

THE DISCUSSION

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Mega Event 2025 Spotlights Men's Mental Health in Meru

Over 60 Men Gather for Dialogue, Talent, and Empowerment at Elsa Hotel Meru

By Makena Brandon, Chief Editor

Meru, Kenya – November 15, 2025



Speakers and advocates at the Mega Event 2025 address critical issues of men's mental health, emotional wellbeing, and community support at Elsa Hotel Meru.

The Mega Event 2025 – Men Meet and Talent Show, held at the prestigious Elsa Hotel Meru, brought together policymakers, mental health advocates, educators, entrepreneurs, religious leaders, youth influencers, and

families for a landmark gathering focused on men's mental health, leadership, and emotional wellbeing.

This year's forum was hosted by Madam Edith Sonnie, a respected teacher, writer, mentor, and boychild advocate whose work continues to inspire conversations around men's welfare and holistic growth. Her leadership set a powerful tone for an event that attracted over 60 men, alongside women eager to learn, support, and participate in reshaping how society treats men's mental wellness.



Madam Edith Sonnie, host of Mega Event 2025, teacher, writer, mentor, and boychild advocate.

The Message of the Day

Men should not be told to "man up"—they should be encouraged to speak up.

Influential Leaders Deliver Thought-Provoking Insights

Among the distinguished speakers was the President of the Meru National Polytechnic, who addressed the rising mental health challenges facing male students. He called for the creation of environments—both within institutions and families—where young men feel safe to express their struggles without fear of judgment.



The President of Meru National Polytechnic addresses mental health challenges facing male students.

The program also featured the Founder of Speak Lead Africa, who, alongside the organization's CEO and Interim Chair, emphasized the importance of mentorship, emotional intelligence, and leadership pathways designed to empower boys and men. Their presentations urged the community to dismantle harmful stereotypes and support men in navigating modern pressures.

Write Life Kenya Founders Shed Light on Family, Business, and Emotional Wellbeing

Peter Mwenda, entrepreneur and founder of Write Life Kenya, together with his wife Mary Fridah, a mental health advocate, delivered a powerful session highlighting the intersecting pressures men face in family life, business, and society.



Peter Mwenda and his wife Mary Fridah discuss the intersecting pressures men face in family life and business.

They encouraged couples and communities to cultivate emotional openness, stressing that vulnerability is not a weakness but a bridge to healthier relationships and mental stability.

"Vulnerability is not a weakness but a bridge to healthier relationships and mental stability."

Pastor Paul Mutembei Discusses Pressures in Relationships and Marriage

Pastor Paul Mutembei contributed a deeply insightful message addressing the emotional and spiritual burdens men carry within courtship, marriage, and family dynamics. His presentation resonated with many participants who admitted to silently enduring pressures related to provision, identity, and expectation.



Pastor Paul Mutembei addresses emotional and spiritual burdens men carry in relationships and marriage.

Incoming Executive Secretary Mr. Moris Shows Leadership in Action

A standout moment of the event was the participation of **MR. MORIS**, who is vying for the position of **EXECUTIVE SECRETARY** and currently serves as **KUPPET CHAIR FOR MERU COUNTY**.



Mr. Moris, current KUPPET Chair for Meru County and candidate for Executive Secretary, demonstrates exemplary leadership.

Demonstrating leadership not just in word but in deed, he provided food for all attendees, a gesture warmly applauded and interpreted as his commitment to

supporting men's welfare at all levels. His hands-on approach and genuine care for community wellbeing exemplify the qualities of a leader who listens, serves, and acts.

Leadership That Serves

MR. MORIS's participation in the Mega Event 2025 showcased his dedication to mental health advocacy and community empowerment. As **KUPPET CHAIR FOR MERU COUNTY** and candidate for **EXECUTIVE SECRETARY**, he continues to demonstrate that true leadership means showing up, supporting those in need, and championing causes that matter. His presence reinforced the growing institutional support behind the men's mental health movement.

Founder & CEO of Elsa Hotel Offers Support for Community Growth

The Founder and CEO of Elsa Hotel addressed the gathering, reaffirming the hotel's commitment to youth empowerment and community development. He highlighted the importance of offering safe, welcoming spaces where programs focusing on men, youth, and families can thrive.



The Founder and CEO of Elsa Hotel reaffirms commitment to youth empowerment and community development.

His support positioned Elsa Hotel as a central hub for progressive conversations within Meru County.

Youth Advocate Mac'Deqin Inspires Young Men

Vibrant youth and men's advocate Mac'Deqin brought an energetic perspective to the event, speaking directly to young men about identity, peer pressure, emotional expression, and the challenge of defining masculinity in modern society.

His message encouraged men to build honest, supportive networks that uplift rather than silence them.

Talent Show, Networking, and Recognition

The Mega Event blended inspiration with creativity through a lively talent show featuring music, poetry, comedy, and spoken word.

Networking sessions enabled meaningful connections between community leaders, youth, and professionals, while special

recognitions celebrated individuals making a positive impact in men's welfare and mental health advocacy.

Event Highlights Gallery



Moments from Mega Event 2025: Talent performances, networking sessions, and community engagement at Elsa Hotel Meru.

Women Join the Movement

Women in attendance expressed deep appreciation for the forum, acknowledging that understanding men's emotional journeys strengthens homes, relationships, and society. Their participation emphasized the growing belief that mental health advocacy is a shared responsibility across genders.



Women in attendance show support for men's mental health advocacy, emphasizing shared responsibility across genders.

A Call for Continued Advocacy

The event concluded with a shared commitment from all stakeholders to keep the conversation alive, challenge outdated perceptions, and create safe spaces where men can express themselves openly.

Host Madam Edith Sonnie expressed gratitude to all speakers, partners, and participants, reaffirming her dedication to championing the boychild and promoting meaningful, transformative dialogue on men's welfare across the region.



The organizing team behind Mega Event 2025, dedicated to championing men's mental health and wellbeing in Meru County.



Makena Brandon

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