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## **ESSAY ON THE SECOND DAY AT MOU**

First of all I am very grateful for being given the opportunity to attend the talk at MOU under the sponsorship of Sandra Weche.

Mercy conducted the first activity in which everyone was to introduce themselves and tell the rest three things about themselves, two of which are true and the third one a lie and the other people were given two trials to know which is which. The key lesson from this activity was to understand non-verbal communication of people it tells you more about them than what they tell you verbally. This, also applies to us, we should learn to have a good body language while communicating for people to take you seriously. From this I decided to change my sitting posture depending on the situation. The second activity was guiding a blindfolded person to pass between two strings without a demonstration whatsoever. The moral of the activity was that one can't mentor someone on something he or she has never done before; however, some people are able to do so hence different people have different capabilities. From these two activities I got to challenge myself to build up on my non-verbal communication skills as they are the ones that give people an impression about me.

The next speaker was Derrick Bbanga who was speaking about public image for leadership. He started off by saying that his goal has always been to be the best dressed man in any room he enters. This was vivid as he was the only person in official attire in the room at that time. Personal branding is being the best version of yourself. To do this one has to have KASH. K stands for knowledge in soft skills, A stands for attitude; one has to have a positive attitude towards oneself, the situation and one's life, S stands for skills examples are: good networking skills, public speaking skills and dressing appropriately and H stands for habits, this are success work habits for example his is being professional all the time. After all these, one has to define oneself. One knows whom one is by figuring out what he wants people describe him or her. The next thing is brand evolution and revolution; this mainly involves positively rebranding yourself, developing your brand and brushing up ones soft skills. While rebranding the key skill required is communication as you must let people know what you have become. This could be done through public speaking or through social media. Having known this, he advised us not to post irrelevant or things that might cost us our future on social media as someone important might see it. Moreover, he advised us that the key skill in public speaking is passing on your message with enthusiasm, energy and

enjoying it. For one to have a good brand one should be authentic, this takes us back to the definition of personal branding which is being the best version of yourself hence we must be real and; he stated that we shouldn't fake it until we make it we should fake it until you become it. Lastly one should develop ones brand story which should be ones public image. From what Mar. Derrick taught us I got to challenge myself a lot. First I decided that I will make my own money and buy myself two pairs of suits, one navy blue the other charcoal grey. Apart from that I was really impressed by the way that he passed on information, a soft skill that I will ensure I perfectize on it.

Before we went for lunch, Dr .Weche spoke about having friends who could support us through thick and thin towards your goal. He gave an example using the sick man in the bible whom was taken to Jesus by his friends while he was preaching in a room and they had to lower their friend through the roof and through their faith their friend was healed. This challenged me to change my friends knowing that the type of friends I have are those that like partying; this company got me into trouble during my past school term and even though it is hard to avoid them I have resolved to change my company. In the afternoon we had a competition whereby two groups were skipping a rope with a glass of water in hand and the group that makes the most jumps with the most amount of water in the cup wins. The moral of this activity was to help us know that there comes a time in life where a person needs to balance several things at the same time which leads to time management. Moreover, the person jumping could either choose between making the most number of jumps or have the most amount of water; from this I learnt that I should learn how to prioritize and learn how to make the right choices.

Rosemary was the next speaker and she was speaking about how you can work within a team and how to identify your role within a team. One does what I've stated above by knowing oneself, one's values, one's teammates and one's competitors. After knowing yourself you should stick to your values. Ones we stick to our values we would avoid radicalization which could be either positive or negative. A good example of such situations are extremism and strikes and burning of schools which is currently happening in Kenyan schools. Some people join in, in such activities due to peer pressure and also due to lack of a good source of livelihood. The only way of not getting involved in such activities is by sticking to your values. Actually I got to learn how to learn to stick to my values when I was involved in an indiscipline case at school due to peer pressure and from that I got to learn a great deal.

The next speaker was Dr. Weche who was going to teach us more about financial literacy. I cannot write all the figures and tables that it involved but I can write the lesson which I mainly learnt; which is being organized he had tables for everything, from budgeting of the money required to start a business to the budgeting of the profits and to its actual development. I got to know that there is more to business than making profits and paying

your employees hence business needs a person who thinks and organizes everything to the bottomline.