



"As iron sharpens iron,
so one person sharpens
another," **Proverbs 27:17**

Discover how to Live Effectively

Living Effectively
Mentorship Program
(LEMP)



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“If the ax is dull and its edge unsharpened, more strength is needed, but skill will bring success,” **Ecclesiastes 10:10**

Why LEMP?

Looking at the big picture

Let's face it. One day, we will all DIE. We will be lying on that cold slab. Breathless, lifeless. Finally silent. We won't be buried with the things we loved or worked so hard to possess. The most we will be buried with, if we are lucky is a fancy coffin, a designer suit or dress. And it's a wrap. DEAD, GONE, and life will go on like we were never around (Read Psalms 103:15-16 and Ecclesiastes 5:10-15).

The only thing that will be left once we die is our legacy – the impact of our actions and decisions. Suppose you die today, what will be your greatest achievement? **You write your legacy EVERYDAY by the things you DO and the things you DON'T DO.** Your life is a GIFT, and what you do with it is your GIFT TO THE WORLD.

God created you for a purpose

The greatest tragedy in life is not death. Its life without a purpose. Imagine living for years on earth and dying without knowing why you existed. The two greatest days of your life is the day you were born, and the day you find out why you were born. God didn't create you by accident or for entertainment, He created you for a purpose. **God needed you to accomplish something unique on earth that ultimately made your existence necessary.**

In Genesis 1:28 God commanded man to be fruitful (productive) and multiply (grow). God expects us to live effectively on earth. He expects us to be resourceful, valuable, useful and to increase in all aspects of our lives.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age," - **Matthew 28:19-20**

About LEMP

The Living Effectively Mentorship Program (LEMP) was formed stemming from the founder's passion of providing mentoring opportunities to individuals committed to personal and professional development. The vision of LEMP is to equip individuals to discover their purpose and maximize their God-given potential to live effectively on earth as they also become agents of change.

LEMP is a national mentorship society established in 2015 and registered under the Societies Act as a Society under Chapter 180 of the Laws of Kenya. Since its inception, the program has directly impacted over 6,000 people, including conducting 8-seasons of structured mentorship sessions, giving talks in universities, churches, groups and corporate organizations across the country.



Promoting Learning Opportunities

LEMP's vision is anchored on the United Nations' Sustainable Development Goal 4 that promotes quality education by ensuring inclusive and equitable quality education and promotion of lifelong learning opportunities for all.

At LEMP, we believe that **an investment in knowledge pays the best interest**. We also believe that **opportunity only dances with those who are already on the dance floor**. We, therefore hope that we will help you realize your dreams in life by equipping you with knowledge, And necessary life skills to live effectively.

LEMP offers tailored mentorship courses for individuals, schools, institutions, universities, churches, corporate organisations, NGOs, and groups. Get in touch with us for more information and engagement.

**"Plans go wrong for lack of advice;
many advisers bring success," -
Proverbs 15:22**



LEMP Executive Board

LEMP is governed by the Executive Board who oversee the daily and strategic affairs of the program.
The membership of the Board is drawn from the LEMP Alumni and consists of the following departments and leadership:



Douglas Waudo
Founder and
Chairman



**Abednego
Okwakau**
Executive Director



Eva Mithiri
Deputy Executive
Director



Anne Kathure
Finance Manager



Henry Adeeya
Deputy Finance
Manager



Selfine Onyango
Communications
Manager



Stella Njogo
Deputy Communications
Manager



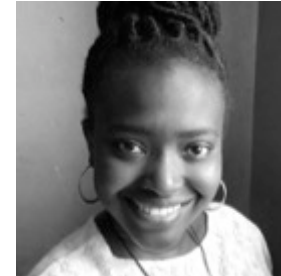
David Musili
Programs Manager



Lillian Adhiambo
Deputy Programs
Manager



Sarah Crystal Mwende
Deputy Programs
Manager



Joyce Kimondo
Deputy Programs
Manager



Mercy Kamonjo
CSR Manager



Mercy Kilelu
Deputy CSR Manager



Anne Kamau
Marketing Manager



Brian Anoto
Deputy Marketing
Manager



Kenneth Lovembe
Administrative
Manager



Benjamin Koech
Deputy Administrative
Manager

"He has saved us and called
us to a holy life - not
because of anything we
have done but because of
his own purpose and grace,"
- 2 Timothy 1:9





Our Vision

To equip individuals to discover their purpose and maximize their God-given potential to live effectively on earth as they also become agents of change.

Our Mission

To transform individuals into agents of change by equipping them to maximise their God-given potential to live an effective and purposeful life.

"Whatever your hand finds to do, do it with all your might, for in the realm of the dead, where you are going, there is neither working nor planning nor knowledge nor wisdom,"

Ecclesiastes 9:11



Our Values

Spiritually Grounded

Purpose Driven

Excellence

Integrity

Transformative

Courageous

Effectiveness

Responsibility

“Do your best to be the kind of person God will accept,
and give yourself to him. Be a worker who has no reason
to be ashamed of his work, one who applies the true
teaching in the right way,”

2 Timothy 2:15



Our Course

Currently, the program is running **LEMP 101**, a 9-week course that offers a holistic approach to life. Classes are held once a week every Saturday from 9 am to 1 pm for 9-weeks.

The course is packaged to deliver a dynamic and comprehensive approach to individual's needs by addressing spheres of personal and professional development.

LEMP 101 course modules entail individual assignments, group work, and practical-based model of learning, which include networking, exchange visits and community outreach activities.

LEMP is also set to soon roll out customized mentorship courses targeting Corporate Organizations, Teens, Young Adults and Adolescents.

Our Course Modules

The **LEMP 101** course module, includes:

1. **Spiritual Development** – Discovering your purpose in life.
2. **Personal Development** – How to unlock your potential and live effectively.
3. **Professional Development** – Getting ready for the job market and business world.
4. **Networking development** – Connecting with the right people and opportunities for success.
5. **Financial development** – Understanding principles of personal financial management, savings, investment and wealth creation.
6. **Physical development** – Why health is your greatest asset for without health, wealth is useless.
7. **Love, sex and relationships** – How to overcome sexual bondage and keys to successful relationships.
8. **Leadership development** – How to be an agent of change.

“Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity,”

1 Timothy 4:12

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago,”
Ephesians 2:10

How to enroll

Visit:

www.lemp.co.ke

Who can join

LEMP is opened to any individual who desires to discover their purpose and maximize their God-given potential to live effectively on earth, regardless of their age, sex, gender, education, religious background or any related things.

Venue

Classes for LEMP are conducted in St. Thomas Hall located at All Saints’ Cathedral situated along Kenyatta Avenue, opposite Serena Hotel, adjacent to Uhuru Park in Nairobi, Kenya.

Cost

The total cost for the 9 weeks course is Ksh 2,000 (inclusive of VAT) for the 9-week modules. The fee includes provision of relevant notes and reference materials, procurement of certificates, meeting venue, beverages and snacks during classes.

Payment

Payments can be done in weekly or monthly installments:
MPESA Pay Bill Number 488700
or Bank details is: Account Name
- LEMP; Account Number
- 1004529754, NIC BANK;
Branch - NIC HOUSE (Provide deposit or transfer slip).

"In Their Own Words..."



"From LEMP, I have learned about my purpose in life and in line with that I intend to start my own fitness program, which I have always been thinking about but right now I am going to actualize it with actions. I am going to set up a program where I motivate people concerning weight loss and management and fitness... I am also going to work on writing about food and nutrition management as you continue with the exercising," - **Dorssy Aluoch, Environmentalist, Researcher and Writer.**

"LEMP is the best thing that has happened to me in a long time. I am now advanced in age and have struggled a lot through life, having grown up in a broken home. Thanks to LEMP, it has been an eye-opener. It has cleared the clutter that was in my life. Now I can move forward confidently as a change agent," - **Eric Aluchura, Entrepreneur**



"The Living Effectively Mentorship Program has been a big influence in my life... The modules in the program are anchors I have been missing, but now I am equipped, and it is up to me to ensure I stay equipped and create other agents of change," - **Gabriel Ochola, a Telecommunication Engineer.**



"Through the program, I have been challenged and provoked to be serious with life... It has encouraged me to be steadfast with God as He is my Maker... I am also amazed that I can now make decisions and plan my time on what objectives I need to achieve in life... [The program] has enabled me to see my purpose according to God and understand exactly what He wants from me," - **Kamonjo Mercy Wanjiku, student, Kenyatta University.**



"The program has re-integrated God to the centre of my life. It has assisted me to be aware of myself, my strengths, desires, abilities, talents and equipped me to pursue my vision in life. It has changed the way I view life, people and the world," - **Joe Muchiri, Entrepreneur.**



Connect with us

FACEBOOK: Living Effectively
Mentorship (LEMP)

TWITTER: @LEMPMentorship

Telephone: 0723 911 145

Email: info@lemp.co.ke

Website: www.lemp.co.ke

“Plans succeed through good counsel;
don’t go to war without wise advice,”
Proverbs 20:18