

Peer coaching reelection.

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

My peer's name was JohnMark Ezvaldo and his goal was to start a movement to rise against global warming.

2. The date AND time that the coaching meeting took place.

we met on thursday 21st 2024 at 6.30pm

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

. The meeting was in- person,(nation centre city hub).

4. Did you feel any anxiety before or during the meeting? Why or why not?

My peer was amazing and I did not feel anxious at all because we already met at the karibu ceremony and we were even grouped together for fun questions.

5. How valuable was the session with your peer? Explain.

The session was really helpful, I got to interact with my peer and shared ideas. We also advised each other on how to improve ourselves in some areas.

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

Yes, I made a commitment to help my peer in dealing with emotions. He also made a commitment to help me improve my communication skills.

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

I gained new insight such as better understanding of my peer's personality, body language and nuances of communication that might not be apparent through written or virtual interactions.

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

The experience was awesome, he was really full of wisdom and I really enjoyed having a conversation with him. He was also patient, like he would ask you to take your time and think about something before answering.

9. How many minutes did you spend practicing Movement each day (Be honest!)

When i started i spent like only 10 mins practising movement but as i continued practising i started spending 25mins. I practised daily movement because movement provides a sense of accomplishment and contributes to long term health goals.

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

P^{assions}

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

- If money wasn't an issue, I'd probably get out of bed for the sheer joy of experiencing new things, pursuing my passion and making a positive impact on the world.

I^{nterests}

What are you most curious about?

- I'm curious about exploring different cultures and languages and understanding how people think and interact with the world around them.

C^{auses}

What keeps you up at night?

- Sometimes coding or scrolling through social media, catching up on the latest news and trends.
- thoughts - thinking of how i can i better myself.

S^{trengths}

What is your superhero power?

- **resilience**, bouncing back from setbacks and adversity with strength and determination.
- **Collaboration**, working together with others to achieve a common goal and tackle complex problems
- **Adaptability**, being flexible and able to adjust to changing circumstances and environments.

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

1. My personal mission is...

My personal mission is to challenge myself to step out of my comfort zone and pursue my passions fearlessly .

2. My key strengths are...

My key strengths are: resilience , empathy, problem solving abilities and adaptability

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

I pledge to further my development in the Tech field and become one of the best programmers around the world.

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

My core values as a leader is ; integrity - being honest and transparent. Empathy - understanding and considering the emotions of others. Continuous improvement - committing to personal and professional growth and learning. Vision- inspiring others with a clear sense of purpose and direction

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

Engaging in acts of kindness and compassion towards others
Collaborating with others to address local and global issues collectively
Volunteering time and resources to charitable organizations or community initiatives

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

It allows me to live more authentically and fully engage with life, leading to a richer and more meaningful existence.
It also helps me to overcome my fears and building resilience in the face of adversity(challenges or difficulty encountered in life)

PART 3: Reflect on your Skills Map (by completing each of the statements below)

On a scale of 1 to 4, how much effort have you put into your ALX studies over the past week? (1= very little effort, 4= huge amount of effort):

4= huge amount of effort

On a scale of 1 to 4, how satisfied are you with how much you have learned in the past week? (1= not at all satisfied, 4= extremely satisfied):

4= extremely satisfied

How much do you agree with the following statement: “The knowledge and skills I have learned in the past week will serve me in the workplace.” (1= completely disagree, 4= completely agree.):

4= completely agree.