship program. Then came the foundation lessons. These literally changed my paradigm of life, I was able to get in touch with my person, discover my strengths, weaknesses, and even learnt how to capitalize on them through the **CREATE** program. From the wise sayings like 'wisdom is learning how to use knowledge' to the biblical references on dominion, every lesson brought forth a new revelation to me. The one on one sessions with my assigned mentor, just went further to reinforce my growing ambitions. We dug through my past, addressed how to address negative situations, and how to focus on the silver lining in the cloud. I was able to develop my vision at 40 under his guidance, and I am currently working on my personal development plan to ensure that each day is directed at building my future. Bible study instilled more Christian values in me, taught me how to make right choices, and how Christian teachings blend in with the contemporary society.

Collins Weru Marine Engineering JKUAT



I cannot wait to join the Graduate level and keep this fire going. At this point, I am convinced in my abilities and I have never been this courageous in navigating life. A huge THANK YOU to everyone who made this life-changing experience possible.

Towards the end of the program, I applied to join the M&B Tech Hub project under the guidance of my mentor and was accepted. I have since rekindled a passion for programing and I am currently learning Android and iOS app development by building real life projects.



PETER BACHIA
Information Technology
Mt. Kenya University

I always dreamt of having my own company and running a business despite my frequent failures in businesses that I begin and end up falling. I recently joined M&B and found fellow colleagues who are on the same age bracket and are very good and talented in what they do, people who have a zeal in what they are doing. This encourages me and gives me the fuel to push on.

The fact that M&B is not only a youth organization but a Christian based organization makes it more accommodatable. Many youths do not like being associated with the church not unless u give them a reason to. This organization has achieved the goal and mission to do so thus making it a go to organization.

Professionally I'm a student doing information technology. But currently running my own company that deals with tech advancements and internet provision I'm hoping to own a great office sometime and getting more

Understanding on how managerial roles are done. And having good marketing platform where I can have more clients to provide my services without any worry.

My character defines me I'm more of a community guy I love helping others at no cost I'm a defender I protect those whom I love and care much about other people's feeling. I enjoy talking to younger youths and sharing my worldly perspective and listening to theirs then we come together and share and settle on a neutral ground where the spiritual world is involved and also the day to day life experiences are involved. I'm happy to see the youths understand their role to the community and to God. These are values that have been polished through this program

Many youths do not like being associated with the church not unless u give them a reason to. This organization has achieved the goal and mission to do so thus making it a go to organization.



LAURN KEMUNTO

DEVELOPMENT STUDIES
JOMO KENYATTA UNIVERSITY
OF AGRICULTURE AND
TECHNOLOGIES. (JKUAT)

The journey has been more on Personal Development. Unraveling me to a world of searching my heart with a lot of insights and evaluation into my life. From topics like Get comfortable with being Uncomfortable that necessitated us to do a self-check, choosing divine over mortal that led to our spiritual growth to Shameless audacity that pushed us away from our comfort zone.

M&B has been a journey. From the early meetings at 5:30am every first and third Saturdays, the spiritual lessons at 7:30pm, the bonding online games, the one-on-one with our mentors to the wise words from our mentors, have crowned it all. Some have left but the sacrifices and commitment have pushed me to this far. You have to pay the Price. You have to take an action. And this was the hallmark of being in action.

Whatever mask that blurred me from foreseeing the future, it is cast off. Thanks to M&B S5 Foundational Level. Each lesson has been a stepping stone to be aware of myself and shed off all belittling thoughts. Through the personality quizzes I learnt that I am a diplomat (INFJ-T) affirming all the doubts I heard about my life's purpose. I have moved away from imagining to thinking and making well-evaluated actions through Personal Development Plans.

From topics like Get comfortable with being Uncomfortable that necessitated us to do a self-check, choosing divine over mortal that led to our spiritual growth to Shameless audacity that pushed us away from our comfort zone.

Whatever mask that blurred me from foreseeing the future, it is cast off.

The M&B S5 has given me a reason worth living for. Ever since I chose to study Development Studies in Campus, I was so worried if that was my line of specialty. Until when the quizzes of personality types confirmed my diplomacy traits. It was an assurance to push ahead on community development and welfare needs. I am on my journey to build an empire because I dealt with my number ONE weaknesses of low self-esteem and poor planning. Looking forward to the next stage. God Bless leaders of Mentorship and Beyond Season 5 Foundational Level.

Sylvia Kimani
B.A Economics
Kenyatta university



**In joining M&B I
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My name is Sylvia Wanjiku Kimani. I am 22 years old. I live in Muranga and I am a first born in a family of 3 siblings. I heard about Mentorship and Beyond through a friend and I felt the urge to join and experience the same life changing experience they had experienced in their personality life. I also craved the personal growth that came with knowing and understanding yourself better. So I took the chance when the enrollment was announced and I joined the program. When I started the program I really didn't understand much about me neither was I able to understand other people with the way they were behaving or even doing their things. With joining the program I have been able to understand my personality better and gotten to understand why at a certain point I do things as I do or why I even respond to some of the things in the way that I do.

I have also gotten the courage to face some of my fears if not all and had a chance to confront a lot of the things that I thought were right yet they were not. I have grown to view my self differently and have embarrassed the person that I am and understand that not everything that happens around me that need my attention and comprehension. In joining M&B I have gotten a chance to talk to a therapist who helped me navigate some of the past that I had to deal with each and everyday under the sun. I am also grateful for the family that I've gotten here, the friends who'll take their time to check up on me and have been of very good help to my life. I am totally grateful to the M&B fraternity for the thought to mentor young adults to becoming and for the effort they have put in to ensure that we all get to learn what helps and what doesn't help in our lives.

I am a totally different person from who I was when I joined and I believe that as days go by I will be a much better person than I am today

THE AMOUNT OF
HOSPITALITY I WAS
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I joined M&B blindly after a friend, Oscar Roberts posted an advertisement on how to join the program on his whatsapp status. The thing that attracted me to join was the word "mentorship ".I had always wanted to have a mentor but didn't know how to get myself one. After joining M&B, I got the mentor I had longed to have. I also got a sense of belonging to a new family that I never thought existed. The amount of hospitality I was shown by strangers made me believe that there is love.

At M&B, I have learnt a lot. Things that I wouldn't have learnt anywhere else. I would like to confess that M&B has made me a more confident person who is able to deal with life's challenges head on.

Through M&B, My relationship with God has grown tremendously. The Bible study segment is truly of great help.

I would never dream of leaving this wonderful family of M&B.



SHARON MORAA
Bsc. biostatistics
JKUAT

The Bible study segment is
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great help.