

Africa Youth Leadership Forum - Kenya

# Newsletter

Quarter 3 - 2022

*Nurturing a new breed of leaders in Africa*





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Being an effective leader





AYLF is a collaborative initiative that brings together University Students, Student Leaders, and alumni from both public and private Universities, for mentorship, training, networking, and capacity building. We seek to advance values and principles that promote transformational and servant leadership.

We are present in 7 countries; Kenya, Uganda, Tanzania, Rwanda, Burundi, DRC Congo and South Sudan

### ***Mission***

A movement of friends nurturing a new breed of leaders in Africa, based on the leadership qualities, values, and principles of Jesus of Nazareth as exemplified by some of history's greatest statesmen and women.

Our aim is to be a movement of friends to nurture a new breed of leaders in Africa, based on the leadership qualities, values, and principles of Jesus of Nazareth as exemplified by some of history's greatest statesmen and women

### ***Vision***

A transformed leadership culture in Africa

### ***Our Focus***

1. Leadership
2. Friendship
3. Jesus

### ***Core Values***

**Love** – We maintain a Jesus-centered culture of unconditional love, among ourselves and our neighbors, appreciating our diversity (religious, political, racial, etc) and viewing all as equally created in the image of God.

**Integrity** – We focus on a value-centered wholeness of individual character in both our private and public lives as a foundation for trust and confidence in our community and organization.

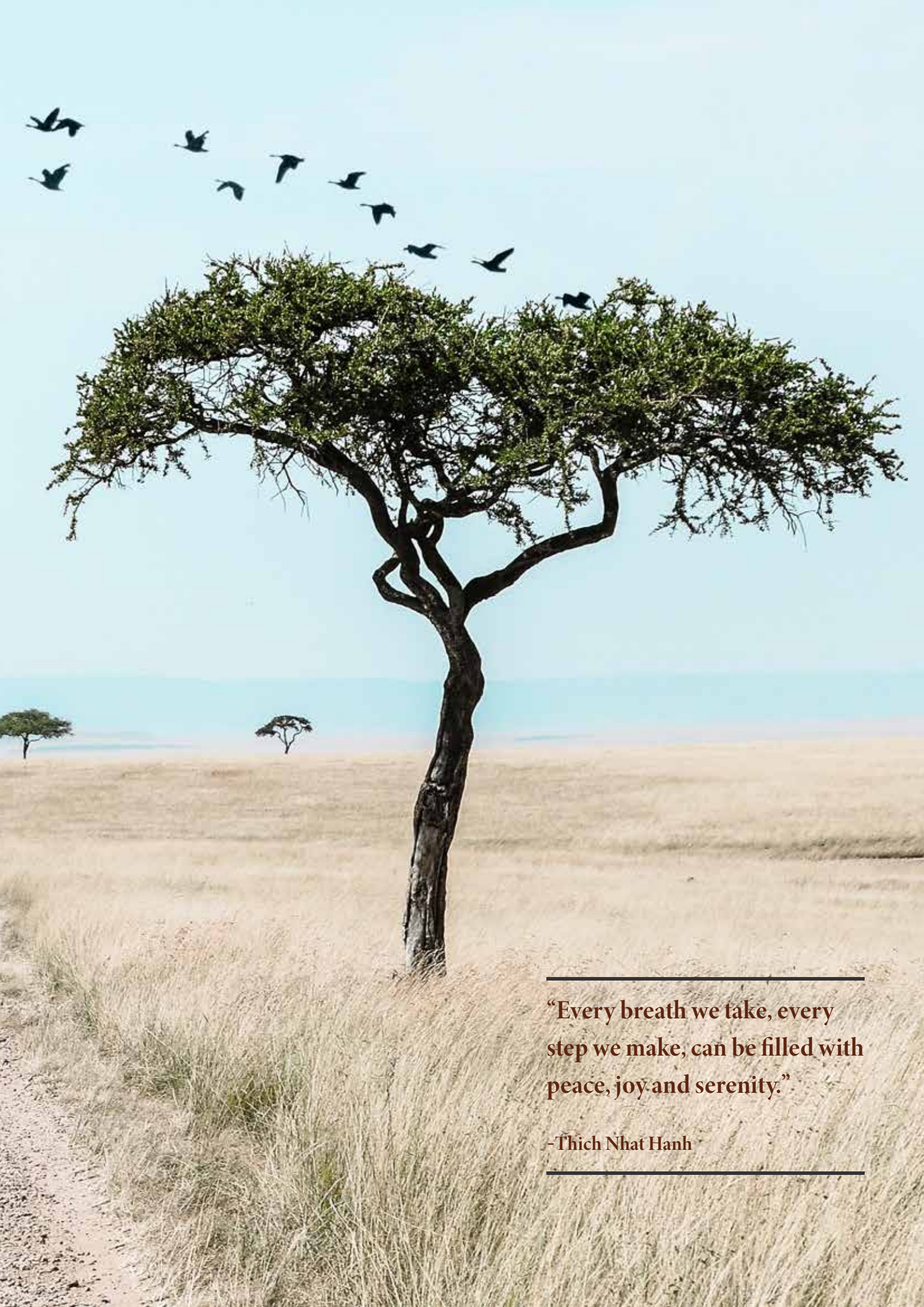
**Friendship** – We place a priority on relationships among staff and beneficiaries, realizing that our higher purpose, the spiritual life, can only be lived out through our relationships with each other.

**Excellence** – We commit to excellence in professional and organizational terms, being strategic in our learning and growth, transparent in our dealings and decision-making, and striking a balance between formality and informality in our work to avoid losing sight of the bigger picture at hand.

### ***Programs***

1. Leadership Programs:
  - Student Leadership Development Program
2. Small Groups
3. Fellows Program
4. University students leaders May Gathering Kenya
5. University students leaders October Gathering Uganda





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“Every breath we take, every  
step we make, can be filled with  
peace, joy and serenity.”

-Thich Nhat Hanh

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# Highlights from Q1 and Q2

## 1. *Small Groups*



Small-Group Program: Present on 33 university campuses through weekly small group meetings targeting students. We see this rise to 35 Universities by the end of 2022. Each small group has a membership of 15 - 20 students. This is a potential reach of 700 students reached and impacted.

AYLF for the last 14 years has been on an upward trajectory of growth in every aspect and the small group which is vital in the journey of actualizing the AYLF dream has not been left behind. We are now in 33 universities and counting countrywide. These groups meet weekly to share their life stories, different worldviews on various topics and grow intentional friendships.

The topics vary from personal development to issues of importance that affect us locally and globally. A small group consisting of members between 5 to 15 people ensures and promotes intentionality between them. Growing them as friends and family even after campus.

This first half of the year has

seen a lot of activities and weekly meetings from the small groups each bringing out their best foot forward to make the discussions educational and fun. Exciting topics surrounding social, economic, and political topics, some from the trending stories in the media affecting the news such as mental health, the importance of a degree in acquiring political positions, and financial stability with the current state of the nation on inflation have been discussed.

An example of an event organized by small groups is the Egerton University Leadership summit. Egerton University with the leadership of Emmanuel Mutua and Keng'aya Bosire and support from their energetic small group members held a leadership summit in their institution the summit will be a yearly event did bring together University staff, AYLF Kenya Secretariat, student leaders elect, class representatives, peer counselors, and Clubs/ Societies' Councils and the general students' public.

The theme for this year's summit was: "REAPPRAISING

YOUTH LEADERSHIP THROUGH STEWARDSHIP AND SELF-REALIZATION."

The other event was by Multimedia University with the leadership of Valentine Luhunzu and Moses Maina, organized a mental health event in their institution where they brought together the AYLF psychologist, the university psychologist a senior friend to AYLF, and the secretariat for the discussion in order to spread the awareness and stop stigmatization among students and people in general. Some of the other activities were

debate by CUEA, Strathmore, and KCA, sleepovers, hiking, high school mentorship, children's home, and hospital visits, and end-of-semester parties.

We have a very energetic cohort of coordinators who are learning and challenging each other to do great things in their respective small groups and I believe indeed they are the leaders of today.

- **Newton Seda**, Country Small Group Coordinator

# My AYLF Journey



It began with a knock at my hostel door. I was drawn into AYLF by the kindhearted AYLF members who were collecting toiletries and clothes for donations. Honestly, I knew nothing about the group, so I was convinced to attend the first meeting. I was a bit skeptical about such meetings, I thought they were full of grins and opinions.

However, my first experience was awesome. It really the impression I had other than a desire for the correct outcome in the end, I had somethings in common with

the members who were driven by cool logic, emotion and passion.

The small group has seen tremendous growth and I can confidently say my contribution has played a great deal in the same. Every Friday evening is set for our small group meeting. This is the time we come together as a family, talk, laugh, exchange ideas and opinions and above all share snacks together.

Apart from the authentic conversations, we also do Charity work, drug abuse and mental health

awareness. We also do high school mentorships. All these activities have been successful with the help of my coordinator Roy. Being a small group assistant coordinator has given me a sense of responsibility, this is by foreseeing all the activities done by the group and ensuring every member sees a safe space in AYLF.

Through the group I have had a chance of interacting with so many individuals of different calibers and social statuses and that has really helped boost both my esteem and eloquence.



I am a staunch believer of service to humanity and I also believe that the world would be a better place if every human being had more than one religion but the core one being humanity.

My experience in AYLF has helped me achieve that dream through the different corporate social responsibility (CSR) activities we carry out. I have challenged myself to become a better person every day, ever since I joined this group; through listening more to different ideologies, schools of thoughts and perceptions of divergent factions.

Through my interactions with other ambivalent thinkers. I have observed over a long time now, that it is imperative to accommodate everyone's views irrespective of their political, religious/spiritual, sex and sexual orientation. It is my hope to be better than I am right now by the time I am out of campus.

I wish to continue with the same spirit in my other endeavors in life but always be a member of AYLF. Through the right mentorship and help from my peers in the large group with similar ambitions as mine I should be there in due time. They

say he who only does what he can remains who he is. I will continue to do my best because I may write so many words but all words do is inspire but actions create real change.

### **Exciting things that happened:**

1. Egerton Leadership summit.
2. Handovers by Universities
3. Small group meetings
4. Community service

- **Caroline Rop**, Small Group member,  
Technical University of Kenya



# Events Recap









## 2. Leadership Development Programs



The Student Leadership Development Programme Cohort 8 kicked off early this year with 26 participants signing up for the programme. The first interactive session where the fellows first interacted with each other as well as with their facilitators was at a 3-day academy held on at the Kusyombunguo resort in Lukenya. Here, the fellows were introduced to the AYLF DNA, life map tool and the Small Group approach together with its significance to AYLF.

Other areas that were tackled were the first 3 habits of The 7 Habits of Highly Effective People,

the Co-creation process and personality types, the most enjoyed session. The fellows learnt about their personalities and their impact on how they lead themselves and others. The fellows also bonded with each other over bonfire conversations, dinner and outdoor games.

The fellows chose a pathway during the Academy which would

dictate the topics they would learn throughout the program. The pathways are Leadership in Arts and Business and

Leadership in Civic Engagement and Social Entrepreneurship.

Since the Academy, 2 online sessions and 2 in-person sessions have been done where the fellows collectively learnt about Vision casting and strategic leadership, project planning, sustainable development and agile leadership. The most engaging and highly rated session by the fellows was the session on Agile leadership by Dr Katindi Sivi. It took place at MMC

Africa Law on the 25th of June 2022. The fellows were engaged both mentally and physically in learning what adaptive leadership is and its practical significance in such a dynamic and ambiguous world.

Alongside these sessions, the fellows have begun working on

their projects where they exercise what they learn. The majority of the projects are geared towards mental health awareness and sensitization on various delicate but overlooked areas of concern like

Menstrual Hygiene, Sexual assault and campus motherhood/parenthood.

Each fellow was assigned a senior mentor who would walk with them and give them guidance in the various fields they are exploring. We are excited to see how the fellows will utilize their mentorship and the knowledge gained so far in the execution of their projects and their lives as well.





## *My SLDP Journey*

During my SLDP sessions I have learnt the important aspect of planning and forecasting in all that I do in my life. I have learnt vast project planning and stages of execution skills through write up of the project concept and basically expressing out positively on impacts in my life and that of the society around me.

The mentorship programme have been of great help and has positively impacted on my character, personality and career at large. My mentor has helped me learn about my strengths and

weaknesses and evaluate how to overcome the weaknesses through a strength and weakness analysis session of our first meeting.

The physical sessions have been an eye opener in understanding the behavioral and

personality aspects of my life in line with the leadership qualities. During the LAB session I have acquired vast skills on financial discipline in handling financial matters on savings, investment opportunities, and overcoming financial challenges.

### **Exciting things that happened**

1. Academy
2. Virtual Meetings
3. Physical meetup

- Colletar Nthambi Mutua

### 3. Fellows Program



Tailor-made interventions target graduates from Universities and colleges who are looking for a place to continue to grow their capacity to influence. We currently have an active alumni base of more than 250 young professionals. This is bound to rise as we have more Young Professionals join in upon Graduation.

### *Advanced Leadership Initiative*

Advanced Leadership Initiative is a program under the Africa Youth Leadership Forum (AYLF) whose aim is to continue nurturing a new breed of leaders. ALI is a platform that has been created to unite alumni from all our programs and engagements. The programs include:

SLDP, small group members, Imara program and student leader's gathering.

In the quest to bring the alumni community together to actively engage, we needed to establish a working structure. We kicked off the process with having an online engagement for the Imara program alumni in March. We had a keynote speaker tackling leading self. The idea of having an active alumni network and the members agreed that it was about time to have it in place.

Following the online engagement, it was agreed that the alumni should have elections to put in place a leadership team. The members were given 1 week to nominate their preferred candidates. We received 8

nominations across all positions which were; chairperson, vice-chairperson, secretary general, endowment fund and outreach secretary.

The election ran from 6.00 am on 5th April 2022 to 6th April 2022. We had 44 of the 46 people in the alumni community casting their votes for the new leadership team. The elections were held online using survey monkey. We are grateful to the Imara alumni for participating and making the process smooth.

#### ***The leadership team serving 2022/2023 is:***

1. Chairperson: Christina Namaindi
2. Vice-Chairperson: Joseph Oduor
3. Secretary-General: Sofina Merinyo
4. Outreach Secretary: Emmanuel Otieno
5. Endowment Fund Secretary: Diana Chepkorir

Since the elections were held, the leadership team have been given their job description and have been working to ensure that the governing policies of the association are drafted. They held a meeting together with the AYLF representative in Kisumu to help them kick start these processes. The association is set to have another online engagement this month.

**- Beth Wanyoro**



## 4. *The May Gathering and National Prayer Breakfast*



The May Gathering this year was one of a kind. It took place in the lovely Lukenya Getaway in Machakos from the 25th to the 29th of May. With the attendance of 78 University student leaders from Uganda, Tanzania, Kenya and Rwanda it created the perfect opportunity to share ideas and network. In attendance too were AYLf senior friends, Alumni, the Secretariat and the planning committee. The theme that carried through the gathering was “Stewardship”.

All the way from the US, with the wonders of recorded zoom, Uncle Tim Kreutteur, took the group through what Stewardship meant. This included the three levels that are: Personal stewardship, at the AYLf level and collective stewardship as humanity.

The question that rang was “How do you see your time here on earth?” It was paramount to figure out the mission and or assignment we were put here to carry out and steward the people, resources and time it took to accomplish it with great care.

On the following morning, all the attendees were up early and traveled to Safari Park, hotel, Nairobi to be part of the 19th National Prayer Breakfast. The theme of the breakfast was “Transitions”. Some other key themes were forgiveness, love and inclusivity. This platform provided exposure and an opportunity to network for the attendees. They also received the call to maintain peace during this election year.

The days that came after were packed with lessons on competence, character and connection as from the life of Daniel. This specific session was done by Mr. Cosmar Gatere. He encouraged the student leaders to interrogate the people they hang out with and the way to achieve capability was to combine competence and character.

Prof. Koi Kibuga and Moses Mwaura walked the student leaders through managing transitions. Change was inevitable and we can only expect and prepare for it. The key takeaway from this session was in order to

survive life transitions, you needed to know what your vision was, what was your ideal. Then navigate life’s different phases with that in mind.

Student leadership was core to the conversations that were had in panel discussions. With Vimal Shah and Duncan Mochama, the student leaders had intensive discussions on their role as stewards in their schools and how their leadership directly poured into national leadership. They were the light from a candle that lit up a room and it was their responsibility to keep lighting other candles too.

The attendees bonded through the similar experiences they shared, the fun and games and the conversations that were heard. The response afterwards was that they couldn’t wait for next year!

# Wheels Keep Spinning

By: Mac Adrone Adonay

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Wheels keep spinning by, the cycle is not over  
And as the morning greets the azure sky  
Roads of life open, take a look and ponder  
Shadows of the past can't easily fly  
Changes are constant, live your dream, build your goal  
Dimming days shall unfold, nurture your young soul

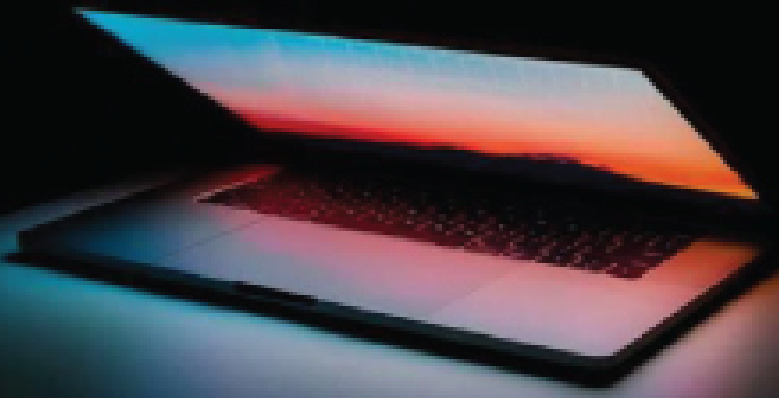
The old path soon will fade and a new path will come  
Generation of youth with power and wisdom  
Young children of today, the future waits you all  
Turn the dark night into a gleaming day  
Hear your beloved country, hear the nation's call  
You can make difference in your own way

You are a clay of hope shaped by inspiration  
And like a tree, you bloom bearing a fruit  
Of awakened voices, bringing a solution  
Arise you- brave, gentle and humble youth!  
The future lies on you, the old ones shall rest  
The seeds they've sown will reap, you all will harvest

"Hope on Thy Motherland", our great hero have said  
Stand with deep courage, victory is never dead  
With faith, together we will reach the pinnacle  
Guided by good examples, not walking astray  
But building unity, becoming a model-  
Because the future lies to the youth of today.



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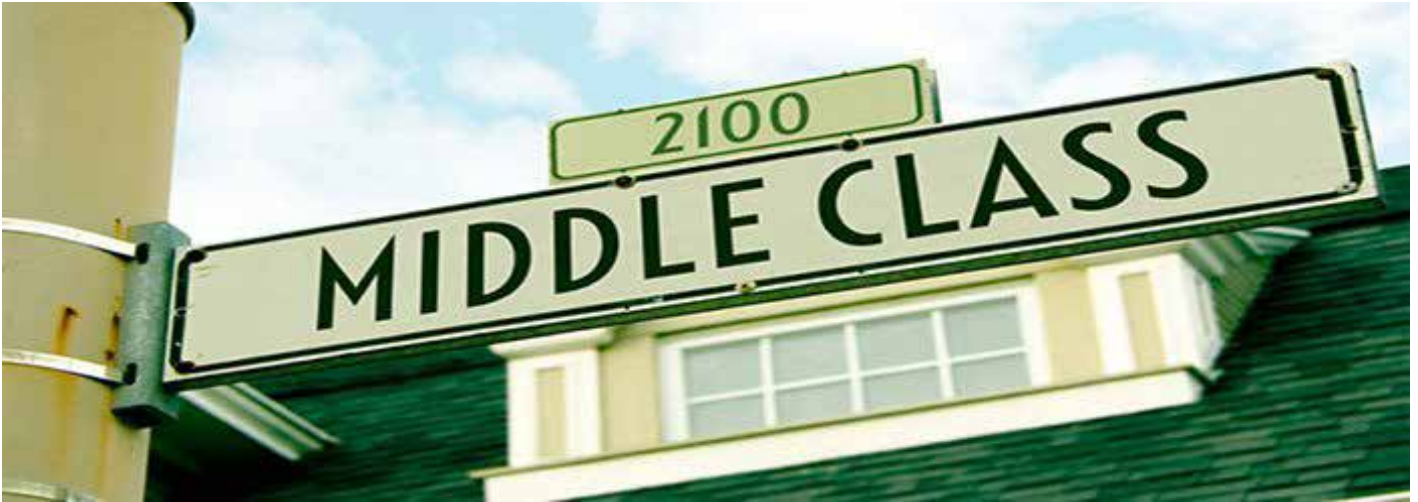
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# Don't Wait to join the Middle Class

By: *Gabriel Odhiambo Achayo*

*Country Coordinator - AYLF Kenya & Senior Consultant, GiANT Worldwide - [www.giantworldwide.com](http://www.giantworldwide.com)*



It's the year 2022 and most Kenyans if not all are looking at the 9th of August with mixed feelings. Our past political experiences have brought us to a point where we are not sure what will happen after 9th August. But I keep telling those around me, that there will be 9th September, 9th October, and 9th November and if you get my drift, life continues no matter what. 9th August will indeed have an influence on how these things continue but for sure, if you are a student, employed, involved in business, or just minding your own issues, you will still be a Kenyan after 9th August if you are currently a Kenyan.

So, it's never that serious. It doesn't dictate your life but it will influence your life. A politician well known to many said that you shouldn't put politics in your hearts, put it in your lungs so you can breathe it out. I have paraphrased it but I believe this is what he meant. I have been told I belong to the category of people called the middle class.

I reached out to a friend of mine to help me understand who is a middle-class Kenyan. Very confusing and you can't really tell. Some data out there show that if you spend an average of Kshs. 500 to 2,500 per day, then you are middle class by Africa's standard. The ones with any slight shake-up of the economy, trouble befalls us that we don't even know where to start.

It's unfortunate that we are the same ones who avoid engaging directly with politics because we want to live a quiet life, take our kids to the good schools we can afford, make occasional trips to some nice destinations we have saved up for, join chamas/clubs or communities of friends who add value to us and live in a bubble. Most of us during the election period decide to either leave the country or make sure we have at least two full gas cylinders, enough milk, enough meat in the fridge etc to last us up to a month just in case things go south.

We faithfully watch TV and make all manner of comments about whoever we agree or disagree with since we "know" how a few things could be done better. This is all a self-preservation mindset but I find it very short-sighted. I find it very flawed. I dare say, it's selfish. I wonder how we benefit by behaving and living like this.

What is unfortunate is I also hear a number of young people who are disenfranchised. Those who also live in a bubble and claim that they won't engage in politics, won't register to vote and won't vote. Too unfortunate. My simplistic question to them is always "So What?". What do you achieve by not engaging? You hear responses like nothing will change. It's the same old same old. Same story. This is someone in their early 20s. It breaks my heart and I wonder why



that mindset. They think that they can live their lives out of political influence. This is a big lie. But I ask myself, what makes a young person decide that they don't want to engage in something that has a major influence in their future. At 20, you still have a lot of life ahead of you. If you happen to live your life to the age of 70 or 80, that's like 50 or more years of life ahead of you. Why choose to waste that life because you don't want to be part of a process that will greatly influence your future. It's unfortunate that most of them, though educated, cannot make a correlation between politics and their lives.

Let's think of a basic example, most young people use Matatu in Kenya to move from point A to B. It's very easy to think that politics have nothing to do with this Matatu. But think of it critically, the late John Michuki who was appointed into office as Minister of Transport, through a political process transformed the Matatu culture in 2004. I remember when this was happening, there was some sense of happiness that at least sanity is there in the Matatu sector.

Now, his successor, also appointed through politics, was not keen on maintaining this and some of the gains made were lost.

When the same Michuki was moved to the Ministry of Environment in 2008, the famous Nairobi River became a decent place where you can sit and relax along its banks at least around the globe roundabout, in Nairobi. So whether we like it or not, the politicians we elect into the office or others elect on our behalf, influence the experiences we have as we do our lives.

You sit back and reckless people get elected, they appoint their cronies to positions that matter, positions where key decisions that affect you are made, and all of a sudden, your education or police or hospital is no longer trusted because the people involved can't be really trusted.

The thinking is you work hard and then get an opportunity to go to another country to live and make your life there since that country is better. Unless you carry your parents, siblings, and all you care

about, you will never run away from the influence of the politics in your country. Don't be shocked even if the country you have the same political systems will influence you either directly or indirectly.

So why waste your precious time not engaging in a process that could guarantee you and your loved ones a better future. You don't have to be at the forefront, you can engage in the local election and debates. This is your duty as a Kenyan and as a young person who wants to have a better future. Whether you want to be a blogger or a YouTuber, or a rocket scientist, politics has an influence over that too.

Don't wait, don't join the ranks of the current Kenyan Middle-Class who are in big problems yet they think they are safe.





## Color Me

## Sudoku

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



# The COSA Retreat 2022 - Arusha, Tanzania



A band of 9 AYLF members came together and traveled to the hilly city of Arusha, Tanzania to attend the 10-year anniversary of the Cornerstone Alumni Student Association. (COSA). This year's theme was "Intentional Mentorship". In the 5 days that they were there they learnt so much, made lots of friends and experienced what Arusha had to offer.

On a trip to the town, the band visited the monuments, ate the local street food, "chapatiyai" and bought some souvenirs. They also learnt how to use the word "naomba" as often as possible. The Kenyans also took home the trophy after rigorous competitions during the entertainment night. A proud moment for the band.

During the days that followed, Uncle Tim Kreutter spoke about intentional mentorship. Many of the successful people throughout history have had someone hold their hand through this

journey of life. Maya Angelou was Oprah Winfrey's mentor; and Nelson Mandela was mentored through Mahatma Gandhi's writings. Mentors included older mentors, as we have been doing in Africa with the older generation around the fire, peer mentors who we might consider friends and those younger than us.

In order to find a mentor, you needed to locate potential mentors. They could be of different facets of your life. You can have a pool of mentors. One for your spiritual life, another one for career, social life and so on. A powerful tactic to use when you have located your mentor would be to ask "What can I do for you?" Offer them value. To get the most out of them you would need to keep asking them questions. About their life, friendships, challenges etc. This is the only way you will learn

80% of what a person takes away from

a mentorship came from what they observed and the rest of it came from what they were told. It was therefore very important that as one endeavored to be a mentor to possess these qualities they were trying to pass on and to live them out. You also had to have faith in your mentee and call out the greatness in them. You also had to have unconditional love for them. As human beings the mentors too could be experiencing turmoil in their own lives. The call is not to be perfect but to be a wounded healer.







Sitting around a fire on the last night, the team reminisced on the friendships they had formed, the lessons they had learnt and the spark that had been lit in them to pass on some of the things they had taken away from the retreat.

“COSA Retreat TZ was fun and informative as well. The warm welcome, the love, activities, food and the TZ people, everything was amazing. The icing on the cake was a presentation by Uncle Tim Kreutter on intentional mentorship. I learnt a lot on how to be a good mentee and a good mentor. We can be mentees without formally informing our mentors, mentorship can

happen naturally. The more you work on yourself, the more you study and apply the knowledge you learn, you will attract or God will send you the mentors you need to take you to the next level. “when the mentee is ready the mentor will appear”. Something that I connected very well to what I’m doing is on how to be a good mentor. i.e As a mentor you should have faith and love for your mentee and you should be good hearted and willing to ooze knowledge to your mentee.”

Thank you AYLF for the opportunity.





## What to Expect - Q3 & Q4

1. Ladies & Men's gathering
2. Alumni Camping Retreat
3. City Forums (Nairobi, Coast, Rift Valley + Western regions)
4. Stakeholders engagements
5. Annual Fundraising & End Year Dinners
6. SLDP Cohort 8 Graduation



# Our Partners







Tenda wajibu  
wako sasa:

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To join any of our programs, or support our work, reach out to us through the contacts given below:

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