

PEER COACHING REFLECTION

- A. The first and last name of the peer you had the meeting with.
- Eddy Fleuris Mucyo
- B. The date AND time that the coaching meeting took place.
- 24.03.2024 9:00 AM
- C. The modality of the call (for example, Zoom, Google Meet, WhatsApp, in person at [City Hub name])
- Kigali ALX Hub, Nyarutarama
- D. Did you feel any anxiety before or during the meeting? Why or why not?
- I felt a little anxious because we both didn't know exactly what peer coaching is.
- E. How valuable was the session with your peer? Explain.
- The session with my peer was highly valuable. It provided me with new perspectives and solutions while allowing me to support and guide my peer. Through open dialogue, we shared experiences, brainstormed solutions, and offered constructive feedback, fostering personal and professional development for both of us.
- F. Did you make a commitment to your peer? If yes, what was the commitment that you made?
- Yes, I made a commitment to my peer. My commitment was to submit my test and milestone on time, at least one day before the deadline, and to go to the city hub at least three times a week. These commitments are important to ensure our mutual success and accountability in achieving our goals.
- G. Did you find anything surprising and/or gain any new insight due to the meeting?
- Yes, the meeting provided new insights, particularly regarding the importance of setting clear, achievable goals and effective time management strategies. These insights will greatly impact my future approach to goal-setting and productivity.
- H. How helpful did you find the coaching session overall? Explain and share your experience honestly.
- I found the coaching session helpful and valuable. It provided me with fresh perspectives, practical solutions, and renewed motivation to tackle obstacles. The peer feedback was eye-opening and being able to reciprocate enhanced the experience. In summary, the session provided clarity, inspiration, and actionable steps to move forward.
- I. How many minutes did you spend practicing Movement each day (Be honest!)
- 30 minutes
- J. If you did not do at least 20 minutes each day, what were the reasons? If you did, what were the reasons?
- I did the movement each day where I do 30 minutes of basketball training. I do basketball because on the court, I find joy and relaxation that relieves me from any stress.