

# VUKA

TIME TO MAKE YOUR MOVE

25-27 JUNE 2025  
NAIROBI

YOUR BOOTCAMP GWIIJI  
Dr. Wambui Ngigi



Measuring and Learning from Successes and Failures  
Overcoming Challenges and Procrastination  
IQ and Career Path Scaling  
Relationship with Self, Company & Community  
Identifying and Utilizing Mentorship Opportunities

KEY  
TOPICS



# Programme Outline

## Module 1: Relationship with Self

**Objective:** To develop self-awareness, self-esteem, and self-compassion, laying the foundation for personal growth and empowerment.

- **Understanding Self-Concept and Self-Esteem**

Definition and components of self-concept and self-esteem

Identifying strengths, weaknesses, values, and beliefs

- **Cultivating Self-Compassion and Self-Acceptance**

Recognizing and challenging self-critical thoughts

Practicing self-compassion and forgiveness

- **Setting Personal Boundaries and Goals**

Establishing healthy boundaries in relationships

Setting achievable and meaningful personal goals

- **Techniques for Self-Care and Well-Being**

Importance of self-care practices

Mindfulness, stress management, and resilience-building exercises

## Session 2: Relationship with Company

**Objective:** To foster positive and constructive relationships with peers, mentors, and colleagues, enhancing social skills and networking abilities.

- **Effective Communication Skills**

Active listening, assertiveness, and empathy

Verbal and non-verbal communication techniques

- **Building and Maintaining Relationships**

Networking strategies and relationship-building skills

Conflict resolution and managing interpersonal conflicts

- **Identifying and Utilizing Mentorship Opportunities**

Seeking out mentors and role models

Leveraging mentorship for personal and professional growth

- **Collaboration and Teamwork**

Working effectively in groups and teams

Leveraging diversity and teamwork for innovation

## Session 3: Relationship with Community

**Objective:** To cultivate a sense of social responsibility, civic engagement, and community involvement, fostering empathy and leadership skills.

- **Understanding Community and Social Issues**

Identifying social issues and community needs

Developing empathy and understanding diverse perspectives

- **Civic Engagement and Volunteerism**

Importance of community involvement and volunteer work

Finding and participating in volunteer opportunities

- **Advocacy and Leadership Development**

Empowering youth voice and agency

Advocating for positive change and social justice

- **Building Supportive Communities**

Creating inclusive and supportive environments

Collaborating with community members for collective impact

## HOW TO REGISTER AND PAY

SCAN TO REGISTER



CLICK TO REGISTER



**REGULAR PRICE : KSH. 6,499**

**Early Bird: Ksh. 5,999 (Deadline 30<sup>th</sup> May 2025)**

**M-PESA PAY BILL: 247 247**

**ACCOUNT NUMBER: 202507**

**ACCOUNT NAME : GWIJI AFRICA TRAINING & EVENTS LTD.**

AMOUNT COVERS PRINTED TRAINING MATERIAL & LUNCH



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## Module 2: IQ and Career Path Scaling

**Objective:** To understand the role of intelligence (IQ) in career development, and to develop strategies for leveraging strengths and overcoming challenges

- **Understanding Intelligence (IQ)**

Definition and limitations of IQ  
Recognizing multiple intelligences and strengths

- **Career Exploration and Goal Setting**

Assessing interests, skills, and values  
Exploring potential career paths and opportunities

- **Leveraging Strengths and Addressing Weaknesses**

Maximizing strengths for career success  
Developing strategies to improve areas of weakness

- **Career Planning and Adaptability**

Setting SMART career goals  
Embracing flexibility and adaptability in career planning

## Module 3: Overcoming Challenges and Procrastination

**Objective:** To develop resilience, problem-solving skills, and strategies for overcoming obstacles and procrastination.

- **Understanding Procrastination**

Causes and consequences of procrastination  
Identifying personal procrastination patterns

- **Overcoming Procrastination**

Time management techniques and prioritization strategies

Breaking tasks into manageable steps

- **Building Resilience and Coping Skills**

Developing resilience in the face of setbacks  
Coping strategies for managing stress and challenges

- **Seeking Support and Accountability**

Utilizing support systems and resources  
Establishing accountability measures to stay on track

## Module 4: Measuring and Learning from Successes and Failures

**Objective:** To develop a growth mindset, learn from experiences, and cultivate self-reflection for continuous improvement.

- **Embracing a Growth Mindset**

Understanding the power of mindset in success  
Embracing challenges and feedback as opportunities for growth

- **Reflecting on Successes and Failures**

Analyzing successes and identifying contributing factors

Extracting lessons from failures and setbacks

- **Setting SMART Goals for Personal Development**

Using goal-setting frameworks for continuous improvement

Tracking progress and adjusting goals as needed

- **Celebrating Progress and Acknowledging Achievements**

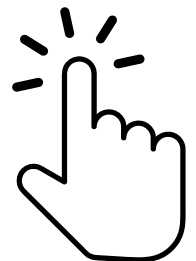
Recognizing milestones and achievements

Cultivating gratitude and self-appreciation for progress made

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