

## Weekly Log Questions

### What went well?

*(The progress I made; what was achieved and done)*

This week I began working on the memorandum of understanding (MOU) between Better Me and the Mama Ngina Children's Home. Most of the MOU was completed on the first day of working on it, Thursday the eighteenth. There are still some outstanding questions that I will be asking Thomas, the Better Me Program Coordinator, regarding the maximum extent of what Better Me can offer Mama Ngina. Further, I will be reaching out to the Centre Manager, Hellen Tuli, to confirm some details discussed in last week's meeting. Preparing this MOU is an exciting milestone in my LIA as it begins to materialize the ideas and conversations I have been having over the last few weeks. I look forward to the MOU signing and the subsequent volunteering.

Another achievement this week was the life skills session delivered at the Remand Home on Wednesday. Last week, students at St. Williams school told Catharina and Jule they would love to do a session about sports; Cat and Jule went back to Germany on Tuesday and Wednesday, so I planned and delivered the lesson. I used this opportunity to talk about sportsmanship/sportswomanship, specifically, the things playing sports can teach you or give you and important traits for people to develop as they play sports, e.g., discipline; time management; being a good winner and a good loser; teamwork; etc...

After spending the bulk of the lesson discussing character and transferable skills, I discussed the great variety of sports, from the type of sport to the space where it is played and international sport regulators and competitions. I ended the formal lesson with the message that nobody where you are, who you're with (or even alone), and no matter your means you can always play sports and that playing sports builds character and develops transferable skills. Of course no lesson on sports would be complete without letting the kids play some sports, therefore we went outside and had a three-station rotary of football (soccer), baseball (catch), and running long jump.

I feel this lesson was a great success, I felt that the kids were engaged throughout the entire formal lesson (approximately 60 minutes, perhaps a little longer). I believe the lesson plan and my delivery were the best they have been thus far. Further, to ensure maximum comprehension my colleague, Vivian, and I teamed up to deliver the lesson in both English and Kiswahili. In the coming weeks, I will use this lesson as a blueprint for subsequent life skills sessions.

A final success this week was adapting to being the only volunteer. As mentioned, Cat and Jule departed at the start of the week. While other volunteers are on their way, it is just me for a couple days which means more responsibility and tasks at our living quarters and more independent work. I believe I stepped up to these tasks very well.

### **What could have been done differently?**

*(Things that did not get done and/or could be changed)*

While starting and finishing the majority of the MOU was a success, it is not yet finalized. Thomas is away in Tanzania for about a week so I will discuss additional opportunities to support the Mama Ngina Children's Home with Samambo. Ideally, the MOU could have been finished this week, allowing the collaboration to begin next week.

On a different note, while the sportsmanship/sportswomanship lesson at the Remand Home went exceedingly well, it was more challenging to deliver it at St. Williams – ironic as the topic was requested by them. This was because we are limited to just one hour at St. Williams, meaning the lesson had to be condensed significantly. I covered the character and transferable skills sections more quickly and cut the outdoor activities portion. To make up for this, I plan on doing a full hour of sports with the kids next Friday as they showed great care and attention during the lesson (taking notes, asking questions).

### **What did I learn about myself when working with others?**

*(Contributions, behaviours, and [values](#) I exhibited)*

This week had markedly less collaborations with others, as for the majority of the week I was the only volunteer. As a result, the work was divided between myself and Better Me staff and we would complete it rather independently. Having said that, I observed how I enjoy the autonomy and efficiency working in a quieter, independent environment brings. I also appreciate how while working independently, everyone's work comes together to fulfill our daily and weekly common goals.

### **What did I learn about leadership?**

*(Leadership [attributes](#) and insights I developed)*

This week I think I exemplified the Laidlaw Leader Attributes *effective communicator* and *critical and creative thinker*. I believe these showed through most during the planning and delivery of my lesson on sportsmanship. When planning the lesson I engaged in critical and creative thinking to make the lesson as informative and engaging as possible. Further, when it came time to deliver the lesson I made use of all the insights I have made thus far to deliver what is by far my best lesson yet.

### **What do I want to develop or focus on next?**

*(What I still need to develop)*

In the coming weeks I want to develop my self-knowledge and awareness, specifically, to *assess my own leadership style / preferences*. This is because each week, despite changing dynamics and personal growth, I am always content and enjoy the dynamism in my role here. While I believe this is absolutely a positive thing, showing my adaptability, it does leave me wondering what my personal and preferred leadership styles are.