

UWEZO UPLIFT FOUNDATION MENTORSHIP PROGRAM REPORT.

INTRODUCTION

The Value of Mentorship

“Start children off on the way they should go, and even when they are old, they will not turn from it.” – Proverbs 22:6

We often hear the saying that children are our future. But what happens when children take the troubled path, succumbing to crime, drug addiction or self-destruction? If children are our future, then it's important to begin investing in them at an early age. We can do that through mentorship.

Mentors may not be able to change how fast child's brain develops or force a child to make certain decisions, but mentors can share their worldviews, experiences, knowledge, support and advice, as well as provide a positive influence. By introducing children & youth to new experiences and sharing positive values, mentors can help young people avoid negative behaviors and achieve success.



a

UWEZO MENTORSHIP PROGRAM

Uwezo Uplift Foundation clearly recognizes the need for Child mentorship and apart from offering Education sponsorship to the Children, the staff have gone an extra mile to know the children personally and walk with them the journey of life. Uwezo staff are involved in the Children's life through regular follow ups in school, home visitations, one on one meetings and group mentorship meetings during the school holidays.



The school calendar in Kenya has greatly been affected by the Covid 19 Pandemic, the holidays are now shorter (1 week) and there is only one long holiday in the Month of April lasting Seven (7 weeks). Uwezo Team take advantage of the holidays to catch up with the Children, check on the academic progress through the Report cards,



and catch up on their welfare at home and school. The staff also organize the group mentorship program during the holiday.

Currently the Children are home for a one-week holiday and Uwezo had organized a two-day mentorship program. During the two days the children were taught on various topics that affect them, engaged in team building games and activities, had one on one time with them, and even projected for them a short movie with moral lessons.



During the Mentorship time the team was able to notice any child lagging behind or in need of help and guidance in a specific area .Some Children have low self-esteem maybe because of their tough family background or any bad experiences they encountered in their community in the slums .The team is able to identify such and affirm the children to believe in their abilities and have self-confidence .The team do this through assigning simple duties to the kids and complimenting them for work done well.



Gradually their self-esteem is improved. Mentorship is not a one-day activity, it is a continuous process and results may not be instant and that is why the team is very Patient and Gentle with the Children and not giving up on them. Sometimes it requires practicing tough love on them in order to ensure they take the lessons taught seriously and together we work on their growth gradually. We realize that Children with high self-esteem and a positive self-

image feel capable, accepted, and encouraged.

Some of the topics taught during the two days Mentorship program include;

- I. Pop culture
- II. Peer Pressure
- III. Self confidence
- IV. Boy girl Relationships /Friendships.
- V. Menstrual Health

The Children are grouped in small groups and each team member is allocated a group and they have an interactive session with the children as they teach them, listen to their world views, answer their questions and also instill positive values upon them. We have children from all ages, ranging

from 4 Years to 23 years. The team is careful to teach the Children the right content at the right age and not engaging them in topics too complex for them at their age. At the end of the program the Girls were given Sanitary towels as a follow up to the menstrual hygiene taught during the program.

RECOMMENDATION

The Team had an evaluation meeting after the mentorship program and the following recommendations were by the team.

- I. The students in college should be visited so as to do a follow up on them on academics and catch up on their welfare.
- II. Each Team member will be allocated a group of Children to mentor at a personal level.
- III. Uwezo alumni (Sponsored by Uwezo through education and now working) will be invited in future during Mentorship programs to have motivational talk with the Children.



CONCLUSION

Uwezo Team involvement in Children Mentorship sends a powerful message to the children. It's one that says you are important. You are loved. You belong. And it's a message that, with it holds the strength to empower the children in Uwezo Program.

A positive sense of self is one of the greatest gifts you can give a child and helps them develop into happy, productive people in the society. Uwezo Uplift Foundation Team is committed to the welfare of the children as they seek to empower them towards holistic growth.