**My experience at the 20th AKAD seminar .**

It all began in a blink of an eye on the 24th of August and ending 26th. It was a three day seminar wish it lasted longer. They were all so amazing, interesting and fun days. It was a memory that shall remain and stand.

1st day of the seminar, I had my expectation put up together. Amazingly I was asked to say my expectation and I froze for a minute because the words got lost. I don’t understand how that happened because I wasn’t nervous or scared.

The first session was with Mercy and we played a game called charades and here I least how body language is important and also leant to communicate with actions rather than speaking.

There afterwards Eric Fairweather a Mentee of AKAD and also Mentor now spoke to us about leadership; quotient. I learnt about a lot of things such as not looking at the exposures and look at the reasons behind it. Now I will live to the say aim to the stars and get the moon. Also I should always stick to my values or in short being authentic .It was interest listening to him because it just shows what opportunity we have.

Boniface Omina was also a speaker who also talked about leadership by the help of his friend who came in later after him. I learnt that 2+2=3 or 2+2 =5 and I will always make an effort to make 2+2 = 5 not 3. Will work as a team to get to my dreams and not walk alone and get a dead end for myself.

Rosemary talked about a lot, I learnt about a lot such as F.A.I.T.H A.T.T.I.U.D.E, it was all about responsibility as mentees. But I mainly learnt that it’s not what I do that matters rather it who I am that matters and as I leader I always need to take initiative.

Day 2 on the 25th as usual started with an activity with Mercy then thereafter Dr. Weche talks to us about our body language how we dress and even sit and by the help of Rosemary she gave us examples of how to sit and how not to. Mr. Derek Bbango [a consultant] arrived in the room and I was so excited. He talked about making a brand for ourselves so that when we leave people will remember us for it. I learnt that KASH were very important in a person’s life and that I should have a brand evolution not revolutions. I learnt that the only reason I should speak is to change the world and the E3 (Energy, Enthusiasm, Enjoyment) should be part me. He quoted us “Don’t fake it till you make it, fake it till you become it. Don’t just think but become.

I learnt that I should do my best and not lie because I can’t lie to one person each time, also that there things that would give in and the make people doubt you and that I should know myself ,my team mates and my competitions.

Thanks to Dr. Weche I can call myself a better enterprenuer. I learnt about a lot of staff that I never expected to learn from the seminar. It was all about business this was just so fantastic.

On the 3rd and sadly last day the topic of the day was self defense. It was just so stunning. We had a walk around the institutions and got to know about ways you would escape from the building, what to do in a crisis situation, like where to hide and to run or mob.

Session two we had with senseir who came and taught us some few moves to do when in trouble. I learnt new ways that I can defend myself without a weapon but just my body and the moves. This was just one of the best things about the day. It was actually the last day but the best of all the 3 days. It was fun, it was interesting it was just so amazing.

Rosemary told us that we should exploit the opportunities we get and gave us a point if life that said that we shall never escape conflict but we should avoid violence.

Dr. Weche talked about negotiation and he made me understand that I needed to know the interests of people not just my own. To accept and ask for forgiveness when I go wrong or do something bad. I learnt that I should address the interest of the other party and how to collaborate and use a shark tank instead of a fixed pie.

It was the best seminar I have ever attended and I am looking forward to attend all the other upcoming seminars. My expectations were met and I learnt way more than I expected. It was just an amazing opportunity and here the climax of my holiday shoot higher. The experience is a story worth sharing.