

PEER COACHING REFLECTION.

1. The first and last name of the peer you had the meeting with.
Radouch Iliase
2. The date AND time that the coaching meeting took place.
On 14/03/2025 At 20:00
3. The modality of the call (for example, Zoom, Google Meet, WhatsApp, in person at *[City Hub name]*).
WhatsApp.
4. Did you feel any anxiety before or during the meeting? Why or why not?
It was not, since we talked before the meeting we successfully broke the ice.
5. How valuable was the session with your peer? Explain.
It was a rich experience through which I gained many skills.
6. Did you make a commitment to your peer? If yes, what was the commitment that you made?
By listening to him seriously, in addition to answering his question frankly.
7. Did you find anything surprising and/or gain any new insight due to the meeting?
Yes, it was a great experience that enabled me to learn about a part of the personal life of someone I had never met before.
8. How helpful did you find the coaching session overall? Explain and share your experience honestly.
I really enjoyed the peer coaching experience because it felt like a natural and open conversation. It was great to share ideas, hear different perspectives, and learn from others in a way that I wouldn't have on my own.

DAILY 3 REPORT

I. How many minutes did you spend practising Movement each day (Be honest!)

I walk everyday almost 1 hour

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

Walking 40 min to 60 min makes me feel free and clears my mind.