



ASE –NEEF BENEFICIARY WORKSHOP Report

Held at ASE-NEEF Head Office Eldoret

Theme: “Blessed to be a Blessing”

(2 Cor. 1:3-4)



Dates: 4/ 12/2019 to 7/12/2019

Officiated by: Rev. Fr. Francis Mbugua-NEEF Chaplain

Report by: Pauline Nthambi M.

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ACKNOWLEDGEMENT

This workshop would never have been a success without the support and cooperation of the ASE congregation, benefactors, beneficiaries, guardians/parents, ASE-NEEF staff, Facilitators and co-attending guests who graced the event.

May the Almighty God abundantly bless you all.

INTRODUCTION

The Assumption Sisters of Eldoret- Nyaatha Education Endowment Fund (ASE-NEEF) values the all-round formation of young minds and seeks to nurture its beneficiaries for an effective transition to adulthood and responsible citizenship. As we support their post primary educational needs, we endeavor to mentor them in a manner that opens their minds and hearts to the needs of self and of others in the society. This will create a sense of responsibility and independence among the beneficiaries and create a platform for sustainability of the sponsorship programme.

As part of our beneficiary mentorship programme, ASE-NEEF organized a workshop targeting all beneficiaries. The workshop brought on board existing beneficiaries and those that had been selected to join the programme in the year 2020.

WORKSHOP OBJECTIVES

The workshop aimed at:

1. Empowering the students/beneficiaries socially and spiritually
2. Sensitizing beneficiaries on their role as ASE-NEEF beneficiaries
3. Orienting new students into the programme

ORGANIZATION

The ASE-NEEF committee in Eldoret worked tirelessly with the Nyaatha office, Eldoret, to ensure that the logistics of the workshop were efficiently planned. They donated food and nonfood items which substituted the workshop budget a great deal.

TRANSPORT

Majority of the beneficiaries catered for their own transport costs; guardians were asked to ensure that students' travelling arrangements were well made, and this they did effectively.

BOARDING AND CATERING

Queen of Angels (QoA) Academy provided boarding facilities for the workshop duration. They also provided catering services at a subsidized cost. ASE-NEEF purchased the items required while QoA academy provided labor, fuel and the kitchen facilities.



ASE Novices helping with catering

ATTENDANCE

Out of the expected 40 beneficiaries, only 34 attended the workshop. The table below reflects attendance aggregation by education level and gender:

Level	Gender		No. of students
	M	F	
Secondary:	11	11	22
College/University:	2	10	12
Total:	13	21	34

- We did not achieve 100% attendance because majority of the college and university students were sitting exams, and two had been newly employed and could not be relieved to attend the workshop.

METHODOLOGY

The workshop was interactive with the participants taking part actively in all activities. Group work was part of the approaches used and students used it to air their views and make suggestions on how they could be supportive to the programme. Students took care of their upkeep by sharing duties and ensuring that the venue was well maintained (cleaning the

compound, dormitories, washrooms, dining hall and training room, washing dishes, leading prayers and Bible readings).

Workshop Evaluation conducted at the end of the workshop helped to reflect the impact of the workshop and the perception of the beneficiaries towards the entire event.



TRAINING CONTENT

The following topics were covered in the workshop and the respective facilitators:

- Setting personal goals: *Pauline Nthambi Mutua/ Peter Nderitu*
- Building healthy relationships: *Veronica Odhiambo/Sr. Christine-ASE*
- The art of giving: *Juma Mauka*
- About ASE-NEEF programme: *Sr. Angela Adhiambo/Sr. Margaret Wairimu-ASE/Sr. Jane Rose*

DAY 1: 04/12/2109: ARRIVALS, REGISTRATION, INTRODUCTIONS AND ROLE SHARING:

Majority of the beneficiaries made it to the venue on the designated reporting date, 04/12/2019, with the remaining few joining in on the second day. Beneficiaries started streaming in and registering from as early as 11.00am, hours before the planned for 4.00pm arrival time, calling for a logistical adjustment (e.g. beneficiary lunch that had not been initially planned for in day 1 had to quickly be fixed for those present).

Identification of talents and hobbies was part of the registration exercise. This was geared at providing a data bank from which future planning for beneficiary engagement in



economically and socially viable activities for the benefit of self and others could be based.

The ASE-NEEF team together with the host welcomed the beneficiaries, led them in a self-introductory session, gave them an overview of the event structure and instructed them on role sharing, which they undertook on their own after supper.

DAY 2: 05/12/2019: OPENING CEREMONY, SETTING PERSONAL GOALS AND BUILDING HEALTHY RELATIONSHIPS

SESSION 1: Opening ceremony

The programme began with introductory remarks from the key note speaker, Rev. Fr. Francis Mbugua, the ASE-NEEF chaplain. Latter in the day, he celebrated Holy mass and expounded on the importance of staying focused and self-appreciation.

He encouraged the beneficiaries to keep pressing and never lose hope in life. He cited himself as living testimony that God can lift you from “nobody” to “somebody”, “nothing” to “something”. No matter how people regard you because of your current situation, that does not change how God regards you, neither does it erase the good that is in store for you. Just have faith, hang on and play your part.

Holy mass procession

In his *analogy of the Lizard that got caught by a nail in between timber and the ground during construction works and stayed alive for five years until a new house owner spotted it and decided to “rescue” it*, he challenged the beneficiaries to stay attached to the fund for them to keep alive and stay significant.

He urged the students to keep working hard no matter the challenges saying *“No matter the clouds, your star is still shining.”*

SESSION 2: How to Achieve Personal Goals

For one to progress in life, he/she must have life goals (Short or long term) and be committed, motivated and disciplined in pursuing them.

The beneficiaries were encouraged to set personal goals in order for them to realize their full potentials.

The following are highlights from the goal setting session:

A goal is an idea of the future or desired result that a person or a group of people envision, plan and commit to achieve.



Personal goal setting is performed by individuals who want to achieve objectives that will result in the betterment of themselves or their situation.

Goal setting is done through a systematic process that involves **thought, determination** and **execution**. It takes **dedication** and **motivation** to accomplish what you set out to do.

Why set Goals?

1. *Goals are what give you direction in life.*
2. Goals Allow You to Measure Progress
3. Goals Keep You Locked in and Undistracted
4. Goals Help You Overcome Procrastination
5. Goals Give You Motivation

Characteristics of a Goal

A goal must be **SMART** (**S**pecific, **M**easurable, **A**chievable/**A**ttainable, **R**ealistic, **T**ime bound)

Qualities necessary to achieve a personal goal:

1. **Motivation:** Have the force which drives you to take action.
2. **Commitment:** Have the resolve and will to create the outcome you desire, regardless of the amount of energy it will require to achieve.
3. **Determination:** Have the decision to achieve your aim, and not waver until you have achieved your goal
4. **Persistence:** Have the flexibility and committed to finding the solutions to problems that would otherwise stop you from reaching your goal. Not giving up until your goal is realized.
5. **Discipline:** Have self-mastery that allows you to make progress on your goal when your "dark side" tempts you to behavior that is a movement away from reaching your goal.

Session 3: Building healthy relationships

Building and sustaining healthy relationships forms the foundation of personal growth.

To build healthy relationships:

1. Accept and celebrate differences
2. Listen effectively
3. Give people your time
4. Learn to give and take feed back
5. Develop your communication skills
6. Managing technology
7. Trust
8. Develop empathy
9. Be polite, Kind, honest



10. Respect-For self and others

How to maintain relationships

See others as benevolent not investment

1. Ask questions
2. Accept feedback
3. Follow up and follow through

DAY 3: 06/12/2019: A FUTURE ORDAINED BY GOD

SESSION 1: The Art of Giving

Each being is an opportunity to another. God has planted something good to each one of us. To make the best out of it, there is need for hard work in identifying one's strength and the people who are aligned to helping them realize their potential.

It is key to work towards self-reliance and realize that being sponsored is a privilege not a right. Don't wait to be helped. Do something for yourself.

Giving back is a fundamental aspect of one's growth. Once one has been blessed, he/she ought to bless others. One is blessed and ready to bless when they are able to do something for themselves and can do something to bless others.

- It is key to work towards self-reliance and realize that being sponsored is a privilege not a right. Don't wait to be helped. Do something for yourself.
- Giving back is a fundamental aspect of one's growth. Once one has been blessed, he/she ought to bless others. One is blessed and ready to bless when they are able to do something for themselves and can do something to bless others.
- When you are blessed, the environment will respond, mostly negatively. Be aggressive, assertive and resilient and you will grow.

SESSION 2: I Have A Future Ordained by God (Jer.: 29:11)

To realize the future that God has ordained for you:

1. Acknowledge that God has a plan for you
2. Utilize your gift/talent/potential
3. Use talents to serve others
4. Work hard, give it your best



SESSION 3: Challenges Facing Teens and Adolescents

Beneficiaries identified the following challenges, which were discussed and guidance given:

- Relationships
- Unfaithfulness
- Improper guidance
- Social status-lack of exposure
- Social media influence
- Lack of role models



During a training Session

SESSION 4: About ASE-NEEF

The beneficiaries were taken through the Nyaatha sponsorship programme and given hand books for their referral. They were also issued with parent/guardian commitment forms to be signed and returned to the office a month from date of issue.

CLOSING CEREMONY:

The workshop was crowned with Holy mass by the chaplain, blessing of the participants and handing of certificates to beneficiaries. A joint supper was served before participants retired for the day.



Handing of certificates to beneficiaries



DAY 4: 7/12/2019: DEPARTURE

Beneficiaries did their morning chores, cleared with the office and left to their respective homes between 11.00 am and 12.00pm.





WORKSHOP EVALUATION FEED BACK

STUDENT FEED BACK

- The workshop was very helpful and the topics were very relevant and educative.
- No. of days were very limited. These to be increased for facilitators to have more time and create time for field activities.
- ASE-NEEF to identify and initiate activities the students can engage.

ECONOMIC ACTIVITIES PROPOSED BY THE STUDENTS

- Art work: Painting and bead weaving
- Culinary (Baking etc.)
- Music and Dancing
- Writing and Poetry
- Farming

CHALLENGES:

Beneficiaries arrived earlier than expected. This distorted the programme for the day with major adjustment being made in the registration and catering departments.

One of the speakers did not show and the programme had to be readjusted to ensure flow and to make the best use of the time available.

The person who had been tasked to offer communication and IT support did not show up causing the ASE-NEEF team to multi-task sometimes missing out on some of the sessions.

SUMMARY OF KEY OUTCOMES

- There is need for students to engage in activities that match their talents and abilities as a way of helping themselves, supporting the activities of Nyaatha and keeping them connected. (Students shared their talent and areas of interest) Nyaatha is to work with the students to map out a way forward on this.
- To cultivate self-dependency and a sense of responsibility, beneficiaries were encouraged to identify and undertake economically viable activities to help support themselves at the family level and be able to foot personal expenses.
- For sustainability purposes, a channel through which the beneficiaries can give back after completing their education need to be established in order to create a strong network of resource mobilization and mentorship.
- Programming training was proposed. This is to be followed up with Mr. Juma to get on the logistics and the technicalities involved.
- Beneficiaries should always be on standby for any activity that ASE-NEEF finds suitable for them to give a hand.
- Beneficiaries and parents/guardians must adhere to the ASE-NEEF regulations failure to which the sponsorship will be suspended.

CONCLUSION

The workshop was a timely event. It provided a good platform for ASE-NEEF staff and the beneficiaries to interact and learn from each other. There is need for more of such events and greater aggression by ASE-NEEF to effectively engage the beneficiaries and their parents/guardians. ASE-NEEF management, has therefore a task to map the way forward and bring on board all stakeholders for sustainability of the programme.