

PEER COACHING REFLECTION

- A. The first and last name of the peer you had the meeting with.

Godspower Otumuyen.

- B. The date AND time that the coaching meeting took place.

12/07/2025, 2:00pm.

- C. The modality of the call (for example, Zoom, Google Meet, WhatsApp, in person at [City Hub name]).

Zoom and Whatsapp.

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

Yes, because I was not too sure if I had everything ready for the meeting.

- E. How valuable was the session with your peer? Explain.

It felt cool to share my mission and core values with them and get to learn their opinions in return.

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

Yes, I made a pledge to commit to making little progress towards my goals everyday.

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

Keeping my motivation alive everyday is key.

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

Quite helpful in the mastery of how to keep a conversation going and how to show empathy towards others.

DAILY 3 REPORT ON MOVEMENT

- I. 1 - 2hrs Daily.

- J. Because I had other activities that demanded me to move around .