the aura

"When you cannot control what's happening around you, control how you respond to it"

MISS BENNITAH **KISONGOA**

Building Confidence Across Generations' navigates the landscape of self-assurance in today's world. From the resilience of the Greatest Generation to the cultural dynamics shaping Generation Z and Generation Alpha, each generational lens unveils unique patterns influencing confidence levels.

Why do you reject yourself? How did post- trauma effect impact your self- esteem? How did the cultural norms and societal patterns affect your confidence?

'The Aura";boldly addresses the epidemic of low confidence and provides a beacon of hope for you, advocating for a shift from deficit thinking to empowerment and inspiring you to crack the shell of doubt and step into your full potential, equipped with the tools and mindset needed to thrive in an ever-evolving world.
Can you discover the transformative power of understanding oneself, defining personal identity, setting achievable goals, embracing change, and breaking through self-imposed limitations at any age?... Definitely YES! The '4C' framework—Community, Competence, Consistency and Communication—serves as a roadmap for navigating the multifaceted terrain of confidence-building, offering practical insights for fostering robust self-assurance in diverse contexts.

Confidence is not a destination but a continuous journey of self-discovery and growth. With practical exercises, thought-provoking reflections, and a compassionate approach, you can build a solid foundation for confidence and personal growth.

About the author

Ms.Bennitah Kisongoa is a transformative youth leader who focuses on empoweing and raising more young revolutionary leaders and competent professionals who are responsible for good leadership and servantship to the people just as Jesus Christ was. Currently, she's an executive at iSpeak Society, Kenya and a leader at New Vision Ministries -Chokaa.She has done her Bachelor's degree in Economics and Finance at Kirinyaga University and served as a peer counselor at her University.

She's a renowned confidence coach, a public speaker, a mentor to many and her best virtues are humility and love.Second born in a family of Seven; Daughter to Stella and Edward, Sister to Mercy, Kennedy, Cyrus and Hope Rita. She's a peace maker, a joyful person and loves being a blessing to others.