

Jennifer Hodgson-Kozel is the founder and CEO of **Inward Bound, Equine Assisted Learning Center**, is EAGALA certified and has earned her MSHRM degree. Her unique approach to clients combines a lifetime of equestrian experience with several years of



military service in the medical field and over a decade of human resources leadership to offer honest and immediately effective life and leadership coaching. She exhibits the courage to tackle the tough issues on her own life's journey and she believes there is no obstacle too tall to hurdle. She has successfully coached countless others during the stressful times of change and transition. Her clients range from those in a Fortune 15 company, to couples who want to redesign their relationships, and teens struggling to discover who they want to become. Her biggest passion is to unite people and horses in exercises that amplify and expose the impact of the every day human experience. Jennifer has a keen ability to help her clients apply this experiential learning to life outside of the equine arena by drawing relevant comparisons to work, school and family life.

Jennifer upholds absolute respect and honesty with others and enjoys sharing her client's struggles and successes as a partner!



Take the first step today and contact Jennifer for your FREE get-acquainted call!

Inward Bound
Equine Assisted Learning Center
Jennifer Hodgson-Kozel
Career and Life Coach
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ATTENTION!

Are you on active duty or a veteran?



Are you experiencing a time of transition?



Are you facing tough life decisions?

If you answered yes to any of these questions, then Jennifer Hodgson-Kozel is the Life Coach who can help YOU navigate your course of action!

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Call for a FREE consultation today!

Those who serve in our Military find themselves in the face of change and transition on a constant basis. Although change becomes normal, it can still be tough to navigate all the choices and opportunities that appear during these times of transition.



Whether you are still on active duty, transitioning out of the service and into the civilian world, or a veteran who has already made the jump, a Life Coach can provide the opportunity to actively explore and create your desired future!

What is Life Coaching and what can it do for you?

People who hire a life coach are interested in following the path of a dream or goal. Above and beyond achieving personal milestones, the results of a productive coaching alliance also includes:

- Outstanding job performance
- Strengthened relationships
- Improved overall health
- Creation of balance in life
- Successful navigation out of a rut, either personally or professionally

Life coaching involves standing in the present and looking toward the future, creating possibilities and then taking the necessary steps to make your vision a reality.

Career and Life Coaching can take place at Inward Bound EALC, at your home, office, school and even over the phone! Coaching sessions may include the use of an equine facilitator (a horse).



Team Building Events are also available and take place at Inward Bound Equine Assisted Learning Center in Douglasville, Georgia.



Why use horses to coach people?

Since the beginning of written history, horses have been known for their ability to help people improve the quality of their lives. They have shared their great physical strength to pull farmer's plows and passenger carriages. They have charged into battle with warriors on their backs and equal courage in their gut. They have entertained crowds with their elegance and beauty in performances of every kind. And for hundreds of years, they have been known as trusted teammates for riders who take them into competitions in various equestrian sports.

Today, horses are also being recognized for their ability to facilitate personal and professional growth opportunities in those seeking a deeper understanding of themselves.



Equine Assisted Learning is just one of the modalities that Jennifer uses in her coaching practice.

At Inward Bound,

Equine Assisted Learning Center, Jennifer provides a safe environment where these amazing four-legged life coaches can freely interact with clients and empower them to reflect upon themselves in order to reach a heightened level of self-awareness. From this place, new tools can be learned and then applied to life outside of the equine arena.

Military and Veteran clients may choose from three coaching packages and get the added benefit of gathering together for a **Transition Round Table Meeting** once a month to:

- Share stories and ideas
- Experience teambuilding
- Assist each other in transition
- Network outside your usual circle
- Navigate career demands
- Support mutual growth and discovery
- And so much more!

NOTE: Your employers may cover the cost of the coaching package you choose. Discuss this option with your supervisor and Human Resource Representative!