

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.

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?

Basketball is my passion. It rejuvenates me and sharpens my focus. It drives me to pursue excellence in every aspect of my life. On the court, I find joy, discipline, and camaraderie. Basketball is my metaphor for life - a constant pursuit of goals, overcoming obstacles, and celebrating victories no matter how small.

Interests

What are you most curious about?

My interest in owning a big company is more than ambition; it's a curiosity about the leadership, strategy, and innovation required to navigate the complexities of the business world. This fascination drives me to explore the nuances of corporate success and the impact of visionary leadership on economies and societies. It motivates me to learn how to transform a vision into a legacy, shaping the future through effective management and strategic decision-making.

Causes

What keeps you up at night?

The drive to secure financial freedom and empower both myself and others keeps me up at night. It's a pursuit not just of wealth, but of understanding how to use it wisely for impact and empowerment. This cause motivates me to look into financial literacy, investment, and entrepreneurship, aiming to unlock the secrets of wealth creation and use it as a tool for positive change.

Strengths

What is your superhero power?

My strengths as a committed team player and diligent hard worker fuel my approach to challenges. Excelling in collaboration and perseverance, I navigate obstacles with resilience, driving towards goals with unwavering determination. These qualities not only underscore my reliability but also empower me to inspire and lead by example, achieving success through collective effort and personal tenacity.

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

1. My personal mission is...

My personal mission is driven by a commitment to perpetual growth and active participation in fostering the development of my community. Through ongoing learning, self-improvement, and dedicated engagement, I aim to positively influence societal progress and contribute meaningfully to the well-being and advancement of those around me.

2. My key strengths are...

I am a determined individual with a collaborative spirit, constantly seeking opportunities to learn and grow. I thrive on embracing new challenges and expanding my horizons. Through collaboration and a passion for continuous learning, I aim to achieve personal growth and contribute positively to my team and community.

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

I pledge to dedicate myself to enhancing my networking skills, mastering time management techniques, and refining my communication abilities. By honing these vital skills, I aim to become a more effective leader, collaborator, and contributor to both personal and professional spheres, fostering stronger connections and achieving greater success in all endeavors.

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

My core values as a leader are integrity, empathy, and resilience. I prioritize honesty and ethical conduct in all endeavors, foster understanding and compassion in my interactions, and persevere through challenges with unwavering determination. These values guide my decision-making and inspire trust and respect within my team, enabling us to navigate complexities with integrity, connect on a deeper level, and overcome obstacles together.

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

I pledge to advance society's greater good by employing my leadership skills, influence, and resources with a dedicated focus on making significant and meaningful contributions. My actions are aimed at enhancing the well-being and progress of both individuals and communities. Through this commitment, I intend to create a positive impact that fosters a thriving environment for all, believing firmly in the power of united efforts to bring about substantial societal change.

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

I have chosen this personal mission because I believe in the transformative power of continuous growth and community development. By consistently learning and enhancing myself, I can positively influence others. My aim is to inspire individuals and contribute to the collective effort of building a more equitable and prosperous world, fostering a sense of unity and progress within our communities.

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):

3

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.):

3

ALX FOUNDATIONS: SKILLS TRACKER

INSTRUCTIONS FOR THIS SKILLS TRACKER:

1. At the beginning of the Foundations Program, rate your skills by completing the **BEFORE Foundations** sections ONLY [columns B and G].
2. **Do not** complete the Growth Mapping 2, 3 and 4 columns. You will complete these only when instructed at designated points throughout your Foundations journey. Clear instructions on when the next 'growth tracking' will take place and will be shared with you as part of the learning material on the LMS.
3. Rate yourself compared to an average early career professional.
4. At this stage, you are not expected to have a high ratings, especially for tech skills, and you will never be penalised for any low rating.
5. This exercise is for YOU, to help you track your progress. So be honest as you identify your strengths and areas in need of further development. This will help you focus as you cover each skill in this program.

Scale

For the "Before Foundations" Column (B&G):		
I am outstanding.	5	Enter 5 if you are exceptional in the area.
I have a good level of skills.	4	Enter 4 if you possess good/solid skills.
My skills are average.	3	Enter 3 if you know some stuff, but not everything and just do okay.
I know some things.	2	Enter 2 if have little experience and know there is still room for substantial growth.
I have very minimal or no skills.	1	Enter 1 if you have minimal or no skills in the area.
For the "Growth Tracking" Columns:		
Exceptional growth	5	Enter 5 if you have shown exceptional growth and reached a satisfactory level of competence in this area.
Significant growth	4	Enter 4 if you have made substantial progress and are confident in your abilities.
Moderate (average) growth	3	Enter 3 if you have made noticeable strides and have a decent level of proficiency.
Some growth	2	Enter 2 if you've experienced minor improvements, but there's still room for substantial progress.
Very little or no growth	1	Enter 1 if you feel that your growth in this area has been minimal or negligible.

	Before Foundations	Growth Tracking 2	Growth Tracking 3	Growth Tracking 4		Before Foundations	Growth Tracking 2	Growth Tracking 3	Growth Tracking 4	
LEADING SELF					Rating	MANAGING COMPLEX TASKS				
Core Values	3	4			Project Scoping	1	2			
Self-awareness [Personal Mission Statement]	3	4			Project Structuring	1	2			
Self-regulation [Emotional Intelligence]	3	4			Project Planning	1	1			
Self-improvement [Growth Mindset]	3	4			Project Coordination	1	3			
Self-improvement [Healthy Habits Formation]	3	4			Project Execution	2	3			
LEADING SELF					Rating	COMMUNICATION FOR IMPACT				
Grit & Resilience	2	3			Audience Awareness	2	2			
Proactivity	2	3			Writing Process	2	2			
Time Management	3	3			Appropriate & consistent Voice	2	2			
Prioritization Techniques	2	3			Organising for Effective Communication	1	2			
					Storytelling and Presentation	1	1			
LEADING OTHERS					Rating	ENTREPRENEURIAL THINKING				
Empathy	5	5			Identifying Opportunities	2	3			
Diversity	3	3			Human-centred Design Thinking	3	4			
Relationship Building	3	3			Creative Thinking and Innovation	3	4			
Feedback	3	3			Wireframes and 3D Prototyping	2	2			
Collaboration	4	4			Design Iterative Process	1	2			
QUANTITATIVE REASONING					Rating	CRITICAL THINKING				
Data Contextualisation	2	2			Authentic Inquiry	2	3			
Uncertainty and Modelling of the Real World	2	2			Evidence/Research Analysis	2	3			
Empirical Research	3	3			Arguments and Judgement	2	2			
Data-based Decision Making	3	4			Synthesis	2	2			
Quantitative Problem Solving	2	3			Test Taking Skills	3	3			
TECH ECOSYSTEM					Rating	CAREER ADVANCEMENT				
Technical/Product Team Roles & Functions	2	3			Self-presentation [Elevator Pitch/LinkedIn]	2	3			
Google Workspace Tools	3	4			Self-presentation [Resume/ Cover Letter/Bio]	3	3			

AI Tools, Concepts & Techniques	3	4			Networking	2	2		
Ethics in Tech	3	4			Interviewing	2	2		
					Negotiating	3	4		
LIST SKILLS YOU SCORED BETWEEN 1 - 3 IN AND WANT/NEED TO DEVELOP FURTHER									
Skill					Growth plan				
(Example) Evidence/Research Analysis					Subscribe to research analysis podcasts				
Skill 2									
Skill 3									
Skill 4									
Skill 5									
Skill 6									
Skill 7									
Skill 8									
Skill 9									
Skill 10									
Skills 11									