

# 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.