

Student Spotlight: Anne Poindexter

By Kyle Weaver
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*Anne Poindexter
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Class of 2019*

“We are not qualified to be coaches, but ... we can learn a lot about ourselves by learning what coaching is.” -Anne Poindexter

The students of the Lockheed Martin Leadership Institute at Miami University are investigating coaching and how the mindset behind leadership coaching may be beneficial to the thought processes of college students. Typically, leadership coaching is utilized by company executives and other professionals who are seeking advice and help in reaching personal goals. The principles that the coach uses while conducting a session are simple in theory, but require much skill to effectively use.

The third-year undergraduates are using this time learning about coaching to learn about what types of skills make a great coach, and how to utilize these skills within their lives.

The goal of this project is not to attempt to turn college students into coaches, but to open their minds to a different way of thinking and a new way to interact and assist others.

Anne Poindexter, who is leading the Institute’s students in learning about Coaching, shared her thoughts on what coaching is.

“Coaching is a combination of listening intently and asking thought-provoking questions in order to lead someone to impactful solutions to a problem in their life,” said Poindexter.

Poindexter is leading the Institute’s Learning Team. She sees her purpose as focused more on developing the students’ awareness than learning how to be a coach.

“Our focus for teaching everyone is a little bit less about teaching the cohort what coaching is, and rather focusing on how learning about coaching can help us learn about ourselves and help us develop



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a sense of self-awareness,” said Poindexter. “That’s going to be one of the biggest takeaways we can have as college students.”

Poindexter described one of the exercises the cohort was led through; Institute members were asked to spot-coach each other about small habits. She shared that this exercise led her to think that “the whole process of coaching can help you figure out if there are deeper problems in there or just kinda help you figure out ways to improve your life that are tailored to you and are actually going to be impactful to your life.”

Poindexter is looking forward to learning more about coaching, particularly about how to ask deep, meaningful questions that are tailored to the coachee.

The Lockheed Martin Leadership Institute is a program for undergraduate Engineering and Computing students at Miami University that aims to cultivate leaders who will flourish in their professions and lives by thinking strategically, working collaboratively with others, effectively communicating their ideas, and finding innovative solutions to society’s most complex problems.