



Precious Times - Term Two 2026

Mentoring Weekend - Precious Blood School, Riruta – April 25th and 26th 2026

**Ambition
is the first
step to
success.
The second
step is
action.**

Dear Precious Girls,

It is a delight for me to, once more, compile an edition of Precious Times that summarises another great weekend of mentoring, learning and interacting with girls from other schools and our faithful mentors. The theme for the weekend was **Ambition**, the 'A' in our **ABC** theme.

Ambition

As part of the introduction, Wallace took opportunity to encourage you by sharing a little about his early life and then asking you to rate yourself on a score of 1-10 of how self-driven you were. He then asked you to consider why you gave yourself the score that you did and what you were willing to do to raise your score.

Ruth, an alum from Starehe (*Class of 2017*) defined Ambition as a strong desire to accomplish something meaningful and a willingness to achieve it. To emphasise the point, Ruth narrated a story, written by Muthoni, of a farmer who had a donkey that he liked so much but which one day fell into a hole. The rope he had was too short to help the donkey out and when he sought help from neighbours to pull out the donkey no one was willing to help him out. He started filling the hole with soil and as he did, the donkey would shake itself and step on top of the soil. With time, the soil rose to a level that enabled the donkey to get out of the hole. The story brought out characteristics of ambition: persistence, willingness to work for it and being optimistic. Ruth concluded the session by proclaiming to you that there was no problem that did not have a solution.

Group Sessions with the Mentors

In the group session with the mentors, you interacted with girls from different schools and a mentor, and discussed the importance of goal setting. It is said that if you write down your goals, you are more likely to achieve them. How do goals improve your performance?

- ✚ **Habits Improve** – Goals can help you improve study habits and daily structure.
- ✚ **Motivation Increases** – Once a goal is set, it pushes you to rally and get motivated to hit the end goal.
- ✚ **Character Develops** – When you set goals, you are in control of your life and this leads to strong values and character development.
- ✚ **Creates accountability** – Having goals makes you accountable for your daily actions, efforts and outcomes.
- ✚ **Mobilizes Action Steps** – Goals naturally get you moving into action to accomplish them regardless of the obstacles that may be in place.
- ✚ **Develops New Skill Sets** – In the process of setting and achieving goals, you develop critical thinking skills, new problem-solving techniques, and a better understanding of how to overcome challenges.



One-on-one Session with a Mentor

Each one of you had an opportunity to sit with a mentor for a 1-1 session which you have all mentioned you consider to be the highlight of the mentoring event. As one girl put it, it gives you an opportunity to pour your heart out to a mentor in a safe space and talk about any topic.

Public Speaking Session

During the public speaking, you explored your dreams under the guidance of Flozzie (*an alum*) and talked about Dreaming Big and

Overcoming Fear. Each of you had an opportunity to share a big dream you have for your future, and what fear you must overcome to pursue it.

Sunday Morning Career Session

For the career session, we had the privilege to hear from four alumni who once sat on the same seats as students and who took the opportunities that Precious Sisters offered to thrive and excel and are now in the job market. These were: Sylvia – Gatimu Class of 2015 (*who also came with her sister*), Naomi – Gatimu Class of 2016, Leah – Starehe Class of 2017, and Vivian – Starehe Class of 2018. To give you an opportunity to ask questions and have a more interactive session, this was done in groups with each group having one career speaker after which a member of each group shared what you had learnt from your career speaker. The take-away was:

- ✚ Knowing oneself - getting to know who you are and what you really want helps you make better and more enlightened choices in matters career and lifestyle. One can start by digging inwards through asking questions like:
 - Do I really want this?
 - Why do I want this?
 - Is there anyone or anything pushing me to want this?
- ✚ Importance of job shadowing and how vital it can be for one to decide if they want to choose a certain career. One way you can achieve this is through talking to people who are doing jobs in fields you are interested in and find out if you could visit their workplaces for a day in order to get an idea of what it's like.
- ✚ Importance of gaining experience in every workplace to build your CV.
- ✚ Although it is very easy to get lost while on campus/at university, being part of a community could save you. A mentor while on campus will keep you grounded. Precious Sisters is also a community, and being part of it is very helpful due to all the learning through mentoring and workshops.
- ✚ One career speaker shared what she does as part of her giveback commitment. She mentors a girl at Starehe, sponsors a girl from back home in a nearby day secondary school, is part of all alumni associations in the schools she has been to and participates actively. Mentioning these things in interviews always gives her an edge.
- ✚ There is need to do short courses to help build your skills. The degree course is not always enough. One needs to study things like CPA (*If need be*), coding, leadership courses, data analysis short courses, etc. Doing all these courses can land you many interviews and will make you stand out from all those with just a degree.
- ✚ Learn how to pivot - this is by welcoming the concept that you can reach your goals through many routes. This encourages you when you hit a wall or reach the end of what seemed like a perfect plan.
- ✚ Evolution costs - moving to new seasons (*or out of a comfort zone*) will cost you the 'normalcy' you have come to get used to i.e.:
 - Friends from high school you might never meet or talk to again.
 - Habits that were nurtured by a routine - boarding school and timetables.

In summary, we all end up meeting so many versions of ourselves in our journeys of becoming, and we ought to be flexible so as to not break but move with the seasons.

Session on Sexual Health and Self Worth

As Precious Sisters strives to empower you with skills and knowledge to thrive in school, we also desire to have you thrive in your personal life and as part of that process, we invited Mrs. Lucy Achola who is a psychologist and a long-time mentor/friend of Precious Sisters to speak to you on a very sensitive topic – Sexual Health and Self Worth. Below is a summary of her presentation which as always was done with humour and in an interactive way.



Lucy started by asking you to discuss among yourselves which of these were myths or facts?

- You cannot get pregnant the first time you have sex. Fact: Pregnancy can happen any time someone has sex, even the first time.

- If someone really likes you, they should respect your decision to say no. Fact: In a healthy relationship, respect is very important—no one should pressure you.
- Only adults need to think about sexual health. Myth: Teenagers also need correct information to make safe and healthy choices.
- Talking about sexual health encourages bad behaviour. Myth: Learning about sexual health helps young people make safer, informed decisions.

It is important to understand Your Body

+ Puberty Changes

- + Which changes might happen at different times for different people?
- + Do all girls experience these changes at the same time?
- + How might someone feel if their body develops earlier or later than others?
- + What can we say to ourselves during these changes?

Remember: Everyone's body develops differently—and that is normal

+ Personal Hygiene focusing on Menstruation

Menstruation Myth Busters

- ❖ "You should not play sports during your period."
- ❖ "Periods are dirty."
- ❖ "All girls have the same cycle length."
- ❖ "You can go to school during your period."

Why do some myths exist about menstruation?

- ♣ Wrong information which affects girls' confidence?
- ♣ Remember: Periods are normal, healthy, and nothing to be ashamed of.
- ♣ If your periods are extremely painful and you bleed a lot, please seek medical help.

Advice to have a period care kit that includes: sanitary pads/tampons, extra underwear, tissue/wipes, pain relief (*where appropriate*) and a small bag. **Remember** Preparation builds confidence and comfort.

+ Body Uniqueness

- ♣ Our bodies are different but difference does not mean wrong—your body is uniquely yours.
- ♣ Learn to say positive words about your body. Your body deserves respect, care, and kindness.

+ Consent & Boundaries

- ♣ Your body, your choice, your space
- ♣ Saying **NO** is okay
- ♣ Respect yourself

Healthy Relationships = Respect = Trust = No pressure or fear

Lucy also mentioned dangers that come with lack of self-worth, lack of knowledge about your sexual health and protection: ♣ Early pregnancy risks ♣ STIs

In conclusion, your self-worth is very important:

- + You are valuable
- + You deserve respect
- + Your future matters

A Support System of trusted adults and friends is very important and also knowing where to seek help.





Precious
Memories



To the Precious Blood School, Riruta – Thank you for your hospitality

To our Devoted Mentors – Thank you for your sacrifice and listening year

To our Sponsors – Thank you for giving these 'Girls the Chance to Shone'