

FEB 1, 2024

**NUGGETS** OF **Life**



# NOL 2023 ANNUAL REPORT

**PRESENTED TO:** Nuggets of Life

**PRESENTED BY:** Pinch Africa

# Table of Content

Message from CEO	3
Introduction	4
Key Highlights	5
Cohort #1 Launch	6
Meet NOL Mentors	7
Nuggets of Life Website	8
NOL Outreach	9
NOL Youth Connect	10
What Mentees Say	11
Our Graduate Champions	12

# NUGGETS OF LIFE INTRODUCTION

Nuggets of Life Mentorship offers support and guidance to young people towards improved personal and career development.

## ABOUT US

Nuggets of Life Mentorship is committed to developing adept leaders for a brighter future by offering dedicated support and guidance to young individuals. The program connects mentees with accomplished professionals, providing valuable insights and guidance to enhance personal and career development. Through the wisdom of experienced mentors, mentees gain the tools needed to navigate their own journeys successfully.

## WHAT WE DO

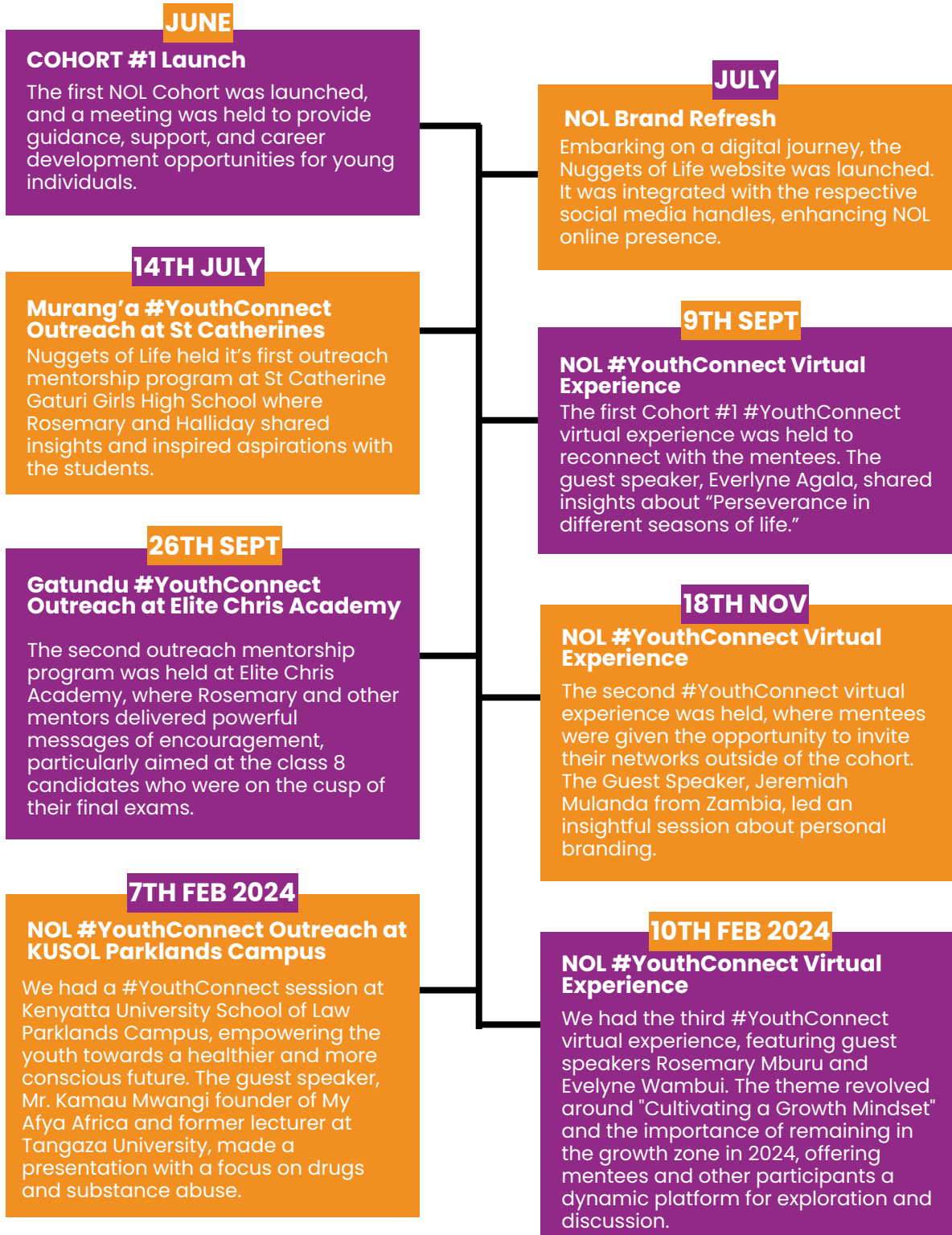
Our mentoring program thrives on the diversity of approaches we employ. We understand that each individual's journey is unique, and thus, we have crafted a multifaceted mentoring experience that caters to a wide range of needs and aspirations. Our approach includes;

- **One-year mentorship program**
- **#YouthConnect Virtual Experience**
- **#YouthConnect Outreach Program**



# KEY HIGHLIGHTS

In the vibrant journey of 2023, Nuggets of Life witnessed remarkable growth, from the commencement of Cohort #1 members in July. Throughout the year, the mentorship program served as a dynamic resource, offering invaluable guidance to mentees and providing a diverse platform for mentors to share their wisdom and experiences. Nuggets of Life not only evolved, but it also became a thriving community of mutual empowerment.



# COHORT 1 LAUNCH

The first Cohort of the Nuggets of Life mentorship program was launched to provide guidance, support, and career development opportunities for young individuals. This cohort comprises 6 mentees namely;



## Elijah Kamau

A graduate from the **University of Nairobi**, with a passion for scientific exploration and dedication to personal and professional growth.

See full profile and CV [here](#)



## Getrude Mwangi

A **Kenya Utalii College** graduate, Gertrude exhibits a swift learning capability, robust motivation, a fervor for working with people, and the competence to deliver services of high quality.

See full profile and CV [here](#)



## Kenneth Kamara

A **Machakos University** student, characterized by dedication and passion, has been molded by various lessons and mentorship experiences, resulting in their transformation into a focused, intelligent, and ambitious individual.

See full profile and CV [here](#)



## Isabel Wangechi

A graduate of **Maseno University**, Isabel is a professional teacher who is passionate and proficient in her field, consistently demonstrating readiness, willingness, and efficiency in her career.

See full profile and CV [here](#)



## Pamela Wanjiku

A self-motivated and dynamic Monitoring and Evaluation professional from **Maseno University**, driven by the desire to learn and adventure to new and untapped potentials and opportunities, and to provide solutions to problems.

See full profile and CV [here](#)



## Rosemary Wambui

A highly driven and adaptable student at **Chuka University**, pursuing a Bachelor of Arts in Linguistics and Literature and whose passion lies in media and communication.

See full profile and CV [here](#)

# NUGGETS OF LIFE TEAM

Meet the incredible team behind Nuggets of Life! With diverse backgrounds and expertise, our team members are passionate about empowering individuals to reach their full potential. Each member brings a unique perspective and wealth of knowledge to the table and together, we are committed to guiding and supporting our mentees on their journey towards personal and professional growth.



**Joseph Karanja**  
Programs Coordinator



**Rosemary Mburu**  
Founder & Mentor



**Robinson Muigai**  
Support & Mentor



**Halliday Muleshe**  
Secretariat



**Rachel Mazera**  
Secretariat



**Solomon Mwanga**  
Secretariat



**Derrick Mutimuli**  
Secretariat



# MEET NOL MENTORS

Mentors play a crucial role in providing guidance and direction to their mentees. Within the Nuggets of Life program, mentors not only offer valuable advice and support but also facilitate the mentees' skill development, contributing to their overall growth and development.



**Joseph Karanja**

Business Investment  
Professional

[See full profile here](#)



**Rosemary Mburu**

Executive Director,  
WACI Health.

[See full profile here](#)



**Angie Kuria**

Executive Hotel Management  
Professional

[See full profile here](#)



**Robinson Muigai**

Head of Business Development,  
Pinch Africa

[See full profile here](#)



**Evelyne Agala**

Certified Human Resource  
Practitioner

[See full profile here](#)



**Evelyn Wambui**

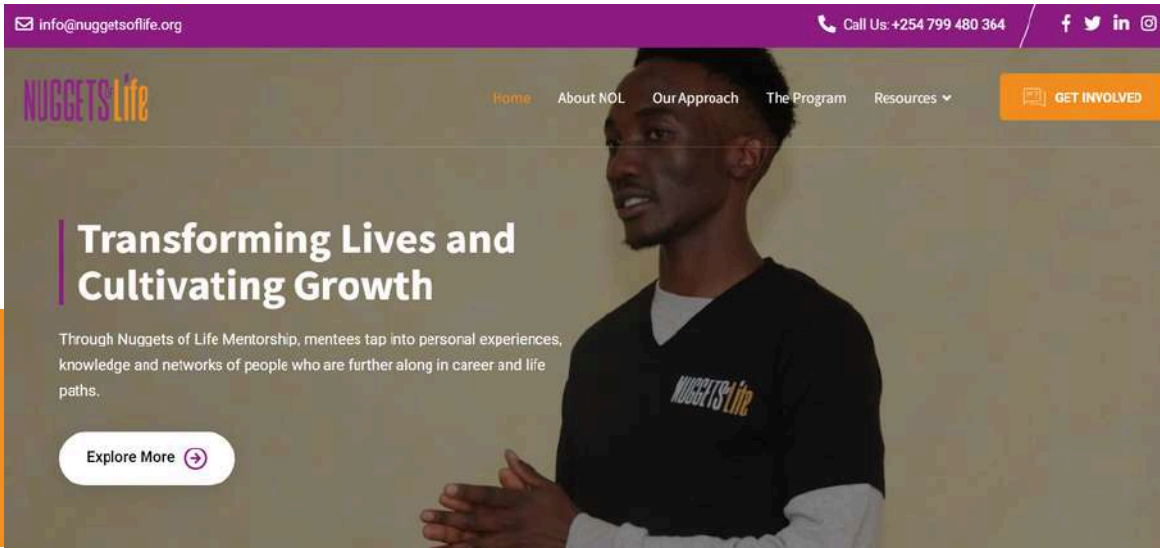
Administration Manager,  
Kenya Railways Corporation

[See full profile here](#)



# NUGGETS OF LIFE WEBSITE

[www.nuggetsoflife.org](http://www.nuggetsoflife.org)



Introducing the Nuggets of Life website – a dynamic platform designed to illuminate the impactful initiatives and profound mentorship experiences offered by Nuggets of Life. This online hub not only serves as a window into the heart of our mentorship program but also strategically enhances our online presence and visibility.

## The Nuggets of Life Website outlines;

### 01. NOL History

A brief history of NOL, what it stands for, its values and what it aims to achieve. The site clearly explains the purpose NOL wishes to serve.

### 03. The NOL Program

Basically a definition of what NOL entails, including the mentees and mentors who are part of the program – detailed with their profiles and CVs.

### 02. NOL Approach

Mentorship approaches employed by NOL, including one on one mentorship, group and outreach mentorship.

### 04. Resources

News, updates and blogs on previous outreach and group engagements.





# OUR SOCIAL MEDIA

Welcome to our virtual haven of guidance and growth, where mentorship knows no limits. Nurturing potential, fostering growth, and igniting inspiration – our pages are more than just content, it's a catalyst for positive change. Here's what we've been upto;

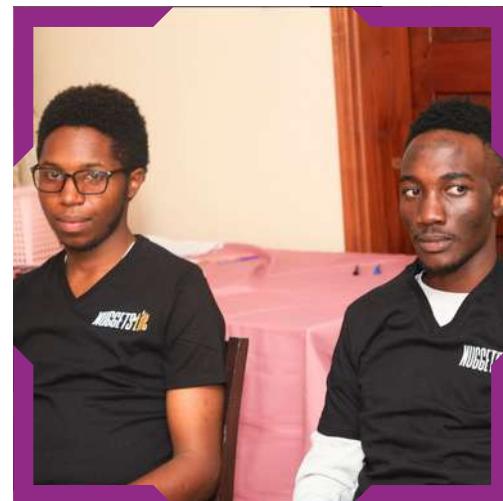
Many times in life, we are held back from achieving our goals because we do not commit ourselves wholeheartedly. With an escape route in mind, we hold ourselves back from giving our all.

*Idowu Koyenikan*

**5 actionable strategies to help you become more firm in decision making**

- 1 Know Your Values and Priorities**  
Understand your core values and priorities in life. Decisions aligned with these principles are easier to stand firm on.
- 2 Trust Your Intuition**  
Learn to trust your instincts. Intuition often guides us in the right direction, especially when based on experience and knowledge.
- 3 Consider the Consequences**  
Think about the potential outcomes of your decisions. Understanding both positive and negative consequences can strengthen your resolve.
- 4 Learn to Say No:**  
Don't be afraid to decline requests or opportunities that don't align with your goals or values. Saying no when necessary is a sign of strength, not weakness.
- 5 Practice Decision-Making**  
Start with small decisions and gradually move to more significant ones. Practice builds confidence. Analyze the outcomes and learn from your decisions, both good and bad.

Life Org



**#YOUTHCONNECT VIRTUAL FORUM**

Topic: Youth Entrepreneurship

**GUEST SPEAKER**  
**ANDREW MATU**  
Director - Paradise Farm Cottages Mbatia  
Professional Hotelier & Youth Mentor

**HOST**  
**HALLIDAY MULESHE**  
Mentor - Nuggets of Life

Zoom Meeting: 10 April 9 AM - 10:30 AM

**#NOLYouthConnect**

Theme: **CULTIVATING A GROWTH MINDSET**

- What does having a growth mindset actually mean?
- Remaining in the growth zone in 2024.
- An interactive session with guest speakers.

**HOST**: Halliday Muleshe, MENTOR, NUGGETS OF LIFE

**GUEST SPEAKER**: Rosemary Mburu, EXECUTIVE DIRECTOR, WACT HEALTH, MENTOR, NUGGETS OF LIFE

**GUEST SPEAKER**: CHRPN Evelyn Ngar, ADMINISTRATION MANAGER, KENYA RAILWAYS CORPORATION

**SATURDAY 10 FEB, 2024 9AM - 10.30 AM**

REGISTER VIA PROVIDED LINK



## NOL #YOUTHCONNECT OUTREACH 2023

Our philosophy centers around fostering the potential of young minds by equipping them with the priceless resource of mentorship. Our committed initiatives lead us to diverse educational institutions, places of worship, and local communities, where we actively connect with youth to provide them with guidance, motivation, and opportunities for personal development.

### St Catherine Gaturi Girls High School Murang'a

This was the first NOL outreach program that took place on the 14th of July, where Rosemary gave an intriguing talk on self-growth and vision. Here, she highlighted the importance of being proactive, beginning with the end in mind and putting first things first.

**[Read more...](#)**



### Elite Chris Academy - Gatundu

The second outreach mentorship program was held at Elite Chris Academy, where Rosemary and other mentors delivered powerful messages of encouragement, particularly aimed at the class 8 candidates who were on the cusp of their final exams.



# NOL #YOUTHCONNECT OUTREACH 2024

## Kenyatta University School of Law Parklands Campus

For the first 2024 outreach program, Nuggets Of Life Mentorship Session under the banner of #YouthConnect took a significant stride in empowering the youth towards a healthier and more conscious future. Hosted at the esteemed Kenyatta University School of Law Parklands Campus, the event served as a guiding light of hope and transformation for the young individuals.



# NOL #YOUTH CONNECT VIRTUAL EXPERIENCE 2023

## NOL #YOUTHCONNECT - COHORT #1



The first virtual session with Cohort #1 mentees was conducted on 9th September to reconnect with the mentees, encourage the sharing of experiences, and support their individual growth and development. The guest speaker, Everlyne Agala, A seasoned People and Operations professional, led an insightful session with the topic ***“Perseverance in different seasons of life.”***

## NOL #YOUTH CONNECT - OPEN FORUM



The next NOL #YouthConnect session was held in November, and this time the mentees were allowed to invite their networks outside of the cohort. The Guest Speaker, Jeremiah Mulanda from Zambia, led an insightful session about ***personal branding.***



# NOL #YOUTH CONNECT VIRTUAL EXPERIENCE 2024

## NOL #YOUTH CONNECT - CULTIVATING A GROWTH MINDSET

The poster features the 'NUGGETS of Life' logo at the top left. Below it, the text reads 'Nuggets of Life presents #NOLYouthConnect'. The theme is 'THEME : CULTIVATING A GROWTH MINDSET'. Three bullet points are listed: 'What does having a growth mindset actually mean?', 'Remaining in the growth zone in 2024.', and 'An interactive session with guest speakers.' Below these are three circular portraits: the host, Halliday Muleshe; guest speaker Rosemary Mburu; and guest speaker ChRP Evelyne Ngari. At the bottom, the date is 'SATURDAY 10 FEB, 2024' and the time is '9AM - 10.30 AM'. A 'REGISTER VIA PROVIDED LINK' button is at the very bottom.

Our first #YouthConnect virtual event of 2024 showcased guest speakers Rosemary Mburu and Evelyne Wambui, centering on the theme "**Cultivating a Growth Mindset.**" Emphasizing the significance of staying within the growth zone in 2024, the event provided mentees and participants with an engaging platform for exploration and interactive discussions.

## NOL #YOUTH CONNECT - YOUTH ENTREPRENEURSHIP

The poster features the 'NUGGETS of Life' logo at the top left. It includes a Zoom icon and the date '13 April' with the time '9 AM - 10.30 AM'. The main title is '#YOUTHCONNECT VIRTUAL FORUM' and the topic is 'Topic: Youth Entrepreneurship'. The guest speaker is 'ANDREW MATU', Director of Paradise Farm Cottages Mbul, Professional Hotelier & Youth Mentor. The host is 'HALLIDAY MULESHE', Mentor - Nuggets of Life. A QR code and a 'Register Via the Provided Link!' button are at the bottom.

Our latest #YouthConnect virtual session held on 13th April, was focused on **youth entrepreneurship** and led by guest speaker Andrew Matu. Andrew, a seasoned entrepreneur and youth mentor, shared valuable insights and practical advice on navigating the entrepreneurial journey. Participants engaged in interactive discussions, gaining actionable strategies to propel their ventures forward.



# WHAT MENTEES SAY

From the mentorship sessions, mentees were able to share their reflections, focusing on what they had learnt, their implementation of these newfound insights, their progress toward personal goals, and the overall experiences they had encountered in the process.

## Elijah Kamau

- Boundaries - has been able to define himself, not easily carried away.
- Consistency - has been working on improving grammar by listening to English podcasts on Saturdays and watching English movies without subtitles.



## Getrude Mwangi

- Time management - getting to places on time and apologizing if you get late.
- Confidence - has taken initiative in seeking encouragement and guidance from Rosemary.
- CV Writing - has been able to revamp her CV



## Kenneth Kamara

- Communication and leadership skills - has been able to improve these by participating in various forums. Is also taking part in class leadership.
- Procrastination - has been able to set fears aside and ensure he accomplishes what he sets his mind to.



## Isabel Wangechi

- Communication - has learned to communicate and apologize when she's getting late.
- Getting out of your comfort zone - she started a side hustle during the school holidays.
- Social media - was able to open a LinkedIn account and create a professional profile.



## Pamela Wanjiku

- Communication - has been able to express herself more, while being open and candid and without thinking about other people's judgment.
- Service - engages with her friends by teaching them what is shared in NOL mentorship, as a way of giving back.



## Rosemary Wambui

- Intelligence - has learnt to sync the 4 intelligences (IQ, EQ, Physical & Spiritual) to help make better decisions.
- Service - is actively looking for a children's home where she can give back.
- CV Writing - Was able to get an internship in a new place after revamping her CV.



# OUR GRADUATE CHAMPIONS

We take immense pride in highlighting the remarkable achievements of our Nuggets of Life mentees who have successfully graduated from university. These young talents, like precious nuggets, have been polished and refined through their academic journeys, emerging as shining examples of dedication and resilience.

As mentors, we've had the privilege of witnessing their growth and transformation, and we're excited to see them embark on their post-graduation adventures. These graduates are not just our success stories; they are the future leaders, change-makers, and inspirations for generations to come.



**Isabel Wangechi**  
Maseno University



**Elijah Kamau**  
University of Nairobi



**Getrude Mwangi**  
Kenya Utalii College

**"Congratulations on your outstanding achievement, graduates! The Nuggets of Life family is incredibly proud of your success."**





## CONNECT WITH US

Your engagement and feedback are invaluable to us, so let's build a stronger bond together. Join the conversation, share your thoughts, and be a part of our growing online family.



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