

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:

Date: 1/27/2025 Time: 9am

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.