The purpose of this study is to assess and critically examine capacity building in relation to teacher effectiveness and students’ performance in public secondary schools in Embu, and Tharaka-Nithi Counties. Capacity building is about complex learning, adaptation and attitudinal change at the individual, group, organizational and even societal levels. People at these levels have to assume new responsibilities and slowly devise new collective solutions to common problems. The review of literature will be done as per objectives and will be based on the concept of capacity building and education, challenges facing capacity building in schools, capacity building and teacher effectiveness, impact of capacity building in secondary schools’ improvement, internal capacity building in sub-saharan Africa. The location of the study will Embu and Tharaka Nithi counties. The study will find out the types of capacity building and teacher effectiveness, determine the challenges faced in capacity building, establish the impact of capacity building to teacher effectiveness in relation to students’ performance and identify the strategies used for improving capacity building for teacher effectiveness and students’ performance. The research will employ a descriptive survey study design. The study will adopt the theory of the Latent Capacity Release Model by Taylor (1995) which influences the activities in an organization like a school. The Self-Determination Theory (SDT) will also be used. These are theories of human motivation in the ‘organismic’ or humanistic tradition. A pilot study will be carried out before the actual study. The population will consist of 304 public secondary schools in Embu and Tharaka Nithi counties of which Tharaka Nithi has 134 schools, 134 principals and 2400 teachers making a target population of 4188. The sampling method will be simple random sampling and purposive sampling. The sample size will be 152 principals and 1942 teachers making a total of 2094 respondents. Each category comprises of not less than 30% of the target population. Data collection will be done in phases. The reliability of the instruments will be sought. Data will be obtained and analyzed by use of Statistical Package for Social Sciences (SPSS) computer package. This will be done as per the objectives. The logistical and ethical consideration, human relations and legal issues will be strictly adhered to. Both qualitative and quantitative data analysis will be used to analyze the data collected. Responses from questionnaire will be organized according to pertinent aspects of the study. The findings will be presented through descriptive statistics by use of frequencies, tables, graphs and pie-charts. Further research will be recommended upon finishing this study on capacity building for teacher effectiveness and students’ performance.