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Dr. Connie's Inner Leader Coaching Ecosystem

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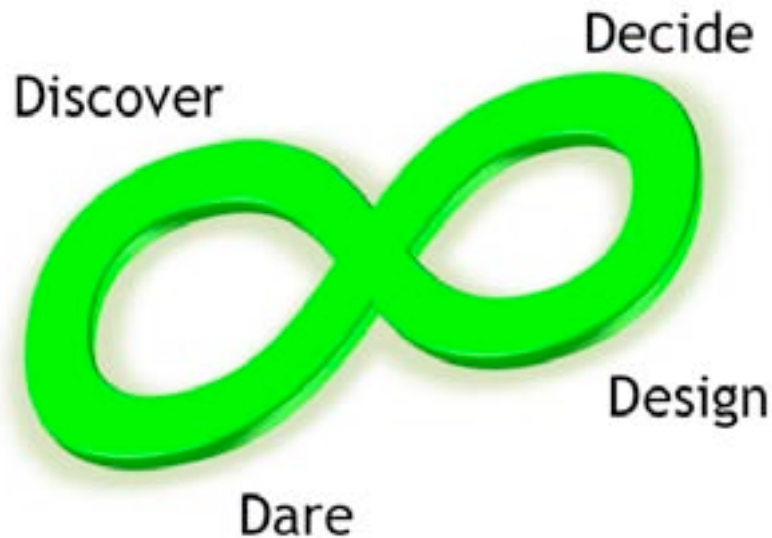
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Dr. Connie's Inner Leader Coaching Ecosystem

Developed by Connie Reimers-Hild
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Ecosystems are holistic systems encompassing the physical, biological and natural elements of the environment. They are also complex interactions of energy that include both external and internal forces. The Inner Leader Coaching Ecosystem mirrors an ecosystem in the natural environment, which includes a client's inner and outer worlds.

Inner World: A client's place of self-awareness and self-discovery. The internal aspects of thinking, feeling and being.

Outer World: The client's environment outside of self. It is comprised of all the complex interactions between the client, other people, creatures and the environment.

Dr. Connie's Inner Leader Coaching Ecosystem recognizes that life is a journey with its ups and downs, joys and sorrows, positive and negative changes. It is designed to blend the spiritual with the physical and material. Most importantly, it is an ecosystem that recognizes the importance of living fully while making desired changes and adjustments. A central focus of Dr. Connie's Inner Leader Coaching Ecosystem is to help clients live more fully while on their journey to develop their inner leader and move towards their personal vision. It is not a coaching process focused on solely reaching goals and achieving objectives. It is a journey. Dr. Connie's Inner Leader Coaching Ecosystem helps clients organically unfold their personal journey while fully experiencing and enjoying life.

Phases of the Inner Leader Coaching Ecosystem: Discover, Decide, Design and Dare

Discover: This phase of the coaching process is largely an internal journey focused on self-discovery and self-awareness. Clients will uncover their personal truths and unearth their core intentions. The **Discover** phase includes deep introspection and opportunities to clarify true intentions, underlying beliefs and self-truths. This phase of the Inner Leader Coaching Ecosystem helps clients become aware of who and where they are now in their lives. Clients literally create a vision of their ideal life, which helps clients clarify and identify the experiences they want to have throughout their life journey. A journey designed to help clients achieve greater personal fulfillment and happiness.

Decide: In this phase of the Inner Leader Coaching Ecosystem, clients determine what they are willing to commit to doing to achieve their personal vision. Clients identify the intentions they want to work on during the coaching sessions so their energy is focused yet creative and meaningful. In this phase of their coaching journey, clients will re-examine and re-reframe their underlying beliefs while working on their self-confidence.

This phase of the coaching journey helps clients **Decide** what they want to experience so the right action steps are created. These purposeful actions steps guide clients forward towards their personal vision.

Design: Clients work closely with Dr. Connie to co-create structures that help them achieve their intentions with a sense of personal fulfillment and purpose. Structures are unique to each client and designed to create positive, sustainable change as they strengthen their inner leader and live their ideal vision.

Dare: Clients **Dare** to TAKE ACTION in this phase of the Inner Leader Coaching Ecosystem. Dr. Connie helps clients redefine and reframe risk taking so they can take action with confidence and awareness. Structures and tools are used to help clients initiate action steps and implement changes in ways that hold the most meaning to them.

One of the major hallmarks of the **Dare** phase is a journey characterized by clarity, personal fulfillment, confidence and fun!

Core Elements of the Inner Leader Coaching Ecosystem: Sustainable, Continuum, Continuous

The Inner Leader Coaching Ecosystem is Sustainable: Clients work to discover and uncover internal aspects of self while developing tools that can be used to structure their outer world. The unique blend of internal and external coaching is focused on helping clients through:

- 1) Strengthening Self-Awareness and Self-Confidence
- 2) Clarifying Values and Beliefs
- 3) Uncovering Underlying Beliefs and Clarifying Self-Truths
- 4) Developing and Implementing Structures focused on Creating Positive, Sustainable Change
- 5) Creating Full Life Filled with Joy, Personal Fulfillment and Fun!

The Inner Leader Coaching Ecosystem is a Continuum: Clients can be in any phase of the Inner Leader Coaching Ecosystem at any time during the coaching process. They will continually discover more about themselves as well as their passions and desires. Clients clarify what they want to achieve and experience. Support structures are then designed and implemented to help create positive change and purposeful action!

The Inner Leader Coaching Ecosystem is Continuous: Just as an ecosystem is continuously changing, clients will continue to explore and develop themselves even after the formal coaching relationship ends. The ultimate goal is sustainable change that positively impacts the clients inner and outer worlds-their ecosystem. Ideally, their positive energy and experiences will organically flow from their Inner World to their Outer World and leave a positive footprint on the entire ecosystem!

A Note About the Symbol:

The Infinity Symbol serves as a visual representation of Dr. Connie's Inner Leader Ecosystem coaching model.

This ageless symbol represents the infinite possibilities that exist inside each of us as we travel our individual paths and experience the journey through life.

The green color of the infinity symbol represents the lasting and sustainable benefits of Dr. Connie's Inner Leader Ecosystem coaching model.

