Heartbeats & Horizon 2025 Report

#heartbeatandHorizons #lifeserenade



H&H 2025

Ambition &
Symphony of Adulthood

FINANCIAL WELLNESS AND BEYOND

Heartbeats & Horizon 2025
Report

FINANCIAL WELLNESS AND BEYOND

held at

ZETECH UNIVERSITY
Inventing the future

HEARTBEATS & HORIZONS

Convo Africa

ENCOURAGING CONVERSATIONS THAT MATTER

Convo Africa started with a powerful idea: to create a space where meaningful conversations spark change, Encouraging Conversations That Matter. What began as a small initiative has evolved into a multifaceted social enterprise with a broad reach across Kenya and Africa. Our early community engagement and media efforts laid the groundwork for a dynamic platform that tackles pressing social challenges and empowers individuals to thrive. Convo Africa now operates as a multifaceted social enterprise with a focus on addressing pressing social issues through a combination of media and community engagement initiatives.



Dr. Fridah Wachira

Director, Co founder
Convo Africa



James Njuguna

CEO, Co-Founder
Convo Africa

www.convo.africa



H&H 2025

Ambition &
Symphony of Adulthood

FINANCIAL WELLNESS AND BEYOND

#heartbeatandHorizons #lifeserenade

BACKGROUND

Heartbeats & Horizons is an annual event organized by **Convo Africa** aimed at empowering young people as they transition into adulthood. The 2025 edition focused on **Financial Wellness and Beyond**, a theme that is both timely and crucial for students who are preparing to take on the responsibilities of the real world.
We aimed to address how financial literacy is interconnected with other key aspects of life;

- Career progression,
- Building relationships,
- and Mental wellness.

By creating a holistic approach to financial wellness, we provided young people with practical knowledge that will help them thrive in all areas of life, exposing them to financial opportunities.

The **H&H 2025** event, held on **21st February 2025 at Zetech University**, brought together a dynamic lineup of speakers who engaged in thought-provoking conversations, shedding light on key societal issues. The event provided a platform for deep insights, powerful storytelling, and actionable takeaways, reinforcing the importance of dialogue in shaping perspectives and inspiring change.

The Vision Behind Heartbeats & Horizons

Heartbeats & Horizons is not just a conference; it’s a movement designed to equip young people with the tools they need for holistic success in adulthood. The 2025 theme, **Financial Wellness & Beyond**, emphasized the importance of financial literacy, investment strategies, and mental well-being as pillars for building a prosperous future. By addressing these interconnected areas, H&H 2025 aimed to prepare young people for the **complexities of adulthood** while inspiring them to lead **balanced and purposeful lives**.

The Synergy Between Financial Wellness and Mental Health

Research underscores the profound link between financial stability and mental well-being. **Financial stress** can lead to anxiety, depression, and even physical health issues like heart disease. Conversely, financial security fosters mental clarity, reduces stress, and enhances overall quality of life. This dual focus on finance and mental health made H&H 2025 uniquely impactful.

Speakers highlighted how creating a concrete **financial plan** can restore hope and reduce feelings of helplessness often associated with debt or financial insecurity. They also emphasized that **seeking support**, whether from trusted peers or professionals, can significantly improve both mental and financial outcomes.

SPONSORS

ZETECH UNIVERSITY
Inventing the future

convo
Encouraging Conversations That Matter



For two consecutive years, **Zetech University** has stood as a cornerstone of support for **Heartbeats & Horizons** by **Convo Africa**, providing not just a venue, but a nurturing environment where young people gather to dream, grow, and thrive. As a top-rated institution of higher learning, Zetech embodies the spirit of empowering youth through world-class education, vibrant student welfare programs, sporting and recreational activities, career guidance, and international academic exchange opportunities. Their commitment to shaping future leaders resonates deeply with the vision of H&H, making the #ZetechExperience a true partner in inventing the future.

HEARTBEATS & HORIZONS

SPONSORS

Equity Bank Kenya is a leading commercial bank and the largest subsidiary of Equity Group Holdings Plc. Renowned for its commitment to financial inclusion, Equity continues to empower individuals, businesses, and communities across Kenya. As the main sponsor of Heartbeats & Horizons 2025, the bank demonstrated its unwavering support for youth development and financial literacy, helping young people take bold steps toward financial wellness and economic independence.

Aidah Event Planner is a seasoned Global Event Planner & Co-ordinator, known for her work with venture capital firms, development projects, and advocacy initiatives. With expertise spanning brand marketing, strategic planning, and project management, she brought precision and passion to the planning of **Heartbeats & Horizons 2025.** Her contribution ensured a seamless experience for guests, sponsors, and speakers alike. She is also a mental health advocate, aligning deeply with the heart of the programme.

Mind Clarity Centre is a leading mental health and wellness clinic based in Nairobi, founded by Dr. **Ann Mwongela**, a seasoned psychiatrist with over a decade of clinical excellence. The centre is committed to providing compassionate care and sustainable solutions for mental health disorders. At HnH 2025, Mind Clarity led transformative sessions on mental wellness and money psychology, offering youth practical tools for emotional and financial well-being. The centre continues to break stigma through education and inclusive practice.

Bio Foods, known for its premium range of natural dairy products, supported the event by providing gift hampers to our guest speakers, panelists, and sponsors. Their thoughtful contribution added warmth and appreciation to the event, making our partners feel recognised and valued.

Five Media team, led by Keith Nyamai, ensured that every powerful moment from **Heartbeats & Horizons 2025** was beautifully captured and visually presented. From dynamic event photographs to on-brand graphic design elements, their work elevated the atmosphere and extended the impact beyond the room. Keith's leadership ensured that our themes were **communicated with creativity**

Liberty Sparks is a nonprofit think tank dedicated to advancing public understanding of economic, social, and political liberty. Liberty Sparks generously offered members of their team to complement the Convo Africa team in delivering a smooth, impactful event. Their presence strengthened the spirit of collaboration and shared purpose throughout the day.

An impressive 2025 H&H LineUp

The event featured an impressive lineup of thought leaders who shared practical strategies and personal stories:

- **Dr. Ann Mwongela:** A consulting psychiatrist and founder of Mind Clarity Centre, she explored the psychological impact of financial stress and offered strategies for resilience.
- **Khalifa Khalid:** A consultant psychologist specializing in financial stress management, he provided actionable advice on maintaining emotional balance while navigating economic challenges.
- **Amos Ngahu:** Founder of Money Clinic Ltd., he broke down complex financial concepts into simple steps for achieving long-term stability.

These speakers inspired attendees with their expertise and passion for empowering others.

SPEAKERS





Dr. Anne Mwongela

Founder, Mind Clarity

Dr. **Ann Mwongela** is a leading psychiatrist and founder of **Mind Clarity** Centre. With over 10 years of experience, she is passionate about inclusive mental healthcare and stigma reduction.
At HnH 2025, she was instrumental in demystifying mental health for young people, making emotional wellness relatable and empowering.



Khalifa Khalid

Consultant Psychologist

Khalid is an **experienced psychologist** with a strong background in the mental health care industry. His expertise spans mental health assessment, group therapy, family therapy, art therapy, and professional report writing. At Heartbeats & Horizons 2025, Khalid contributed valuable insights that helped participants understand money psychology.



Amos Ngahu

CEO, Money Clinic

Amos is a finance coach, author, and personal development accelerator. Known for his clear, practical approach to financial literacy, he is driven by a mission to “live my life like a candle, burning to give light to others.” **At Heartbeats & Horizons 2025**, Amos demystified financial wellness for young people, inspiring them to take confident, informed steps toward financial freedom.

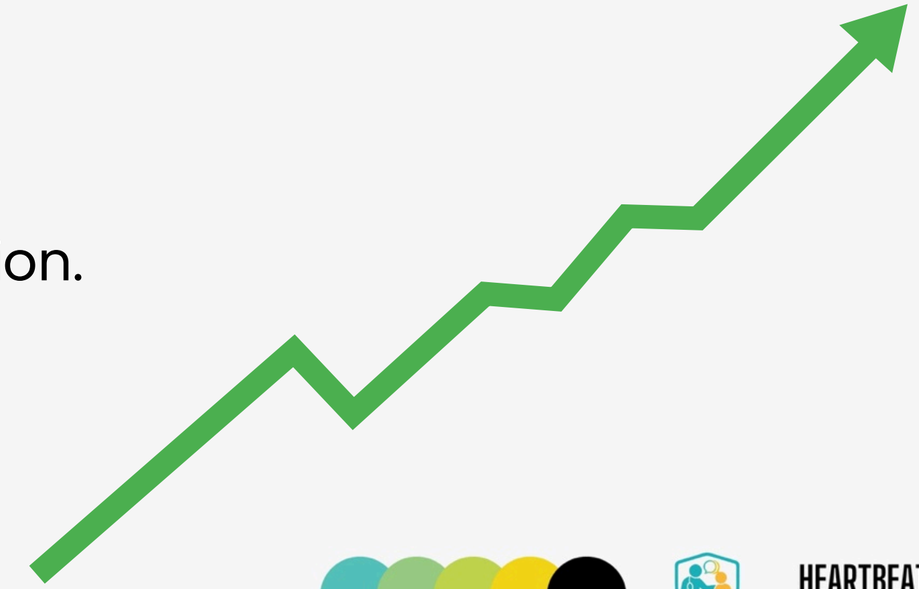
H&H 2025 Analytics

- H&H 2025 successfully brought together **272 young people**, primarily last year's students and recent graduates, aligning with our overall target demographic of students on the cusp of graduation and those who have graduated within the last five years.

- Our **20-day HNH 2025 campaign (Feb 1 – Feb 20)** demonstrated significant engagement:

  - **9,883 total engagements**
  - **400+ direct interactions**,

Signaling the high relevance of this conversation.



H&H 2025 Pictorial





H&H 2025 Pictorial





Feedback

Omariba Clinton
"Heartbeats & Horizons 2025 reminded me that where you start doesn't determine where you finish. Mr. Convo's story, working mjengo and later graduating with a degree in marketing, inspired me to take my journey seriously and keep the vision alive. I left the event committed to tracking every coin I spend and focusing on long-term financial clarity."

Christine Nthenya
"The event helped me understand how closely mental health and finances are connected. I realised that emotional well-being plays a big role in how we make financial decisions, especially as young adults trying to find direction. I now feel more confident about managing my money and preparing for the job market."

Gichia
"Networking was the biggest eye-opener for me at Heartbeats & Horizons. The event showed me that building meaningful relationships is just as important as financial or academic success. I left with a deeper appreciation for community and a clear motivation to grow both personally and professionally."

Key Take aways

Financial stress is one of the most significant contributors to anxiety, depression, and overall mental distress. According to Dr. Ann Mwongela, financial struggles can manifest in various mental health challenges, including:

✅ Chronic Stress & Anxiety – The uncertainty of financial instability triggers the body's stress response, leading to prolonged mental exhaustion.
✅ Depressive Symptoms – Persistent financial struggles may result in feelings of hopelessness, low motivation, and withdrawal from social activities.
✅ Cognitive Overload – Worrying about money can impair decision-making, making it harder to focus, plan, and find solutions.

Dr. Anne Mwongela

CONSULTANT PSYCHIATRIST, FOUNDER MIND CLARITY CENTRE

Key Take aways

Khalifa Khalid further unpacked the psychology of money, highlighting common cognitive biases that influence financial decision-making:

- Instant Gratification Bias – The urge to spend impulsively rather than saving for long-term security.
- Loss Aversion – Fear of financial loss, leading to poor investment choices or excessive caution.
- Sunk Cost Fallacy – Holding onto bad financial decisions simply because of past investments.
- Scarcity vs. Abundance Mindset – A scarcity mentality fosters financial anxiety, while an abundance mindset promotes strategic planning and wealth-building habits.

Khalifa Khalid
CONSULTANT PYSCHOLOGIST

Key Take aways

“

This year, Amos dropped truth bombs about your hidden money habits. Ever wonder why you splurge? Here’s what he said:

- Uncover Your Spending Triggers: What really makes you reach for your wallet?
- Confront Your Debt Demons: How does your culture shape your borrowing habits?
- Meet Your Money Personality: Are you a frugal "monk," a carefree "spender," or a cautious "holder"?
- Identify Relationship Spending Traps: Are your friends secretly draining your funds?

Amos Ngahu

FOUNDER, MONEY CLINIC

Digital Insights – @Convo.Africa



Our website analytics reinforce the relevance of our endeavors

- **2,614 new users**
- **1,732 active users**
- **19,246 sessions in the last 6 months**
- **58% of users aged 20–29**, confirming our resonance with the younger demographic.

DATA PERIOD: DEC 2024 - MARCH 2025

Looking Ahead



Heartbeats & Horizons 2025 reaffirmed Convo Africa's mission to drive **meaningful conversations that empower young people.** The vision for the future is ambitious: scaling H&H to reach more communities across Kenya and beyond. By fostering financial literacy, mental wellness, and community empowerment, Convo Africa aims to inspire a generation that is financially independent, mentally resilient, and purpose-driven.

Stay tuned for next year's edition as we continue building **a movement toward holistic empowerment.** Together, we can shape a future where young people thrive in every dimension of their lives.

Welcome to H&H 2026! 1000+ attending

Heartbeats & Horizons 2026 won't just be an event; it will be your launchpad. Your heart, your horizon, your future.

Sign up. Show up. Step up.

Thank you

📍 Convo Africa | Conversations That Matter | 🌐 www.convo.africa |
✉️contact@convo.africa | ☎️ +254 724 936 949 | 📍 Nairobi, Kenya

🔗 Follow us on Social Media: Facebook:
Convo Africa | Instagram: @convo.africa | X (Twitter): @Convo_Africa | YouTube: Convo Africa