

## **RESUME**

### **PERSONAL DETAILS**

**Hellen L. Gesare-Omangi**  
**P.O. Box 14325-00100 Nairobi, Kenya**  
**Office 020-334244 ext 28661**  
**House 020-891635**  
**Cell phone +254-72-445569**  
**E-Mail: [helen.gesare@uonbi.ac.ke](mailto:helen.gesare@uonbi.ac.ke)**

### **Profile**

- Efficient, effective, and dedicated lecturer and consultant with a strong backing of over twenty years of teaching and consulting experience.
- Proven excellent communication and interpersonal skills.
- Organized, resourceful, result oriented team player focused on professional performance, integrity and attainment of organizational/ institutional objectives.
- Innovative and seasoned consultant with a successful background in technical and professional communication skills, and people, time and stress management skills.
- Strong commitment to excellence.
- Dynamic Communication and Human Resource Management Skills.
- Motivated results oriented worker.
- High impact professional with a proven ability to design and deliver courses right across the Communication and Human Resource Development spectrum.
- Quick and enthusiastic learner.

### **Career Summary**

A teaching and consulting career and periodic training spanning a period of over 20 years during which I have acquired extensive professional and academic knowledge in the area of language

and communication skills, stress and time management, life skills, public relations, and Human Resource Management.

### **Key strengths**

Ability to effectively: work under pressure; thrive in challenging situations; interact in multicultural settings; develop and encourage rapport and team spirit among colleagues; relate well with students, staff and outside relevant publics, collaborate with other professionals, and mediate crisis.

### **Areas of Effectiveness**

- Research and information science skills
- Academic and professional writing skills
- Oral presentation and public speaking skills
- Analytical and critical reading skills
- Interpersonal, intergroup and intercultural communication skills
- Excellent media relations skills
- Stress and time management skills
- Information technology skills
- Effective planning, moderating, team leading and managing examinations
- Excellent public relations and negotiation skills
- Proven project management and project evaluation skills
- Motivational, Teambuilding and inspirational skills

### **Professional Experience**

2007-present: Registered PhD (Moi University).

1995- present: Assistant Lecturer: communication skills department U.o.N

2004-2010: Examinations officer: communications department

1997-1999: External Lecturer: English Dept. Catholic University of Eastern Africa

2000-present: External Lecturer: Linguistics department Marist international University  
2000-present: Director: Women Against Poverty International  
1992-1995: Postgraduate Teacher: English department Starehe Boys Center.  
1987-1992: Graduate Teacher: Itierio High School Kisii.  
1989-1990: Examiner: Kenya National Examinations council  
1990-1995: Team leader: Kenya National Examinations Council  
1997-2001: Examinations officer: communications skills department U.o.N  
1996-2000: Technical Advisor Solar Project for Women by Vivid Communication NGO.  
2004: Project Evaluator: EC project Psycho-social Support *to FGM in Kisii*.  
1997: Published an article: *Stigmatization in the context of HIV/AIDS in Kenya*, in the Newsletter of ANELH.  
2003: Editor: text *Marist Brothers and their mission in Nigeria*.  
2004: Supervised: *Word Formation Processes in Bemba*, Undergraduate project by Kasongo Mwape. Marist International University  
2006-2009: Coordinator for Communication skills unit: CCS 001  
2006-2009: BCUC Board Member  
2006: Published *CCS: 001 Communication Skills Module* for the Centre for Open and Distance learning, U.o.N.  
2008: Inspection and Acceptance Committee member. CHSS, U.o.N.  
2011: Faculty of Arts, Timetabling and examinations committee member U.o.N  
2011: Reviewed “Communication Skills: *a self study course for Universities and colleges*” by Muchiri (1993), for Longhorn Kenya.  
2011: Facilitator, Peace building Conference Mabanga, Bungoma County

### **Education and Training**

1990-1992: M.A. General Linguistics, U.o.N  
1998-1999: Post Graduate Diploma in HRM –Kenya Institute of Management  
1984-1987: B. Ed English/Literature- Kenyatta University  
1981-1982: A-level: Mukumu Girls High School  
1977-1980: O-level: Kereri Girls High School

1990: Exam marking and team leading Training: KNEC

2008: Training for Inspection and Acceptance Committee. U.o.N.

### **Workshops and Conferences**

1991: 22<sup>nd</sup> ACAL 1991 University of Nairobi

1996: UNDP Conference on HIV/AIDS in Africa- Kisumu

1997: UNDP Conference on HIV/AIDS in Africa-Mombasa

2003: University of Nairobi, Linguistics Symposium

2005- Pedagogy Training: University of Nairobi

2006: BA Communication Science, Curriculum development workshop, Multi-Media University

2007: Communication Skills Syllabus review, Utalii

2008: Teaching Methodology and Test Development. Marist International University

2010: Peace building Conference Mabanga, Bungoma County

2011: Colloquium: Critical theory and state formation in Kenya. Dept of Literature UoN

2011: Information Science skills: JKM Library, UoN

2012: Parenting course Strathmore School

2012: Research and Grant Proposal Writing: University of Nairobi

### **Community and Church involvement**

- Director Women Against Poverty International (NGO)
- Technical Advisor and consultant Vivid communication (NGO)
- Lay counselor and Life skills Lecturer Lifespring chapel Embakasi
- Peer Counselor -Women 2000 Group
- Home Group Leader Avenue Park Ecclesia Group.
- Life skills teacher, Lifespring chapel Embakasi
- Plug in Facilitator Nairobi Chapel Ongata Rongai
- Television presentations on peace for the Carmelite Monastery
- Member of the Board of Governors, Matieko High School, Kisii

**References:**

Dr. Charles B. Oduol,  
Communication Skills and Studies Department,  
University of Nairobi,  
P.O. Box 30197,  
Nairobi.  
Phone: (254-020) 318262 Ext. 28479

Professor Joshua Kwonyike,  
Dean, School of Human Resource Management,  
Moi University,  
P.O. Box 3900-30100,  
Eldoret.  
Phone: 254-05343153

Professor Okumu Bigambo,  
School of Human Resource Development,  
Department of communication studies,  
Moi University  
P.O.Box 3900-30100,  
Eldoret.  
Phone: +25405343620