

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

---

Kimmel Education and Research Center -  
Faculty & Staff Publications

Kimmel Education and Research Center

---

6-1-2012

## Coaching as a Catalyst: Distance Learning for Personal Innovation (Revised Presentation)

Connie I. Reimers-Hild

University of Nebraska-Lincoln, creimers2@unl.edu

Follow this and additional works at: <https://digitalcommons.unl.edu/kimmelfacpub>



Part of the [Arts and Humanities Commons](#), [Business Commons](#), [Curriculum and Instruction Commons](#), and the [Social and Behavioral Sciences Commons](#)

---

Reimers-Hild, Connie I., "Coaching as a Catalyst: Distance Learning for Personal Innovation (Revised Presentation)" (2012). *Kimmel Education and Research Center - Faculty & Staff Publications*. 18.  
<https://digitalcommons.unl.edu/kimmelfacpub/18>

This Article is brought to you for free and open access by the Kimmel Education and Research Center at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Kimmel Education and Research Center - Faculty & Staff Publications by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

# Coaching as a Catalyst: Distance Learning for Personal Innovation

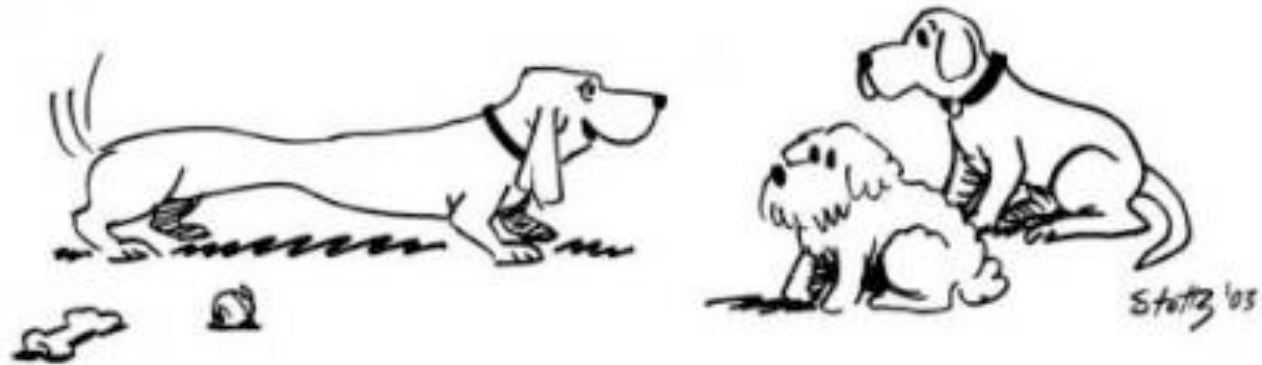
**Connie Reimers-Hild, PhD, CPC**

University of Nebraska-Lincoln  
Kimmel Education & Research Center  
Nebraska City, NE  
[kimmel.unl.edu](http://kimmel.unl.edu)  
[askdrconnie.com](http://askdrconnie.com)



2012 Distance Learning  
Administration Conference





"YEAH, IRENE'S GREAT. SHE REALLY TAUGHT  
ME HOW TO STRETCH MYSELF."

Irene Leonard,  
Lawyer and Master Certified Coach

# Coaching

“Partnering with clients in a thought-provoking and creative process that inspires them to maximize the personal and professional potential.”

International Coach Federation, 2011



# Celebrating 150 Years of the Morris Act (1862)

Signed by Abraham Lincoln

authorized by the respective legislatures of said States. Second. A portion of  
said lands, in the State of Missouri, shall be sold to the highest bidder, for  
the buildings, lands, any State, or any person, may take and claim the benefit of the pro-  
visions of this act shall be sold, and the proceeds, at least not less than one-third, as  
directed in the fourth section of this act, shall be paid to such State shall receive, and said  
State shall be bound to pay the United States the amount received of any lands previously  
sold, and the title to such lands shall be conveyed to the United States. Fourth. An  
act shall be passed, and the proceeds of the sale of such lands shall be paid to the  
improvements and experiments, made, and their cost and results, and such other matters,  
including State, industrial, and economical statistics as may be supposed useful;  
one copy of which shall be transmitted by mail free, by each, to all the other colleges  
which may be endowed under the provisions of this act, and also one copy to the  
Secretary of the Interior. Fifth. When lands shall be selected from those which have been  
raised to double the minimum price in consequence of railroad grants, they  
shall be computed to the States at the maximum price, and the number of acres  
proportionally diminished. Sixth. A State while in a condition of rebellion or  
insurrection against the government of the United States shall be entitled to the ben-  
efit of this act. Seventh. No State shall be entitled to the benefit of this act unless it shall  
express its acceptance thereof by its Legislature within two years from the date of its  
approval by the President. Sec. 6. And be it further enacted, That land scrip is-  
sued under the provisions of this act shall not be subject to location until after the first  
day of January in the thousand eight hundred and sixty-two. Sec. 7. And be it further  
enacted, That the land officers shall receive the same fees for locating land scrip issued under  
the provisions of this act as were allowed for the location of Military Bounty land grants  
under existing laws: Provided, that no compensation shall not be thereby increased.  
Sec. 8. And be it further enacted, That the proceeds of the sale of such lands shall  
be used under this act, and the proceeds of the sale of such lands shall be paid to the  
sales made of such scrip, until the whole shall be disposed of, the amount received  
for the same and what appropriation has been made of the proceeds.

William A. Johnson

Speaker of the House of Representatives

Volomen Scott

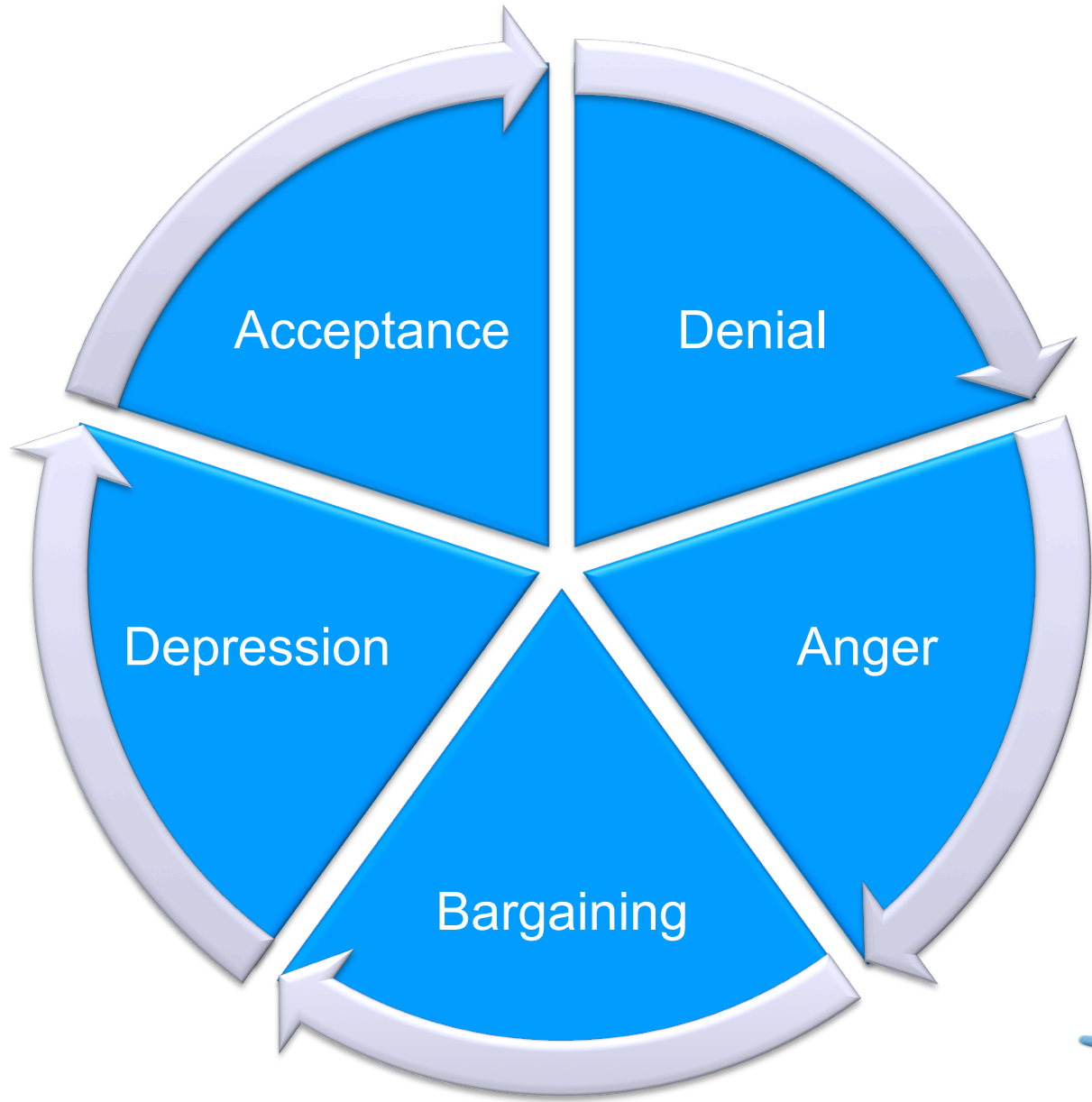
President of the Senate pro tempore

Abraham Lincoln

Approved, July 2, 1862

# 5 Stages of Grief

Dr. Elisabeth Kübler-Ross



# **Coaching Delivery:**

Face-to-Face

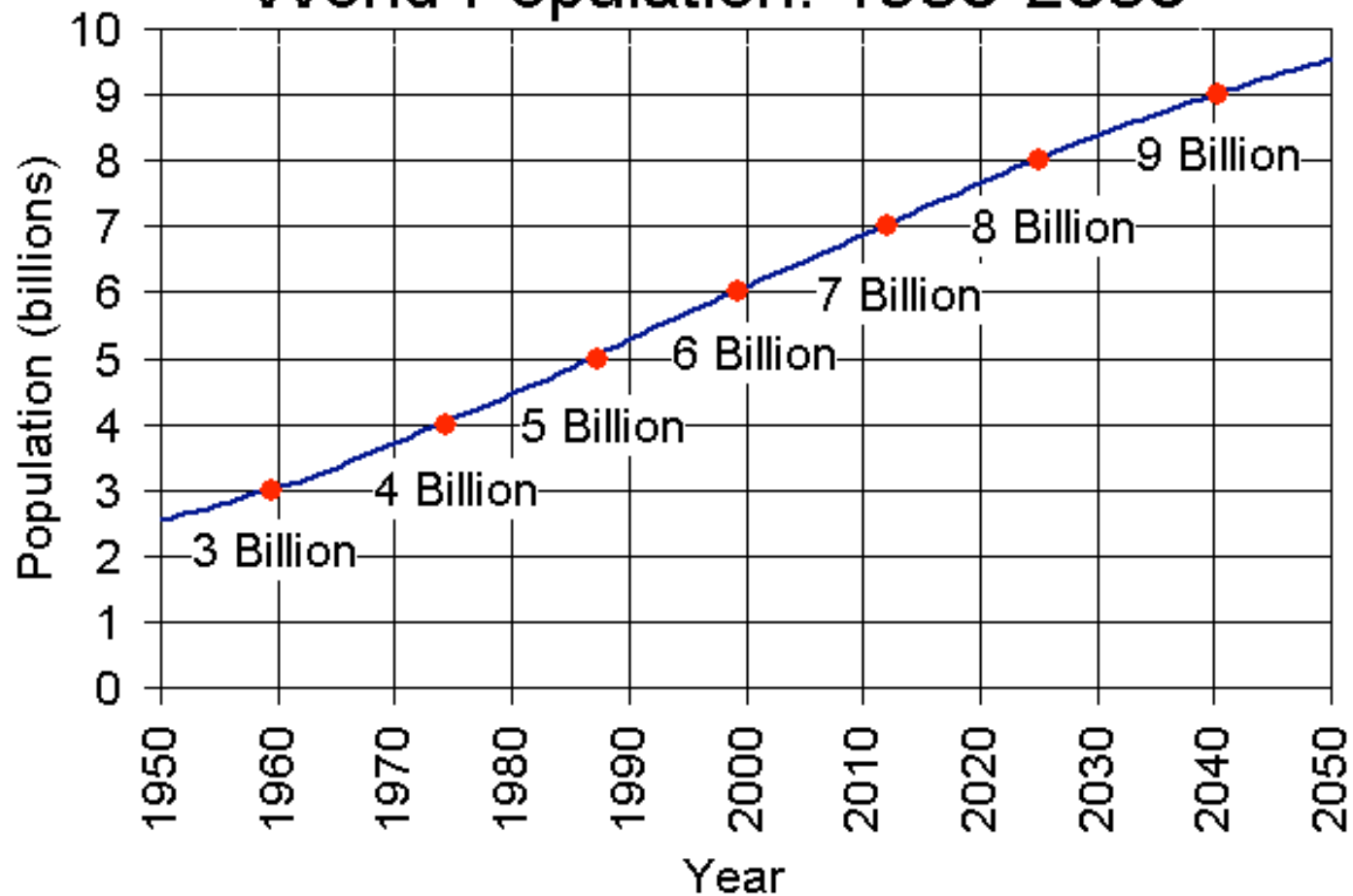
Telephone/Skype/Facetime, etc.

Technology Based Coaching

“There’s an App for That”



## World Population: 1950-2050



Source: U.S. Census Bureau, International Data Base, December 2008 Update.





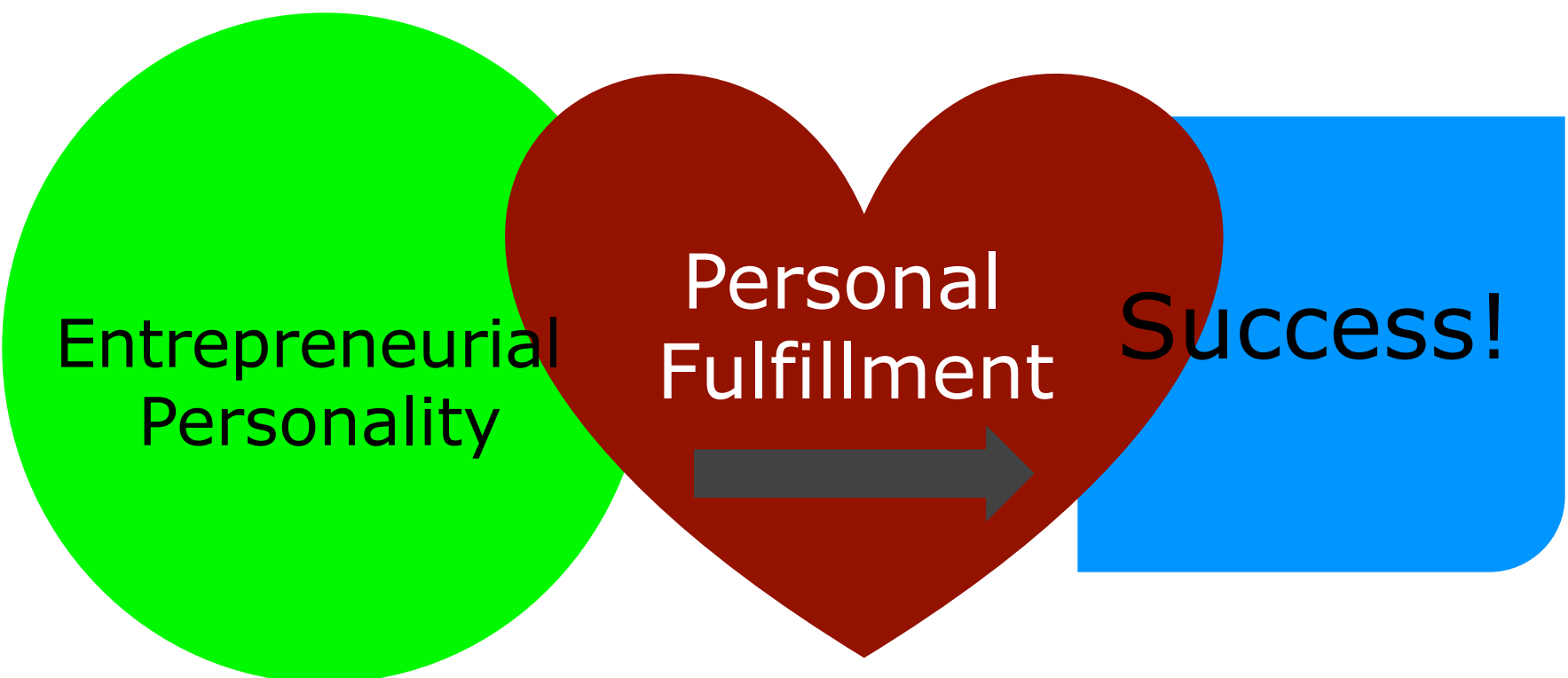


“The best way to  
predict the future is to  
**INVENT IT.**”

-Dr. Alan Kay

Inventor and Pioneer  
in the Computer  
Industry





Entrepreneurial  
Personality

Personal  
Fulfillment

Success!

# My Research



# Freedom





# Well-being

- 9.8% of adults strongly agree that their life is close to ideal
- 19% of adults strongly agree that they are satisfied with their life
- 21% of adults strongly agree that their life has a clear sense of purpose



Only you know what is the driving force within. To throw off the shackles of your imprisonment, find you passion and pursue it-no matter the consequences.

-Dr. Gene Landrum,  
*Entrepreneurial Genius:  
The Power of Passion*



Before you can truly lead others...

you must first lead yourself



If one advances confidently in the direction of one's dreams, and endeavors to live the life which one has imagined, one will meet with a success unexpected in common hours.

-Henry David Thoreau



# ICE

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

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

**Inner Leader Coaching Ecosystem (ICE):** A coaching system designed to support positive personal innovation by synergistically and organically bringing together the Inner World and Outer World of sustainable living.



Self-Discovery,  
Self-Awareness &  
Personal Vision

Honest  
Commitment



Redefine Risk &  
Take Inspired  
Action

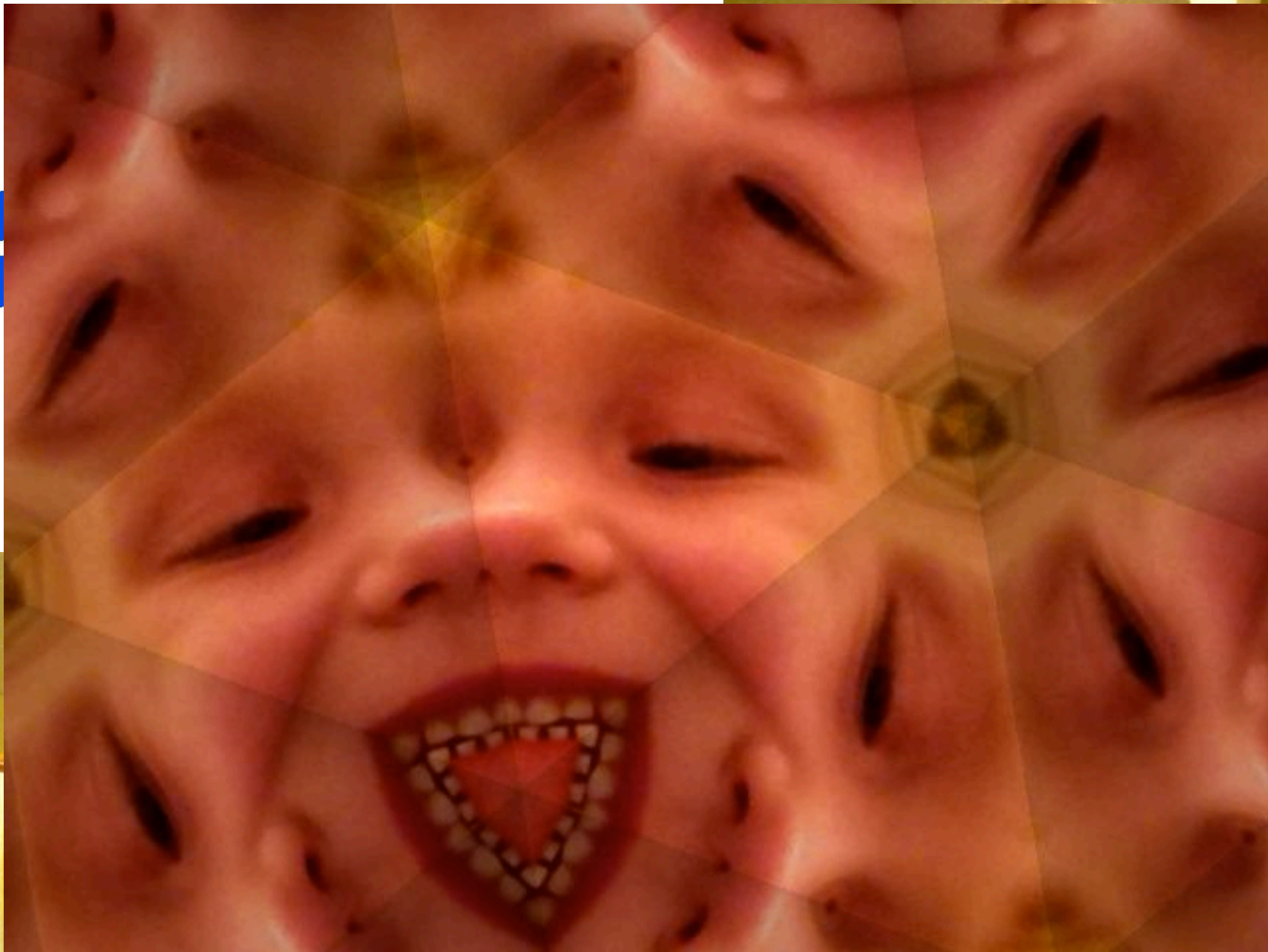
Personalized  
Strategies and  
Structures





# Discover







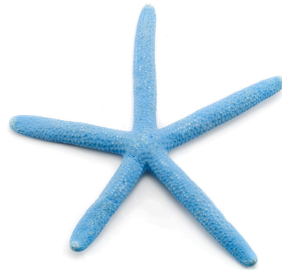
Conscious Mind = 5%

● Subconscious  
Mind=95%

Szegedy-Maszak, 2005



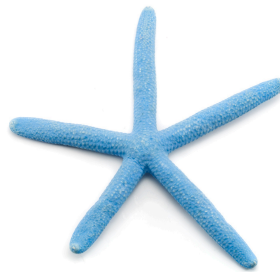
1. What distance-delivery technologies would best provide customized coachee support 24/7?



2. How can ICE be expanded to effectively coach groups and teams at a distance?



3. How can technology be used to establish and measure ROI?



DARE!



**“GiGi”**



What future opportunities do you see  
with distance-delivered coaching?



How can technology-based coaching be used to support instructors and learners?

What about  
Administrators?



Your time is limited, so don't waste it living someone else's life.



Don't be trapped by dogma-which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your inner voice.

And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

-Steve Jobs,  
2005 Stanford Commencement Address



# **Connie Reimers-Hild, Ph.D.**

University of Nebraska-Lincoln  
Kimmel Education & Research Center  
5985 G Road  
Nebraska City, NE 68410

E-mail: [creimers2@unl.edu](mailto:creimers2@unl.edu)

Phone: 402-873-3166

Web: [kimmel.unl.edu](http://kimmel.unl.edu)

Blog: [askdrconnie.com](http://askdrconnie.com)

You are Amazing!  
Thank You!!

# **Connie Reimers-Hild, Ph.D.**

University of Nebraska-Lincoln  
Kimmel Education & Research Center  
5985 G Road  
Nebraska City, NE 68410

E-mail: [creimers2@unl.edu](mailto:creimers2@unl.edu)

Phone: 402-873-3166

Web: [kimmel.unl.edu](http://kimmel.unl.edu)

Blog: [askdrconnie.com](http://askdrconnie.com)

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.