

PEER COACHING REFLECTION.

A: The first and last name of the peer you had the meeting with.

Risper Ng'etich.

B: The date AND time that the coaching meeting took place.

Date: 27/10/2023 Time: 19:30 EAT time zone

C: The modality of the call (for example, Zoom, Google Meet, WhatsApp, in person at *[City Hub name]*)

Google Meet

D: Did you feel any anxiety before or during the meeting? Why or why not?

Yes, I did feel some anxiety before and during the meeting. The primary reason for my anxiety was that I had never met the people I was supposed to meet in the meeting. I tend to feel nervous when interacting with new people or in unfamiliar situations. This anxiety is a natural response when faced with the unknown, and it's something I'm actively working on to improve my comfort and confidence in such situations.

E: How valuable was the session with your peer? Explain.

The session with my peer was incredibly valuable. It was a great experience because I had the opportunity to share about myself, my experiences, and my perspectives. Equally important, I got to hear from my peers, which allowed me to gain insights and different viewpoints. What made me particularly happy was that I had the chance to meet new people and expand my network. Building connections with others is an essential part of personal and professional growth, and this session provided an excellent platform for that.

F: Did you make a commitment to your peer? If yes, what was the commitment that you made?

Yes, I made a commitment to my peer during our conversation. She mentioned that she needed reminders to help her track and achieve her daily goals. In response, I committed to calling her to provide those reminders and check on her progress. It's a simple yet valuable way to support each other in reaching our daily objectives and maintaining accountability.

G: Did you find anything surprising and/or gain any new insight due to the meeting?

Yes, I found the meeting to be quite enlightening and valuable. Meeting brilliant people who shared their missions and goals was not only admirable but also provided me with new insights and inspiration. Additionally, the meeting gave me the opportunity to work on improving my ability to engage with new people, which is a skill I'm actively developing. It was a pleasantly surprising and enriching experience.

H: How helpful did you find the coaching session overall? Explain and share your experience honestly.

The coaching session was truly awesome, and I found it incredibly helpful. It's a wonderful feeling to have the opportunity to share your thoughts and experiences with someone and receive their valuable insights and perspective on what you're doing. Discussing personal matters and receiving input from another person is a valuable and enriching experience. Furthermore, listening to their thoughts and experiences is equally rewarding, as it often provides the chance to learn new things and gain fresh insights. In essence, the coaching session was a fantastic and enlightening experience that I highly appreciated.

I: How many minutes did you spend practicing Movement each day (Be honest!)

I spent approximately 30 minutes practicing movements each day, which included 10 push-ups, 10 sit-ups, 10 crunches, and 10 pull-ups, organized in sets of three each.

J: If you did not do at least 20 minutes each day, what were the reasons? If you did, what were the reasons?

Yes, I engaged in these exercises because it's beneficial for my overall health and helps me start my day with energy and enthusiasm.