

Workplace Tidbits

Burnout At Work



What is burnout?

Have you ever felt physically or emotionally exhausted? Have you ever felt that your work does not matter, or your abilities do not count for anything? Have you lost your sense of personal identity (you do not know who you are and where you are going – a sense of direction)

How do you know if you are experiencing burnout?

1. Detachment from customers and co-workers.
2. Lacking the energy to be consistently productive.
3. Your sleeping habits drastically change (you oversleep, or you find it difficult to sleep).
4. Unexplained headaches or other physical complaints.
5. Irritable.

Solutions to burnout

1. Seek support whenever you feel overwhelmed
2. Try some relaxing activities: going out for long walks, resting, try an activity that will take your mind off work.
3. Try exercise: exercise makes you feel good about yourself
4. Believe in yourself and in your abilities.
5. Do not turn to drugs or alcohol to get rid of the feelings of exhaustion and frustration
6. Reward yourself whenever you achieve an important personal milestone.

Fast Tracking KEMP Through Land Acquisition



Community sensitization session in Mageta on 03/02/2022

The Corporation recently dispatched 4 teams to fast-track land acquisition that will in turn inform the construction and completion of the Kenya Electricity Modernisation Project (KEMP).

The teams are visiting proposed project sites at Mageta in Siaya, Takawiri and Ngodhe in Homabay, Kerio and Kaeris in Turkana, Dabel in Marsabit and Wasini/Mkwiro in Kwale Counties.

During the visits, the teams are expected to Conduct Public Participation, get consent for advance possession of the land, determine the adequacy of the land, initiate a formal transfer of the project land to REREC while ensuring that the whole process complies with the safeguard policies of the Country and the Financier.

KEMP, is a World Bank financed project whose scope includes;

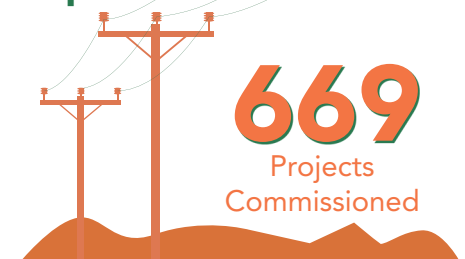
(1) Design, Supply and Installation of 1175 kW AC (1410 kW_p) Solar Photovoltaic Power Generation Plants (SPGP) with Associated Power Distribution Network (PDN) and

(2) Operation and Maintenance (O&M) services of the facilities and Reliable Supply of Power to the

Consumers for a period of 15 years in Selected Un-Electrified Areas in Kenya.

On completion the solar mini-grids are expected to achieve the following customer connections; Takawiri 331, Ngodhe 180, Mageta 1395, Wasini/Mkwiro 502, Kerio 280, Kaeris 280 and Dabel 400.

Projects' Progress Report



26 projects were commissioned in the week ending 04/02/2022, in various parts of the country.

The total number of commissioned projects in the current financial year stands at 669 with 987 projects in progress. 143 projects are awaiting either joint inspection, shut down or commissioning.