

# Peer Coaching Reflection

**1. The first and last name of the peer you had the meeting with:**

Victor Julius

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

1/27/2025

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

Google Meet

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

I felt a slight amount of anxiety before the meeting, mainly because it was my first coaching session with this peer. I wanted to make sure I was well-prepared and would be able to contribute meaningfully. However, once the conversation began, I felt more relaxed, as the atmosphere was welcoming and collaborative.

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

The session was extremely valuable. My peer provided great insights on areas where I could improve, specifically in time management. They also shared some useful resources that I plan to explore further. Overall, I walked away with clear steps on how to continue developing my skills.

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

Yes, I made a commitment to work on my time management and I plan to follow through by tracking my progress with a time management app, and regularly reviewing my productivity to ensure I'm staying on track.

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

I was surprised by how open my peer was about their own challenges, which made me realize that we all go through similar learning experiences. I also gained insight into how they approach problem-solving and how I can adopt some of their strategies.

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

The coaching session was very helpful. It gave me a fresh perspective on my goals and a better understanding of where I need to focus my efforts. I felt encouraged and supported throughout the session, and I left with actionable steps that will help me improve both personally and professionally.