



# FROM STRESS TO STRENGTH: EMPOWERING MINDS AND FINANCIAL FUTURES PROGRAMME

5 - 9 AUGUST 2024

IN PARTNERSHIP WITH  
AFRICA HEALING  
FOUNDATION

Kandara, Kenya



From left to right: Eve Mapanda, Sylvia Kamanda, Nicole Zulu, Witness Dlamini and AHF Volunteers on the first day of the programme

# SUMMARY

Professors Without Borders partnered with the Africa Healing Foundation to develop a youth empowerment programme centred on enhancing the mental health and financial literacy of young people in the Kandara community in Kenya. Prowibo's two volunteer professors, Nicole Zulu and Witness Dlamini from Zimbabwe, facilitated the programme workshops in collaboration with Eve Mapanda.

Nicole's workshop gave participants a comprehensive understanding of mental health resilience determinants, and practical tools for managing stress and anxiety. These tools will help them navigate personal and professional obstacles more effectively and also enable them to support their peers in doing the same.

Witness's workshop explored practical financial management tools such as budgeting, saving and debt management. The hands-on activities in both courses brought the lessons to life and kept the students engaged throughout the programme.



**Witness Dlamini facilitating his financial literacy workshop with the participants.**

It was also exciting to see returning students who came last year, which added an element of continuity to the programme.

The energy throughout the programme was also elevated by the involvement of older people in the community who attended some sessions, donated foodstuffs for the students and came to see them graduate. This engagement is a testament to how valued our work is to the communities we serve!



**Our Volunteer Professors Witness (Dlamini left) and Nicole Zulu (right), along with one of the programme supporters, David Mukii (middle).**



**Nicole Zulu facilitating her mental wellness workshop.**

This programme has been amazingly eye-opening! I have attained financial skills that have prepared my mindset to achieve success in the future. The mental awareness course also helped me to identify ways I can deal with challenging issues in my life. I now feel confident enough to train and influence others in these areas.

**Student Participant**

## REFLECTIONS

The programme helped me to gain the confidence and courage to talk to people. It has also equipped me with knowledge of how to start a business using available resources and deal with stressful situations.

**Student Participant**



**Eve Mapanda facilitating a group activity during Nicole Zulu's workshop.**

I learned that risk-taking and having a broad customer database are crucial to running a successful business.

**Student Participant**

# MEMORIES

The programme was truly enjoyable and taught me how to express myself better. The physical wellbeing activities were also a major highlight for me.

**Student Participant**



I am interested in mental wellness, so the mental wellness course was very encouraging and taught me the tools I can use to help myself and others overcome stressful situations.

**Student Participant**



I have learned that budgeting and having a plan are crucial for making sound financial decisions to reach my financial goals. I have also learned that I can start a business without a lot of capital.

**Student Participant**



The programme empowered me with knowledge on how to transform my mental and financial challenges into opportunities for growth.

**Student Participant**