

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.

