



# SAM Elimu Foundation

## Quarterly Report

Q4 2023

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Visit our [website](#) as we share more insights and interactions with the children.

You can also follow us on [Facebook](#), [Instagram](#), and [Twitter](#).

SAM Elimu selected 17 new high school students from the scholarship applications we received from our partner schools. Sixteen students have joined Form Two and one joined Form Three. We look forward to working with our new students as they embark on their educational journey.



*Congratulations to the 17 new students selected for scholarship support. Welcome to the SAM Elimu family.*

### High School Students

#### High Annual Conference

The SAM Elimu high school students attended our annual high school conference at Daraja Academy. We discussed our expectations of every SAM Elimu student along with our values, mission, and vision. The program included career sessions and goal-setting activities and the students learned creative and critical life skills. The students from the AINA Children's Home were also in attendance.



*SAM Elimu students at our annual high school conference.*

# Impact

SAM Elimu is supporting **148 children** directly.

The LEWA Education program is working with **43 children** funded by SAM Elimu.

## SAM Elimu by the Numbers

Level	Students
Primary	11
High School	46
Tertiary	91
<b>Total</b>	<b>148</b>
Alumni	156
LEWA	43
<b>TOTAL</b>	<b>347</b>



The SAM Elimu team conducting individual meetings with our high school students' parents and guardians.

## Parents' Meeting

We held a three-day meeting with our students' parents and guardians where we discussed the academic and personal progress of their children. We also addressed the students' challenges and opportunities for a bright future. The meeting was a success as it allowed us to reinforce SAM Elimu's expectations, goals, and mission while connecting with the guardians of our students.

## School and Home Visits

The SAM Elimu team visited the high school students at their schools, which included Ndururumo High School, Chogoria Girls, St. Mary's Igoji, Nkubu Boys, Meru School, Nanyuki High School, Ontulili Boys, and Moi Girls Equator. During each visit, the team interacted with students, monitored their performance, and provided mentoring.

The team visited 14 high school students at their homes to confirm their personal details and meet their guardians. We also visited our primary school beneficiaries to check on their well-being while at home during the holidays.



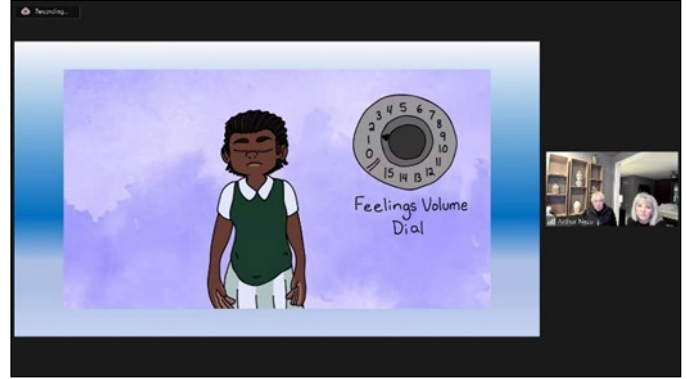
Executive Director, Faith Riunga, and her team visited numerous SAM Elimu students at their schools and homes.

## Tertiary Students and Alumni

### Monthly Zoom Conversations

Dr. Peter Linneman held two monthly Zoom meetings this quarter. The first was with Kelley Brasfield who provided insights on becoming a professional in the real estate industry, financial reporting, and asset management career path. The discussions also covered adapting to learning throughout life and maintaining a healthy work-life balance.

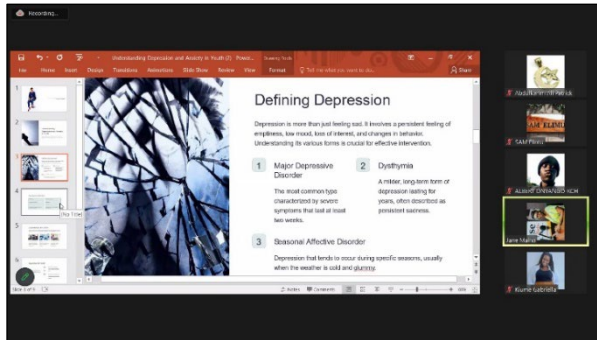
The second session was with Drs. Christine and Arthur Nezu who addressed mental wellness and emotional-centered problem-solving. They delved into emotion-centered therapy and stress management techniques, emphasizing the importance of maintaining a healthy balance between personal and professional aspects of life.



*Drs. Christine and Arthur Nezu discuss emotional and mental well-being with the SAM Elimu tertiary students and alumni.*

### Winning Wednesday

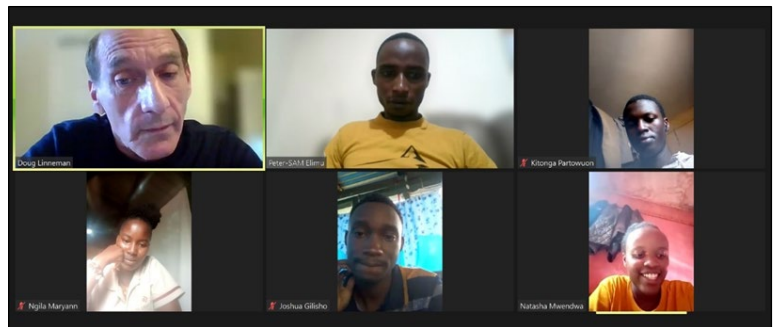
The themes for this quarter's Winning Wednesdays were mental wellness and professional growth. The wellness topics included substance abuse, anxiety, depression, assertiveness, growth mindset, and the link between physical fitness and mental health. The discussions regarding professionalism were mastering resumes and LinkedIn, goal setting, entrepreneurship, and public speaking.



*Mental health and professional growth were the most popular Winning Wednesdays' themes.*

### Hospitality Meeting

Doug Linneman continues to educate our beneficiaries pursuing a career or working in the hospitality industry. He emphasized understanding and anticipating the needs of each traveler group, drawing from his experiences as both an experienced traveler and hospitality professional. Doug touched on building brand loyalty, soliciting guest feedback, and maintaining post-stay engagement.



*Doug Linneman led the hospitality industry education session.*

## Beneficiary Testimonials



### **FATUMA DIDA**

SAM Elimu's Winning Wednesday sessions taught me crucial soft skills - enhancing my CV writing, assertiveness, and mental health. The coaching program was a revelation, offering relief

and guiding me to prioritize self-love, peaceful relationships, and appreciation for personal progress. I am equipped with tools for improving my mental health through the Zoom session with Drs. Christine and Arthur Nezu. The opportunity to facilitate various medical health conditions has made me a more informed clinical officer. Paying forward through SAM Elimu forums gives me great fulfillment. Thanks to SAM Elimu for this transformative opportunity.



### **VIVIAN KAWIRA**

My name is Vivian Kawira, a proud alumna of SAM Elimu. I joined after Form Four in 2018 and graduated with a biomedical engineering degree in July 2023. SAM Elimu played a vital role in my academic,

personal, and professional growth. Enrichment sessions like CV writing and interview requirements were key to securing my role as a medical products Regional Sales Associate. SAM Elimu's emphasis on personal growth and wellness through the Winning Wednesdays and monthly meetings prepared me not only for professional challenges, but also instilled resilience and adaptability. I am grateful to the SAM Elimu family for their unwavering support.

SAM Elimu is more than, it is transformative experience, shaping well-rounded individuals. To my juniors, you should fully engage with SAM Elimu's programs. They are not just steps to academic success but crucial in shaping resilient, forward-thinking individuals for the future.



### **PATRICK KIRIMI**

Th enrichment programs have been transformative, particularly in professional development. Comprehensive skill-building, including effective CV crafting, have opened doors to new opportunities. The focus on a growth mindset fuels continuous self-improvement. Engaging sessions and mentorship deepened my understanding of my strengths and weaknesses, while prioritizing physical health led to increased energy levels. The program equipped me with invaluable skills for personal and professional interactions. The opportunity to co-host meetings affirmed my leadership skills and allowed me to engage with fellow students. Entrepreneurship and business development are a game-changer, offering practical advice on planning, marketing, and financial management. This program has left an indelible mark on my journey, I am thankful for the privilege. Thank you once again for this opportunity.



### **MOREEN MWENDA**

I believe that privilege comes with responsibility. SAM Elimu consistently provided tools for self-improvement every Wednesday in 2023, covering various aspects of life. A standout was the growth mindset, emphasizing adaptability and the mantra "If I can't, then I must." Witnessing peers grow in confidence has been inspiring. The opportunity to assist students with CV writing using Canvas ensured that I carry out research and be at my best. Listening to Kelley Brasfield talk about her journey of growth allowed me to believe and work with my intuition as I seize opportunities as well as prioritizing what adds value to my life.

SAM Elimu's unwavering consistency reflects a genuine commitment to action. To my fellow participants, let's embody the lessons and excel in our journeys. Thank you, SAM Elimu!