



**DIABETES
AWARENESS
TRUST**

TERMS OF REFERENCE.

Consultant for Training and Mentorship of Youth Advocacy Ambassadors

1. Background & Context

The Diabetes Awareness Trust (DAT) is a non-profit organization dedicated to promoting healthy living and preventing diabetes and other Non-Communicable Diseases (NCDs) through awareness creation, nutrition education, advocacy, and community engagement. DAT works to improve health outcomes by empowering individuals and communities with information and practical solutions that support healthy lifestyles and sustainable food systems.

Under the Urban Nutrition Project Phase II, DAT is strengthening youth participation in food systems transformation and public health. As part of this effort, DAT seeks to engage a mentor to empower youth from Viwandani informal settlement in Nairobi to become advocacy ambassadors for sustainable food systems, health, nutrition, and agroecology.

2. Objective of the Consultancy

The purpose of this assignment is to strengthen the knowledge, skills, and confidence of youth advocates to effectively engage in advocacy on food systems, nutrition, health, and NCD.

The mentor will:

- Build the advocacy knowledge and practical skills of youth participants.
- Support youth to identify and prioritize advocacy issues related to food systems, nutrition, health, and NCDs.
- Guide participants in developing practical advocacy actions and engagement plans.
- Provide mentorship and coaching throughout the advocacy journey.

3. Scope of Work

The selected mentor will undertake the following activities:

A. Inception and Capacity Building Workshop (2 Days)

Facilitate a two-day physical training workshop covering:

- Introduction to advocacy and policy influence.
- Food systems, nutrition, health, and NCDs.
- Identifying and analyzing advocacy issues.
- Stakeholder mapping and engagement.
- Advocacy strategies and tactics.
- Development of policy briefs.
- Communication and storytelling for advocacy.
- Practical case studies and group exercises.
- Development of youth advocacy action plans.

B. Online Mentorship Sessions

Conduct five (5) online mentorship sessions (1–2 hours each) for the target youth participants covering:

- Follow-up coaching on advocacy plans.
- Experience sharing and peer learning.
- Review of progress and challenges.
- Guidance on stakeholder engagement.
- Communication and advocacy messaging.

C. Closing Learning Workshop (One day).

Facilitate one physical closing workshop to:

- Review progress made by participants.
- Share experiences, lessons, and successes.
- Reflect on challenges encountered.
- Develop recommendations for future youth advocacy initiatives.

4. Deliverables

The mentor shall submit:

- Training agenda and facilitation materials.
- Report for the two-day advocacy training workshop.
- Documentation and brief reports for the five online mentoring sessions.
- Report for the closing workshop.
- Final mentorship report highlighting achievements, lessons learned, recommendations, and next steps.

5. Duration of Assignment

The assignment will be undertaken between July and October 2026.

6. Required Qualifications and Experience.

- A Master degree in Public Health, Development Studies, Social Sciences, Communications, Political Science, Nutrition, or a related field.
- At least five (5) years of demonstrated experience in advocacy, policy engagement, youth empowerment, or social accountability.
- Experience facilitating advocacy training and mentoring youth groups.
- Knowledge of food systems, nutrition, public health, and NCD issues is an added advantage.
- Strong facilitation, communication, and report-writing skills.

7. Application Requirements

❖ Interested candidates should submit:

- A cover letter expressing interest and suitability.
- A technical proposal outlining their approach to the assignment.
- A financial proposal indicating consultancy fees.
- Updated CV highlighting relevant experience.

❖ Applications should be submitted electronically to:

Procurement Team,

Diabetes Awareness Trust (DAT).

Email: procurement@diabetesawarenesstrust.org and copy info@diabetesawarenesstrust.org

Deadline for submission: **29th June 2026, 5:00 PM EAT.**

Only shortlisted candidates will be contacted.

8. Selection Criteria

Applications will be evaluated based on:

- Relevant experience in advocacy and youth mentorship (40%)
- Technical approach and understanding of the assignment (30%)
- Knowledge of food systems, health, nutrition, and NCDs (10%)
- Financial proposal and value for money (20%)