

## PEER COACHING REFLECTION

The name of the peer I had peer-coaching with is Rosemary Ayi.

Date of Meeting: 18th May, 2025

Time of Meeting: 18:31

Place the Meeting took place: Google meet

I was not anxious because I learned about self-awareness during this week and more over, I have been hosting and joining meetings online for several times.

Sessions with my peer was valuable, we network and share ideas which will go a long way to help us. I made a commitment to a frontend developer by the end of this year. Yes, the call was helpful. It brought us together even though we were strangers but now we are friends. I spent 30mins daily practicing movement. Movement help mind to be calm, it also improves digestion and keep me active for the day.

Passion: Exercising, Praying, Learning

Interests: Learning, Creating, Reading

Causes: Financial problem, Personal improvement, lack of support

Strengths: Discovering, Problem solving, Analytical skills.

My Personal Mission is to live a life of purpose by nurturing my health, expanding my mind, and striving for financial freedom. I am committed to learning, leading, and inspiring others through action and service, while managing my time wisely and honoring my determination. I seek to solve problems, grow spiritually, and use my thinking ability to uplift myself and others. Guided by the example of Prophet Muhammad (S.A.W), I aim to leave a legacy of philanthropy, make time for what matters, and one day explore the world with gratitude and clarity.