

PEER COACHING REFLECTION.

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

First name: Rahma

Last name: Eliasu

2. The date *and* time that the coaching meeting took place.

17th March 2025 at 3 pm

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

Zoom & WhatsApp

Link:

<https://us05web.zoom.us/j/87283957142?pwd=iKcnyu3bOZlaLKQZB1sYIpVbnhEVD.1>

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

No, I know my peer from school. We are both computer science students in KNUST.

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

The session with my peer was highly valuable as it provided me with fresh perspectives and actionable insights. Engaging in open discussion allowed me to clarify my thoughts, address challenges, and gain a deeper understanding of the topic at hand.

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

Yes, I did, I will follow up with her this week and next to review her schedule, ensuring a balance between ALX, school, programming and her other commitments.

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

Yes, I improved upon myself confidence journey today.

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

The coaching session was very helpful, offering tailored advice and a clear direction in a supportive setting.

Movement Practices Reflection

1. How many minutes did you spend practicing movement each day?
It's important to be honest!

70 mins average

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

I work out in my room everyday from 4:30pm to 6:00pm. If I don't, it means I was in class and wasn't available at that time. I walk to class every day; it's also something that I consider a form of movement.

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

Passions

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

1. Curiosity
2. Responsibility
3. Self-improvement

Interests

What are you most curious about?

1. Currency Trading
2. Knowing God more
3. Programming
4. AI/ML

Causes

What keeps you up at night?

1. Not giving up on all the things that i'm studying or doing currently
2. Finding solutions to my problems

Strengths

What is your superhero power?

1. Confident
2. skills

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

1. My personal mission is...

My mission is to keep learning, growing, and improving in everything I do. I want to challenge myself to think critically, solve problems, and make well-informed decisions that not only benefit me but also those around me. Whether in my personal life or career, I aim to take on meaningful challenges, develop valuable skills, and create solutions that make a real impact. Staying curious, disciplined, and true to my values will help me achieve this.

2. My key strengths are...

One of my biggest strengths is my ability to analyze problems and break them down into simpler parts, making them easier to understand and solve and how analytically I can think . I'm naturally curious, always eager to learn, and I enjoy figuring out how things work. I'm also persistent, I don't give up easily when faced with challenges. My adaptability allows me to adjust to new situations and ideas without feeling overwhelmed, helping me navigate different environments with confidence.

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

I need to improve my ability to stay focused and organized, especially when managing complex projects. Developing better time management skills will help me break tasks into manageable steps and see them efficiently. I also need to push myself to take on more leadership roles, even in small ways, to build confidence in guiding others. Continuous learning is key, so I must stay disciplined in expanding my knowledge and seeking feedback to refine my decision-making and problem-solving abilities.

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

Integrity, curiosity, and discipline are values that keep me grounded. I believe in making well thought out decisions, always striving to learn and improve and knowing when to take risks while still being responsible. I want to approach everything I do with honesty and a strong sense of purpose, making sure my efforts benefit not just me but also those around me. Whether it's work, personal growth, or helping others, I want to stay true to my principles and keep things fair and transparent. These are some of the values I will abide by as a leader.

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

These values connect directly to my mission because they shape how I approach challenges and growth. My commitment to integrity pushes me to make thoughtful, responsible decisions, while my curiosity drives me to keep learning and improving. Discipline helps me stay focused and see things through, even when faced with difficulties. By staying true to these principles, I can build the skills and confidence needed to take on bigger responsibilities, help others, and create a meaningful impact in both my personal and professional life.

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

I've chosen this mission because it reflects who I am and the kind of person I want to become. I enjoy solving problems, learning new things, and pushing myself to grow. I want to create a life where I'm constantly improving, making thoughtful decisions, and helping others along the way. By staying committed to this path, I can build both the skills and mindset needed to face challenges, take on new opportunities, and make a meaningful impact in the areas that matter to me.