

# **PEER COACHING REFLECTION**

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

-> Philipos hailu

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

-> June 23, 2024 7:00 PM

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

-> Telegram

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

-> No, I did not feel any anxiety because it isn't my first time having a meeting with him. We have had several meetings in the past, and each time has been comfortable and productive. Also, he is my friend, so there is a level of familiarity and trust that makes our interactions easy and stress-free.

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

-> The session with my peer was incredibly valuable. It was enlightening to gain a clearer perspective on myself compared to before. His feedback on my growth trajectory was particularly beneficial, providing insights that have significantly aided my development. Understanding how others perceive my progress has motivated me to refine my approach and strive for continuous improvement. Overall, the session was instrumental in enhancing my self-awareness and refining my goals moving forward.

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

-> Yes, we made a commitment to diligently fill out our growth track and maintain regular communication. This commitment ensures that we stay aligned with our personal and professional development goals, actively tracking our progress and supporting each other along the way. Keeping our growth track updated allows us to assess our achievements and challenges effectively, while regular communication ensures that we can provide feedback, share insights, and offer encouragement to keep each other motivated and on track.

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

-> Not much was surprising during the meeting, but I did gain a new insight. I noticed that he excels in areas where I may have weaknesses or room for improvement. This realization highlighted opportunities for me to learn from his strengths and integrate those lessons into my own approach. It was eye-opening to recognize his proficiency and see how I can leverage his expertise to enhance my own skills and knowledge base.

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

-> I found the coaching session to be incredibly helpful overall. It provided me with valuable insights and perspectives that I hadn't considered before. The coach's guidance and feedback were insightful and practical, offering concrete steps for improvement in areas where I needed it most. What I appreciated most was the constructive criticism delivered in a supportive manner, which motivated me to strive for higher standards without feeling discouraged. This session has undoubtedly equipped me with tools and strategies to enhance my performance and achieve my goals more effectively.

**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 practiced for 30 minutes each day.