



## SENSEI PATHWAY

Guiding the Next Generation—Before They Lose Their Way. A Zola AllCare Initiative

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Dear Parent,

You're not failing.

The world your child is growing up in is unrecognizable from the one you knew.

They scroll through curated perfection while feeling empty inside.

They hear “just be happy” while carrying grief, confusion, or shame they can't name.

They're pressured to act grown—while no one teaches them how to navigate sex, drugs, family chaos, online addiction, or their own racing thoughts.

At Sensei Pathway, we don't wait for a crisis.

We meet your teen/youth where they are—online, twice a week—with honest, structured mentorship based on *Real Talk*, a battle-tested guide that names the hidden wars of this generation.

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### The Crisis No One Is Talking About

Today's teens and young adults (13–22) are fighting invisible battles:

Social	Emotional	Behavioral
Toxic friendships that drain confidence	Overwhelming anxiety & hopelessness (“My brain feels heavy”)	Secret addictions (scrolling, gaming, substances)
Pressure to be sexual before they're ready	Identity confusion (“Who am I really?”)	Lying, sneaking, emotional shutdown
Digital overload replacing real connection	Trauma flashbacks from family chaos or past abuse	Self-harm thoughts or risky decisions
LGBTQI+ questions met with silence or shame	Chronic guilt after private habits	School disengagement or anger outbursts

And you, as a parent, feel helpless:

- You don't know what they're hiding
- You fear saying the wrong thing
- You're exhausted from walking on eggshells

- You worry it's already too late

It's not too late.

Your child doesn't need fixing—they need a trusted guide who speaks their language.

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### Our Solution: Sensei Pathway

A structured, relational mentorship journey rooted in *Real Talk* by Spira Kaveli—designed for families new to mentorship or seeking short-term, high-impact guidance.

### How It Works

- 2 live virtual sessions per week (60–75 mins each), accessible from home or school
- Small groups (max 6 peers) led by the same trained mentor for consistency and trust
- Each week explores one chapter of *Real Talk* through teaching + practical application
- Culminates in a 4-day residential camp at Freedom Base Camp, Lukenya after every 12 weeks

### What Your Child/Youth Gains

- ✓ Clarity – Names their battles without shame
- ✓ Tools – Practical acronyms like R.A.G.E., S.T.O.P., P.A.U.S.E., B.U.I.L.D.
- ✓ Confidence – Sets boundaries, chooses wisely, leads with integrity
- ✓ Connection – Builds peer trust and re-engages with family
- ✓ Purpose – Designs a future beyond survival

**SENSEI**  
WALKING WITH YOU

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### Program Structure & Topics Covered

Week	Real Talk Chapter	Core Issue	Key Tools Taught
1	When Life Just Sucks	Depression, hopelessness	R.A.G.E., M.I.Z.A., T.R.U.S.T.
2	Nightmares & Flashbacks	Trauma, PTSD	S.T.O.P., D.A.Y.S., C.A.L.L.
3	Why I Reach for the High	Drug/substance use	H.O.P.E., N.O.T.E., G.A.T.E.
4	Hidden Life, Heavy Cost	Online/gaming/porn addiction	L.I.F.T., C.L.E.A.R., R.O.U.T.E.
5	The Toxicity Filter	Toxic friendships	R.E.D.S., L.I.N.E., C.H.O.P.

Week	Real Talk Chapter	Core Issue	Key Tools Taught
6	Home Is Chaos	Family dysfunction	S.C.A.P.E., M.U.T.E., G.A.P.S.
7	The Real Cost	STIs, pregnancy, emotional fallout of sex	R.I.S.K., P.A.U.S.E., H.O.P.E.
8	Being a Total Boss	Choosing to wait with pride	P.O.W.E.R., S.H.I.E.L.D., P.E.A.C.E.
9	The Solo Game	Masturbation & fantasy addiction	D.E.T.O.X., R.E.W.I.R.E., C.L.E.A.N.
10	Craving Deeper Connection	LGBTQI+ questions & identity	R.O.O.T.S., S.A.F.E.T.Y., D.E.S.I.R.E.
11	The Attention Thief	Social media & digital overload	F.I.L.T.E.R., C.O.N.T.R.O.L., R.E.A.L.
12	The Future You Plan	Purpose, legacy, delayed gratification	L.E.G.A.C.Y., B.U.I.L.D., V.I.P.

For 12-week participants: Each chapter is covered in one week (2 sessions).

For 24/48-week participants: Each chapter is explored over multiple weeks with deeper application, missions, and reflection.

### The Camp Experience: Freedom Base, Lukenya

After every 12 weeks, your child attends a 4-day residential immersion at Freedom Base Camp—a serene, Scripture-rooted outdoor center run by Doulos Team Builders.

### Why Camp Matters

- Unplug from screens and reconnect with nature, silence, and real conversation
- Apply lessons through low/high ropes courses, campfires, journaling, and team challenges
- Build brotherhood/sisterhood in a safe, values-driven environment
- Return home calmer, clearer, and more connected

### Logistics

- Dates: First camp: April 12–15, 2026
- Location: Freedom Base Camp, Daystar University Athi River Campus
- Cost: Ksh 25,000 (includes lodging, all meals, activities, mentorship)

- **Transport: +Ksh 1,500 round-trip from Daystar Town Campus (optional)**
- **What to bring: Full list provided upon enrolment**

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### Choose Your Pathway

Pathway	Duration	Sessions	Focus	Investment
Pathway I	12 Weeks	24 sessions	Foundational clarity: trauma, digital addiction, toxic friends, family chaos	\$480 (\$20/session)
Pathway II	24 Weeks	48 sessions	Deep healing: identity, intimacy, purpose, emotional regulation	\$960
Pathway III	48 Weeks	96 sessions	Leadership & legacy: future planning, moral courage, mentoring others	\$1,920

- ✓ All pathways include one 4-day camp after every 12 weeks (Ksh 25,000)
- ✓ Flexible payment plans available
- ✓ Parental consent required for ages 13–17; youth 18+ may self-enroll for a separate camp from the teens. More details on the camp will be on the website(Sensei Circle)

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### Your Impact: Healing That Flows Both Ways

When you enroll your child, you also fund a free spot for a teen in a rural village.

1 paid session = 1 free session in a village clinic, home, or school.

This is Zola AllCare’s promise: healing shouldn’t depend on income or location.

“I am because you are.”

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### Who We Are

Sensei is a dedicated arm of Zola AllCare—Africa’s emerging psychosocial infrastructure committed to ensuring no young person walks through hardship alone.

We partner with schools, churches, and families to deliver sustainable, consent-based mentorship that builds resilience, restores vision, and equips the next generation to thrive—not just survive.

Our mentors are trained in trauma-informed care, adolescent development, and ethical leadership. Our curriculum is battle-tested. Our heart is African.

www.zolacares.com

### Enroll Today—Before the Noise Wins

Every week you wait, the battlefield claims another piece of their innocence, focus, and hope.

- ◆ First camp: April 12–15, 2026
- ◆ Enrollment closes: March 28, 2026
- ◆ Spaces limited to 90 teens per cohort (Teens Camp) and 90 Youths (Youth Camp)

👉 Visit: [www.zolacares.com](http://www.zolacares.com)

📞 Call/WhatsApp: +254 789 626 724

Your child doesn't need more pressure. They need a compass.  
Let us help them find it—before the noise drowns out their voice for good.

