



# REBECCA NASSUNA

AGMCP Mentee, Cohort 5, 2024.

Master's category

Memorabilia

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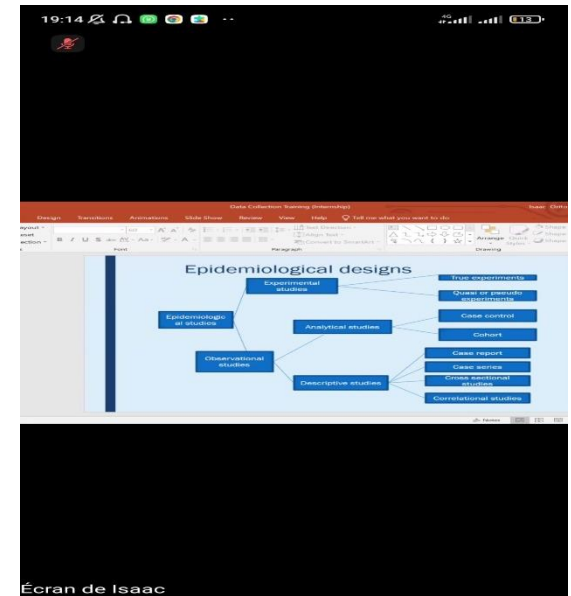
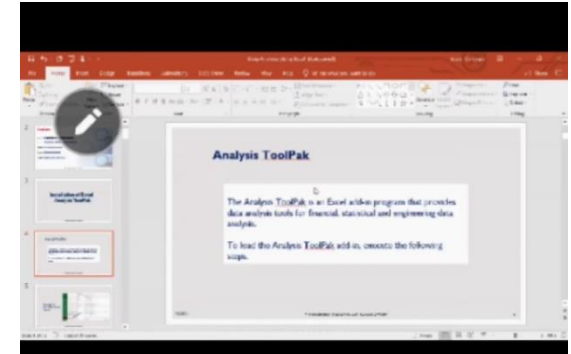
# Introduction



- Africa Graduate Mentorship and Coaching Programme (AGMCP) is a Fellowship that is part of the “ Interconnections for Making Africa Great Empowered and Sustainable” (IMAGES) Initiative.
- It was designed with the goal of Mentoring and Coaching Masters and PhD students who are between the age of 20-30 years from all over Africa
- The Fellowship usually runs from January to December.
- This 2024 Fellowship theme was " Developing capacity For assessing Sustainable Food Systems in Africa”.

# Experiences

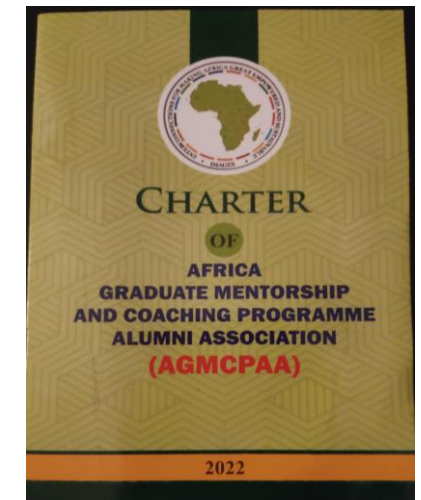
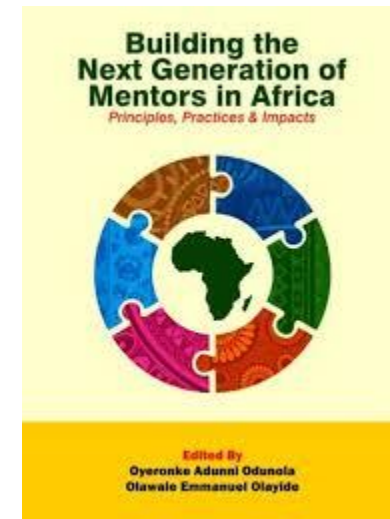
- A webinar about EPR( Extended Producer Responsibility) practices that need to be adopted in food systems.
- Attended a webinar about Effective Mentor-Mentee Communication with Prof. Ayo Ojebode
- Participated in the data collection and analytics webinars in September and October. I improved on my data analysis knowledge in SPSS and Kobo Collect



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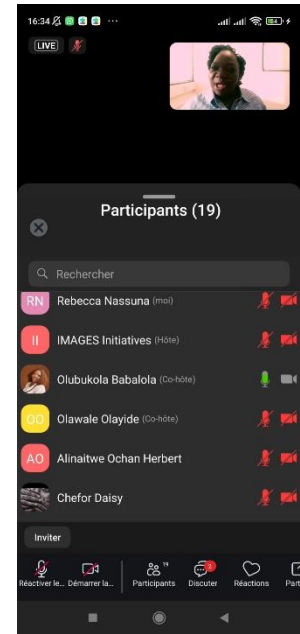
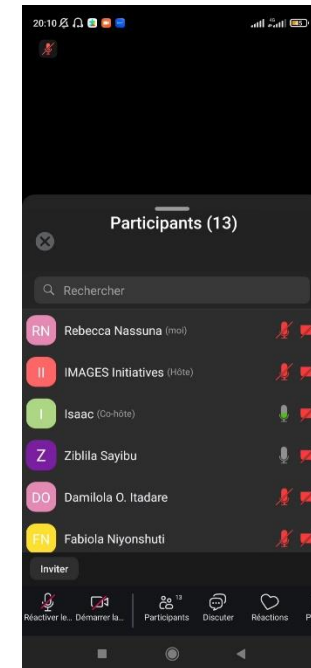
# Experiences

- Had a meet and greet with my mentor upon his visit to Uganda.
- He gifted me a book entitled "Building the next generation of mentors in Africa"
- He also gifted me another book about the Africa Graduate Mentorship and Coaching Programme Alumni Association (AGMCPAA). The book describes guidelines about the association's governance



# Experiences

- Attended a GSLSN Food Sustainability Training by Dr. Saheed Adebisi
- Attended a webinar about Research Leadership and work-life balance with Prof. Olubukola Babalola



# Lessons Learned from the fellowship

- Maintaining a good communication with the mentor and fellow colleagues
- In Work-life balance, I learned that it's good to be supportive to each other and maintaining good relationship with friends and family
- Always have a clear communication with those around you (spouse, children, co-workers, colleagues, friends)
- Setting goals and choosing priorities
- Giving up isn't a solution during hard situations
- As citizens, we are all responsible and inclusive of the food value chains (managing kitchen wastes and food remains) and have a part to play in order to attain food sustainability.

# Challenges

- Difficulty in time management and balancing my life with the demands of the program.



# Suggestion for AGMCP Team

- Priority for this Fellowship should be given to graduate students who are still enrolled in universities.
- The webinar on work life balance should happen in the first and last quarter of the Fellowship. This helps to prepare mentors on how to manage the life demands, fellowship, work and studies in the early stages of the Fellowship. Part 2 of the this webinar should happen in the last quarter to prepare mentees for the outside world.

# Acknowledgement

- Great thanks to my mentor, Dr. Olawale E. Olayide for the guidance, support and encouragement
- To my fellow mentees (as we are mentored by Dr. Olayide), thank you for the support and allowing me learn from you.
- To the entire IMAGES Initiative, thank you for giving me this opportunity to be part of the AGMCP

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