

Newsletter for First Quarter, 2023 Full of Possibilities, Inc

What a first year we have had at Full of Possibilities Inc.! We are celebrating our first anniversary with gratitude and wonder. There is a Swahili proverb that states “Charity is a matter of the heart, not the pocket.” We are delighted to share our first newsletter of 2023 with our incredible supporters. I believe that every donor has participated in planting a tree of opportunity that will benefit the young women who will sit in its future shade and experience gratitude for a future “full of possibilities.”

Our FOP Inc Scholarship Students



Agnes Wanjaka Mjema: Our first Full of Possibilities (FOP) Scholarship Student is now successfully engaged in her second year at Mwasere Girls High School. This boarding school is located in Taita Taveta County, Kenya. She was initially selected from Mbulia Primary School where she was one of the highest-scoring students on the national exams. Her ambition is to become a doctor.



Peris Mwambi, our second scholarship recipient, is also from a rural area of Mbulia. She previously attended Ndome Primary School where she achieved high scores on the national exams. Ndome Primary School is also located in Taita Taveta district, Tausa division, Ngolia location, and Voi Constituency. She will be attending her first year at Mwakitawa Girl’s Boarding High School. This school is also located in Taita Taveta County.



Celestine Mpatianyi is from an area called the Maasai Mara and was selected from Olderkesi Primary School. She will be attending Olderkesi Secondary School which is a mixed boarding school with both young women and men attending. The Maasai Mara, is one of the most important wildlife and conservation areas in the world and is located in Narok, Kenya. Art and I were visiting this area when we were inspired by the people of this region. In addition, we were very impressed with the local work of our partners, Secluded Africa Conservation Trust.

Summary of our final 2022 tax return

In 2022, we received a total revenue of \$25,453.00. This allowed us to enter this year with solid support anticipated for our three scholarship recipients, and with the continued support in 2023, we hope to actualize our plans for this year. Our expenditures were less than 5% of our total revenue. This was accomplished with hours of volunteer efforts and the continued generosity of

our donors. We remain committed to capping all future administrative costs to less than 10% of our total donations. Note that our tax returns are available to donors upon request.

To increase our partnership with companies, we have registered Full of Possibilities Inc. with Benevity. Benevity provides a donation-processing platform that companies use to power their workplace giving, matching, and volunteering programs. People use this software to find their favorite charities, make donations, and have their gifts matched by their employer.

Our Plans for 2023

Our Plan for 2023 is to continue our full support of all the educational needs of our scholarship students. We will also focus on developing and disseminating psychological and emotional life skills training to students in both Mbulia and the Mara. We aim to provide these evidence-based skills to our scholarship recipients and their secondary school peers to increase the likelihood of each student's success and help launch their efforts to contribute meaningfully to their communities. As clinical psychologists with the credentials and expertise in developing ways to increase resilience and manage life stress, we are uniquely positioned to provide these materials through voluntary efforts at no cost to Full of Possibilities Inc. Our partners at Secluded Africa Trust are involved in the communities in both areas, providing many needed resources toward conservation, community welfare, and education. We will continue to work together on all projects to create a life “full of possibilities” for our scholarship recipients and their peers in a sustainable way.

Our 2023 Goals

- Fully support the education of all three students
- Develop an initial Full of Possibilities Inc student workbook draft
- Send the current workbook draft to the Chief of Operations and Managing Director of Secluded Africa Trust for printing and distribution to a small group of recent high school graduates who will provide us with a small voluntary focus group
- Recent high school graduates, supported by Secluded Africa Trust, will comprise our small focus group, and will serve as voluntary student “workbook reviewers”
- Assign a deadline for review, feedback, and comments from this focus group regarding how we may improve the workbook and adapt it to be culturally sensitive to young women from the rural Kenyan communities that we serve
- After receiving contributions from these local "workbook reviewers", we will select a candidate(s) from each local area for a future Full of Possibility (FOP) apprenticeship to disseminate the workbook to current students supported by FOP and Secluded Africa Trust
- Arrange a scheduled “launch” meeting over zoom to provide selected apprentice(s) and their Secluded Africa Trust Mentors with training in the student workbook. This will help the apprentice(s) to work more closely with students and encourage them to use the workbook to build and strengthen their psychological and emotional resiliency
- Determine the most practical and safe method of sending each selected apprentice to help guide currently supported students in the life skills resilience training

- Based on continued fundraising, budget approximately \$1,000 for the dissemination project, which includes an apprenticeship stipend, motorbike transportation costs, and escorted travel to community or school locations when the workbook is available for dissemination
- Following feedback from our workbook reviewers and Secluded Africa Trust staff, we plan to develop a videotape series consisting of 5 brief videos, each depicting a set of skills from the student workbook. The videos will be produced by Dr. Christine Maguth Nezu and Dr. Arthur Nezu along with colleagues. They will consist of short teaching modules that can be used by local mentors in Kenya. These videos will ultimately be placed on You Tube for free access. A version of the workbook for local mentors will also provide additional teaching aides. We plan to announce to our donors when we can launch the deployment of this workbook in both Mbulia and the Mara

For additional information regarding our fundraising activities, initiatives, and our action plans, please contact me at Christine@fullofpossibilities.org. Follow additional updates on our website, www.fullofpossibilities.org. We need your help to continue to move forward and achieve our mission and create a life full of possibilities for the next generation of young Kenyan women. Please consider a donation again this year!

Thank You!