# **PEER COACHING REFLECTION**

## **The first and last name of the peer you had the meeting with.**

Steve Dama

## **The date AND time that the coaching meeting took place.**

9/8/2024,1:30/ 3:30 - 4:30 PM

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

We did a WhatsApp call and Google Meet meeting

## **Did you feel any anxiety before or during the meeting? Why or why not?** I experienced a bit of anxiety before the meeting. This was because I wasn’t sure how my mission statement would be received or if I could effectively explain my strengths and areas for growth. However, once the conversation started, I became more comfortable.

## **How valuable was the session with your peer? Explain.**

## The session was precious. Steve provided insightful feedback on my mission statement and helped me reflect on areas I hadn’t fully considered. He pointed out strengths that I hadn’t seen as significant and helped me refine my focus for the future. The back-and-forth dialogue made the reflection process much deeper.

## **Did you make a commitment to your peer? If yes, what commitment did you make?**

Yes, I committed to revisiting my mission statement in a month to track progress and ensure that I am staying aligned with the goals I’ve set. Steve and I also agreed to check in with each other for accountability on personal growth.

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

One surprising insight was Steve’s observation about my strengths. He highlighted how my ability to stay calm under pressure could be a valuable leadership trait, something I had taken for granted. This gave me a new perspective on how I could leverage that skill more consciously.

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

Overall, the coaching session was extremely helpful. It allowed me to gain clarity on my mission and helped me recognize areas I could grow constructively. Having a peer like Steve provide candid feedback, while also offering support, made the experience both enjoyable and enriching.