

## November Counseling Report

Last month was a month of exams as Tunza kids were preparing to sit for their end of the year exams. They had a lot of challenges as most of term reported back to school late due to financial constraints at the center. However, we managed to get extra exams paper from different school where we have friends. We volunteered to help them on Saturdays to go through them.

After schools were closed, there have been problems as Getrude, Faith, Denis, and Angel were unwell and admitted to Ngong Hospital. There have been usual problems with food and the basic needs. We thought we could help by the fact that we are in the board that is running the center but as usual Mama Tunza has managed to bring her people in the board which of course is delaying the progress of the board. But as our main aim at the center is to walk with the kids we chose to overlook what is happening and focus on the well being of the kids' life.

The Sunday program is kicking on very well, the kids needed it more than anything else because it is meeting their spiritual well being which had been missing. The kids were not going to any church so, for us being there to give them a Sunday service was of great help. However, because of the transport, we are finding it difficult though we have arranged to interchange. Collins attends two Sundays and Becky two Sundays but we still need your support in terms of bus fare. This is a season of Christmas we would request if Uweza can be able to donate anything for kids for Christmas like food or biscuits. Mama Tunza is admitted at St. Mary's Hospital and we have to be there for the kids for the time being.

The former Form Four girls are still very scattered and some of them have started other things. Like Nana is already sponsored at the educational centre for Nursery School Teachers (early childhood training institute). Peninah and Lydia have said we wait until January when she will give us a clear report.

It great to see kids growing psychologically and spiritually strong everyday thanks to Uweza Foundation, we pray that Uweza Foundation will touch many and many children's life and put a smile on them. Uweza Foundation God bless you big.

-----

As psychologists Sigmund Freud and BF Skinner assert, part of who we are is about our past, our environment and our background as we saw applying to the kids in Tunza. We realized even after talking to them there were issues that kept reoccurring like low self esteem, anger, poor performance both in school and back at the center and finally breaking rules that we tirelessly remind them that should be observed.

With this evaluation we decided to change our way of teaching and deal with individual one on one rather than group counseling. However, we did not finish because we also had to help them revise as the end of the exams were on the way.

However, we decided to use the life coach method which we will continue even next year. The importance of life coaching, unlike counseling, is it is action oriented and here and now. Though it needs a lot of patience and may take time because it works well with individuals rather than a person. The starting point was the secondary school students, both boys and girls who are days scholars at the center.

Stage One: To identifying one's personal goal and how realistic they are. In this topic we would help them write down their own personal goals, then we would go through them together while analyzing how attainable and realistic they could be or unrealistic. Once we agree, both the counselor and the kid, that they are realistic we would move to the next stage.

Stage two: This is the self evaluation stage, evaluating where one is at in the here and now, now, where they want to be, how they want to get there and what they are doing about it to reach those goals.

Stage three: Is the action oriented stage. This was not very well implemented because of the exams and some diseases that interrupted our programme. However, we agreed to continue once the exams are over this December and next year with other children.

Exam revision was necessary as kids had nobody there to guide them. We borrowed revision papers from other schools this was two Saturdays we doubled as teachers and counselors. This was possible because of our experience in the university.

Way forward: The rest of the children at the center will go through life coach in the last part of December and next year.

Expected Outcome: We expect to see positive behavior change, improved self discipline, and also improved grades. We hope to achieve this with all the kids though it will take time.

The Sunday service is also getting on well and we can see improvement of spiritual growth.

Becky and Collins  
Counselors