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AS THE ECONOMY SPINS FASTER: A REFLECTION FOR THOSE IN TRANSITION

March 24th, 2026



In the fast-moving wheels of the economy, we must provide ourselves with brief moments to alight. Just as drivers in a speeding vehicle cannot ignore fatigue, today's employees and leaders cannot ignore the state of their minds. Many organizations are recognizing this and investing in mental health training because, as the spin gets faster, so too must the drivers remain attentive, focused, and clear-minded. Business school teaches that scarcity of resources squeezes input costs to meet the rising demand for competitive products. The

current business environment is undergoing a profound shift, especially for organizations that previously maintained cordial partnerships with the government through public-private partnerships. Hundreds of private-sector employees are now navigating turbulence. It is like stepping off a moving vehicle for a moment. You suddenly discover it has already covered miles. The hustle begins anew. The reality is stark. The economy spins fast, and patience, resilience, and foresight are the best companions.

I would be unjust to claim this is entirely new. Ten or twenty years ago, challenges existed as well. But we live in this moment, and we must confront today's events while revisiting the past to collect nuggets of wisdom that help navigate the future. Waiting at the alighting station, even briefly, tests the strongest among us. The space feels strange. It is full of new routines, sometimes unfamiliar people, and the knowledge that the unemployment rate in the country is at its peak.

So, the question becomes. How will we adapt to this new state? How do we prepare to jump into the next moving vehicle of the economy, which may spin faster than the last? What skills will position us to seize opportunities? Which relationships should we cultivate to maintain stillness of heart and clarity of mind amidst the noise? For many in the Managed Medical Care (MMC) department, after the departure of the Teachers Service Commission (TSC) Medical Scheme, these questions are no longer hypothetical. They are



urgent.

Yet even in this storm, there is reason for hope. We have built relationships and networks that, in the loudness of the moment, will serve us. As the Bible reminds us in Luke 11:11, if you ask your father for bread, he will give you bread and not a scorpion. In moments of uncertainty or despair, this reminds us that goodness and provision will come in due course. It is in the waiting, the preparation, and the self-work that true advantage is built. Patience, discipline, and skill development are essential. Information Technology (IT), Customer Experience (CX), and human relationship skills become our tools for boarding the next vehicle with confidence.

Let us move through this new world calmly and deliberately. We must avoid loud, aggressive people and maintain peace in our souls even amid the spinning storm. We should strive to understand others and nurture relationships built on trust, honesty, and mutual respect. In all our endeavors, we must maintain our integrity.

Remember, you are a human being, not a god. Walk with humility and treat every opportunity as a chance to serve, teach, and elevate others. The fast-moving economy will continue its course, but by maintaining composure, clarity, and ethical grounding, you can navigate its wheels with grace and foresight.

In all ways, cultivate stillness of mind, discipline of skill, and generosity of heart, for these are the qualities that turn uncertainties into opportunities, confusion into clarity, and movement into purpose.

Hold on to your calm and embrace honesty, build your skills to deepen your expertise, and guard your integrity. Remain agile and respectful with everyone you meet, stay connected with colleagues who are also in transition as well as those you left behind, and the road ahead will surely open in ways you cannot yet see.

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