

### **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.

## PART 1: Write down your PICS (You must state at least 2)

### P<sup>assions</sup>

What would you get out of bed for in the morning if money wasn't an issue?

- Create a better version of myself.
- Educate young people on doing what is best for them from a very young age.
- Create a better world for the coming generation.

### I<sup>nterests</sup>

What are you most curious about?

- Am interested in making the young generation discover themselves from a young age.
- Learning and upskilling.
- AI and how it will change our lives.

### C<sup>auses</sup>

What keeps you up at night?

- I know I must make it in life no matter what.
- As a boy child I am certain that no one is coming to save me. I have to do it myself.
- I believe in change and am always working hard to achieve it.

### S<sup>trengths</sup>

What is your superhero power?

- I like learning new things.
- I take failure as a stepping stone for change.
- I like helping others.

## **PART 2: Write down your Personal Mission Statement** (by completing each of the statements below)

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### **1. My personal mission is...**

Empower young individuals to explore and realize their passions, talents and purpose, Setting them on a path to personal fulfillment and success.

### **2. My key strengths are...**

I possess a strong aptitude for quick learning, which makes me adaptable and open to continuous growth. Furthermore, I view failure as a stepping stone for change, demonstrating my resilience and positive attitude in overcoming challenges and achieving success.

### **3.I pledge to further my development in...**

Creating better leaders of tomorrow from a very young age. This commitment not only reflects my personal growth but also my profound dedication to nurturing and empowering the youth with leadership skills, aiming to pave the way for a brighter, more promising future.

### **4.My core values as a leader are...**

My core values as a leader are rooted in integrity, accountability, and empathy. I believe in clear communication, adaptability, and the value of respecting and embracing diversity. Courage guides my decision-making, while a commitment to continuous learning and servant leadership drives me to put the needs of others first. These values form the foundation of my leadership philosophy and actions.

## **5.I pledge to advance society's greater good by...**

Making young people discover their purpose from a very young age, promoting equality, fostering innovation, and embracing diversity.

## **6.I have chosen this personal mission because...**

I have chosen this personal mission because I believe in the potential of young people, and I think that training them from a young age to become leaders is a valuable idea. The world often appears rigid, and many young people are misled by a system designed to keep them in pursuit of material wealth. I want to empower them from a young age to focus on what truly matters, redirecting their efforts towards more meaningful goals.

My frustration comes from my personal experience of working hard to secure a job that promised financial success, only to discover that it was built on false promises. I am driven to help young minds avoid this disillusionment and seek fulfillment in more purposeful pursuits. I want them to embrace Robert's slogan, "Paycheck is a dose given by employers in order for you to forget your purpose," and use it as a guiding principle in their journey. My ultimate aim is to nurture enlightened individuals who actively work to solve global challenges, prioritizing making a positive impact on the world over simply chasing money.