



# Precious Times - Term One 2026

Mentoring Weekend - Precious Blood School Riruta – January 17<sup>th</sup> and 18<sup>th</sup> 2026



Dear Precious Girls,

It gives me great pleasure to write this copy of Precious Times following an incredible weekend of mentoring for the first school term of the academic year, 2026. It was a blessing to have 53 mentors present on that day to give their support, a listening ear, encouragement and to let you know that they care and believe in you. We were also honoured to have one trustee from the PS UK present and five sponsors. The theme for the weekend was **Commitment**, the 'C' in our **ABC** theme.

## Commitment?

We were privileged to have Ruth, a PS and Starehe alum, introduce Commitment. She defined commitment as the consistency of doing something without supervision. Ruth narrated a story about four grasshoppers (*Lumi, Nara, Keffie and Jengo*) that were stuck in a hole and how each tried to come up with a plan to get out of the hole but none of the ideas worked. Ruth gave you an opportunity to identify indicators of commitment from how each of the grasshoppers came up with the idea to get out. The lesson was that there are pillars without which one cannot achieve commitment:

- ✚ Consistency – leads to great outcomes
- ✚ Teamwork and networking
- ✚ Discipline
- ✚ Goals
- ✚ Decision making
- ✚ Sacrifice

Ruth concluded that although commitment is hard, in the end, it is fruitful and pays off.

## Group Sessions with the Mentors

During the group session with mentors, you further explored the theme of 'Facts about Making a Commitment' that:

- o It is a choice
- o Requires personal responsibility
- o Requires honesty and integrity
- o Is a promise

After lunch, before the 1-1 sessions started, there was an award ceremony where the Norma Boulwood Award was presented to the winner from the Class of 2025. Three of the contributors to the prize money, Diane, Emma & Pippa, were present and presented the award to Valarie Wanjiku from Maryhill who scored Grade A (AGP 81). The award is \$600 equivalent to Ksh. 80,000 and given to: the individual who is a consistent high achiever - finishing in the Top 5 of their class or an individual who has made significant progress academically over the course of their 4 years at school, showing a marked improvement (*in class rank and results*) from final primary result to final high school result, through exceptional hard work and commitment. In addition, the individual will have shown full commitment to the Precious Sisters process (mentoring etc) and made a noticeable contribution to their school or community. This could include for example; school leadership, community service, supporting another Precious Sisters student.

This year, a special award, \$250 (Ksh. 40,000) for 'highly commended' was given to Mary Wambui, also from Maryhill, who scored A- (AGP 80). I am sure this was motivation enough for you to put effort in your academics and in all the other areas that are part of the consideration.



## One-on-one Session with a Mentor

As usual, each of you had an opportunity to have a mentor all to yourself and discuss any challenges you were dealing with and come up with possible solutions. This gave you the momentum you needed to handle the school term with a fresh mind and new perspective. Many of you mention that the 1-1 session is the highlight of your experience at the mentoring event and that you are always glad when you find mentors who relate to you. In this regard, we send our appreciation to our mentors who turn up during the mentoring events;



to encourage, inspire, cheer you up and pour themselves to you so that you are able to realise your full potential and take advantage of all that PS and your schools have to offer.

## Public Speaking Session

In the afternoon on Saturday with two of the PS alumni, you had an opportunity to practice public speaking through sharing thoughts about one person in your life you feel is committed to a certain goal and what makes the person committed. From the discussion, you realised that the people you admire because of their commitment are: consistent, diligent, hardworking, focus on the goal and make sacrifices.

## Sunday Morning Skits

The Sunday morning skit you were asked to prepare was on how a high school student learnt a lesson the hard way. As you showed your creativity, teamwork and understanding of the topic, the skits' key takeaways included understanding that actions have direct consequences, the importance of prioritising self-care over peer pressure, and to realise that failure is a necessary, albeit painful, part of growth. It is important to:

- ✚ Reflect on Mistakes: Instead of dwelling on failures, analyse what went wrong and how to improve next time.
- ✚ Take Personal Responsibility: Own up to mistakes rather than making excuses.
- ✚ Practice Self-Care: Prioritize mental and physical health.
- ✚ Set Boundaries: Learn to say 'No' to things that do not serve your well-being.
- ✚ Be Persistent: Continue pursuing your goals despite setbacks.

## Career Talks

Our guests took on the responsibility of the career session, which you have all mentioned as being incredibly interesting due to the interactive way it was done.

The purpose of the career session was: To **inspire** and **inform** you about careers and give you time for reflection and planning.

To focus on career choices, skills and strengths. The session started with an exercise where you were asked to stand up if you agree with the question asked:

- ✚ Stand up if you like music
- ✚ Stand up if you like helping others
- ✚ Stand up if you like maths problems
- ✚ Stand up if you like organising others
- ✚ Stand up if you like chatting to your friends
- ✚ Stand up if you like reading for pleasure

☞ "Looking around, you saw that everyone has different preferences. Also, you are not alone in your preferences."



The session moved on to a Career Discovery Game: "Many Roads, Many Futures", to expand your career imagination beyond stereotypes of doctors, engineers, lawyers, influencers, teachers etc. Every career starts with a first job!

In groups, you were asked to write down all the jobs you have heard of.

There were many jobs that each group came up with but you were informed that the key skills across all the jobs are:

- ✚ Communication
- ✚ Problem-solving
- ✚ Responsibility
- ✚ Creativity

The session moved on to **careers inspiration** and how to **practice your networking** which was to inspire you with insights from the facilitators' careers and help you practice your networking skills through the art of asking questions, being curious. The concept of networking was introduced and how you can use this to inform your career choices when you meet people whose careers we could be interested in. The following were questions that you could ask about a career:

- What career did you choose?
- What made you choose this career?
- What did you enjoy most about your career?
- What was a typical day like?



- Where did you work? (in an office or moving around clients)
- What was the biggest challenge you faced?

Besides the above questions, you had an opportunity in groups to brainstorm additional questions to ask:

- What were you paid for your job? How much did money matter to your career choice?
- Why did you change careers?
- How did you balance work and parenthood?
- What was the toughest time during your career?
- How did you sustain yourself over a long career?



To relate to what you learnt through the exercise, you were taken through what is referred to as 'My Strengths Map'. This is meant to build self-worth and self-awareness, connecting strengths and skills to career choices. You learnt that; strengths are innate or inherent qualities and traits that make us unique and it is important we understand these alongside our skills which are the knowledge and abilities we learn over time through education and experience. You will have strengths and skills that are similar and different to others. It is important you understand what you have versus what you need for the career you want to follow so that you can make career choices that fit your skills and strengths.

In groups of four, you were asked to draw a simple outline of a person. Inside the figure, you were to write:

Things you are good at – your 3 to 5 strengths e.g., organisation, teamwork, leading (you could use the list of strengths in the chart below to inspire your thinking).

#### 90 Examples of Personal Strengths

Adaptable	Devoted	Imaginative	Outspoken	Responsive
Ambitious	Diligent	Independent	Painstaking	Seasoned
Articulate	Efficient	Innovative	Passionate	Self-confident
Calm	Emotional intelligence	Insightful	Patient	Self-directed
Candid	Empathetic	Intellectual strength	Perceptive	Self-disciplined
Capable	Energetic	Intuitive	Persuasive	Sensible
Charismatic	Enthusiastic	Inventive	Polite	Sincere
Clear-headed	Experienced	Involved	Positive	Sociable
Communicative	Flexible	Kind	Practical	Systematic
Competitive	Flexible	Mature	Proactive	Systematic
Considerate	Focused	Methodical	Problem-solving	Team Player
Cooperative	Forthright	Meticulous	Prudent	Thorough
Courage	Frank	Motivated	Punctual	Thoughtful
Creative	Hard-working	Natural Leader	Realistic	Trustworthiness
Curious	Helpful	Neat	Reliable	Versatile
Decisive	Honest	Objective	Resourceful	Well-rounded
Dedicated	Humble	Open-minded	Respectful	Willing
Determined	Humor	Organized	Responsible	

Outside the figure, you were to write: your skills – 3 to 5 things you can do as a result of your knowledge and education.

At the top right of the paper, you were asked to write: what your next step was and in pairs to share and test your thinking.



#### Reports were compiled by:

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To our hosts, PB  
Riruta, thank  
you.



