



THE TECHNICAL UNIVERSITY OF KENYA

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Six Things Mentally Strong People Do

1. They move on. They don't waste time feeling sorry for themselves.
2. They embrace change. They welcome challenges.
3. They stay happy. They don't waste energy on things they can't control
4. They are kind, fair and unafraid to speak up.
5. They are willing to take calculated risks.
6. They celebrate other people's success. They don't resent that success.

LifeLearnedFeelings

EDUCATION

LEVEL	QUALIFICATION NAME	INSTITUTION	YEAR
Diploma	Community Health Nursing	Kenya Medical Training College(Kenya)	2005

WORK EXPERIENCE

PERIOD	INSTITUTION	POSITION
2018 - To Date	The Technical University of Kenya	Nursing Officer
Apr 2001 - Oct 2010	Kenya Police Service	Police/Nursing Officer
May 2014 - May 2015	DusitD2 Nairobi Hotel	Security Manager
Oct 2010 - May 2013	Fairmont Mt. Kenya Safari Club	Health and Safety Manager
March 2016 - January 2018	Jamaa Mission Hospital	Nursing Officer
Dec 2013 - Apr 2014	Eka Hotel	Acting Security Manager