

## **Peer Coaching Reflection**

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

Faustin Rukundo

**2. The date and time that the coaching meeting took place.**

Today, at 13:30 (1:30 PM), on May 19, 2025

**3. The modality of the call (e.g., Zoom, Google Meet, WhatsApp, in person at [City Hub name]).**

In person at Kigali Nyarutarama Hub

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

I didn't feel much anxiety before or during the meeting. I was well-prepared and knew what I wanted to discuss. Meeting in person also made the conversation feel more natural and engaging.

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

The session was quite valuable. Faustin gave me thoughtful feedback and challenged me to reflect deeper on a few areas I had overlooked. It helped me view my current progress from a fresh perspective and reinforced some of my goals.

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

Yes, I committed to taking specific action steps we discussed, including following up on a task I've been delaying and being more intentional about time management over the next week.

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

Yes, I was surprised by how much clarity I gained just by talking through my thoughts out loud. Faustin also helped me recognize a pattern of self-doubt that I hadn't fully acknowledged before, which was very insightful.

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

I found the coaching session very helpful. Being in a focused one-on-one conversation gave me a chance to slow down and reflect. The setting at the hub also made it feel relaxed and professional. It felt good to be listened to, and I left the session with clearer direction and renewed motivation.