

****Peer Coaching Reflection****

****Peers You Met With:****

Abenezer Sisay & Imaad Schuller

****Date & Time:****

Friday, March 22nd, 2024 at 14:30

****Modality:****

Google Meet

****Anxiety:****

* Did you feel anxious before or during the meeting?

No

* Why or why not?

I didn't feel anxious before or during the meeting because I've developed a comfortable rapport with both Abenezer and Imaad through our previous interactions.

****Value of Session:****

* How valuable was the session with your peer?

Very

* I found the session very valuable as it provided a platform for open discussion and constructive feedback exchange. Both Abenezer and Imaad brought fresh perspectives to the table, enriching my understanding of the topics discussed.

****Commitment Made:****

* Did you make a commitment to your peer?

Yes

* If yes, what specific commitment did you make?

I committed to incorporating the time management techniques suggested by Abenezer into my daily routine to enhance productivity.

****Surprises & Insights:****

* Did anything surprise you during the meeting?

Yes

* Briefly describe the surprise (if applicable).

I was pleasantly surprised by the depth of insight Imaad offered regarding effective communication strategies in team settings.

* Did you gain any new insights from the meeting?

Yes

* Briefly describe the new insights (if applicable). Yes, I gained a new perspective on prioritization techniques from Abenezer's and Imaad's experience, which I believe will significantly improve my task management approach.

****Overall Helpfulness:****

* How helpful did you find the coaching session overall?

Very

* Briefly explain your experience and why you found it helpful (or not helpful).

Overall, I found the coaching session very helpful. The collaborative environment fostered by Abenezer and Imaad enabled me to gain valuable insights and actionable strategies to address

my challenges effectively. Their guidance and encouragement left me feeling motivated and equipped to implement positive changes in my personal and professional life.

****DAILY 3 REPORT****

I typically dedicate about 60-90 minutes each day to movement and physical activity. On days when I engage in a friendly football game with friends, I usually spend around 60 minutes on the field, enjoying the camaraderie and competitive spirit of the game. Additionally, I allocate another 30-60 minutes for gym sessions focused on strength training and cardiovascular exercises.

I prioritize movement and physical activity for various reasons. Firstly, it invigorates me and keeps me energized throughout the day. Secondly, it helps me maintain a healthy lifestyle by promoting overall well-being and vitality. Finally, it's a source of enjoyment and fulfillment, especially when shared with friends during our weekly football games.

If I ever fall short of the 20-minute mark on certain days, it's usually due to unforeseen circumstances or commitments that demand my immediate attention. However, I make a conscious effort to prioritize movement in my daily routine as much as possible to reap its numerous benefits.

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?

-
- Theatre Arts
 - Health and Well-being through Healthcare
 - Social Justice Initiatives
 - Community Empowerment Programs

Interests

What are you most curious about?

-
- Psychology
 - Nutrition and Fitness
 - Technology and Innovation
 - Cultural Anthropology

Causes

What keeps you up at night?

-
- Environmental Conservation
 - Human Rights Advocacy
 - Education Equity
 - Gender Equality

Strengths

What is your superhero power?

-
- Communication and Public Speaking
 - Empathy and Compassion
 - Critical Thinking and Problem-Solving
 - Adaptability and Resilience

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

1. My personal mission is...

My mission is to blend theater arts with healthcare advocacy, leveraging my passions to drive community change. Drawing from interests in psychology, nutrition, and innovation, I strive for holistic well-being. Advocating for environmental and human rights, I envision a fairer world. My strengths in communication, empathy, and problem-solving fuel this journey. Committed to growth, I champion initiatives that empower. Integrity, inclusivity, and service guide my leadership, aiming for positive societal shifts.

2. My key strengths are...

My strengths lie in effective communication and public speaking, connecting with diverse audiences effortlessly. Empathy and compassion drive my ability to support others, while critical thinking skills enable me to find innovative solutions to complex problems. Adaptability and resilience allow me to thrive in diverse environments, empowering me to make meaningful contributions in both personal and professional contexts.

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

I commit to ongoing personal growth by focusing on key areas of development. I aim to refine my communication and public speaking skills, inspiring others through effective articulation of ideas. Additionally, I strive to deepen my empathy and compassion, fostering meaningful connections and support. I will enhance critical thinking and problem-solving abilities, embracing creativity and innovation. Cultivating adaptability and resilience, I view challenges as opportunities for growth, dedicated to lifelong learning and making a positive impact.

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

As a leader, my core values are integrity, inclusivity, and service. Integrity ensures honesty and ethical conduct in all endeavors, while inclusivity fosters a diverse and equitable environment where all voices are heard and valued. Service is central to my leadership philosophy, dedicated to making a positive difference in others' lives. Leading with empathy and compassion, I prioritize the well-being and growth of those I serve, guiding my leadership with purpose and integrity.

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

I pledge to utilize my skills, resources, and platform to drive positive change and make a meaningful impact on society's greater good. Advocating for environmental sustainability, social justice, and equality, I aim to address pressing issues such as climate change, inequality, and discrimination through education, awareness-raising, and community engagement. Additionally, I am committed to supporting initiatives that empower marginalized communities and amplify underrepresented voices, fostering collaboration, empathy, and collective action to build a more just, compassionate, and sustainable world for current and future generations.

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

I am driven by a profound belief in the power of every individual to effect positive change and shape a better world. Witnessing injustices and environmental degradation has fueled my determination to address pressing challenges and advocate for meaningful change. Inspired by the resilience and compassion of communities striving for a brighter future, I align my personal mission with my values and strengths to leave a lasting legacy of positive impact and contribute to a more equitable, sustainable, and inclusive society.

PART 3: Reflect on your Skills Map (by completing each of the statements below)

On a scale of 1 to 4, how much effort have you put into your ALX studies over the past week? (1= very little effort, 4= huge amount of effort):

4

On a scale of 1 to 4, how satisfied are you with how much you have learned in the past week? (1= not at all satisfied, 4= extremely satisfied):

3

How much do you agree with the following statement: “The knowledge and skills I have learned in the past week will serve me in the workplace.” (1= completely disagree, 4= completely agree.):

4