

## Jennifer H. Kozel

Prior to becoming a certified career and life coach, Jennifer spent a decade in corporate America-tackling project management, integration of acquired companies, career coaching and executive development at The Home Depot. After a challenging and rewarding corporate career spanning store management to human resource leadership across the country, she decided to start her own human development company in Georgia called Inward Bound Equine Assisted Learning Center. At Inward Bound EALC, Jennifer draws from her military, corporate and personal life to facilitate powerful, life changing experiences for her coaching, and team building clients. It is as a Registered Corporate Coach (RCC) and Associate Certified Coach (ACC) that Jennifer began working with Life Long Leadership as a Consulting Partner role in 2007, and continues in this capacity today. Her in depth human resource expertise and ten years as an executive coach make her an ideal match for clients at all stages in their career.

Jennifer graduated from Roosevelt University with her Master's degree in Human Resource Management. Her triple major Bachelors Degree from Pace University is in Biology, Psychology and English. Throughout her professional life, she has successfully coached countless others during the stressful times of change and transition. Her clients have included Fortune 100 executives, couples designing relationships and U.S. troops returning from war. Creative problem solving, individual accountability and personal empowerment are staples in Jennifer's coaching style. She offers honest, respectful and immediately applicable executive and life coaching. She upholds a high ethical standard and is results oriented; thus encouraging the same from her clients.

Jennifer is committed to continuous self development while also partnering with clients to improve themselves. Her biggest passion is to light the pathway for others to create a balanced and fulfilling life for themselves. Along with various personality, career, performance and life purpose assessments, Jennifer also offers her diverse canvas of clients a unique modality called Equine Assisted Coaching (EAC). With EAC, people and horses are brought together outdoors in experiential exercises that amplify and expose the impact of every day life. Equine interactions have been proven worldwide as a tremendously effective way to bring individuals and teams through chaotic times. Jennifer has a keen ability to help her clients apply the life changing metaphors of this experiential learning to life outside of the equine arena. Building onto EAC, Jennifer designed the first equine assisted life skills program for military and veterans, called the Life Nav™ program. It offers pre-deployment, deployment and reintegration support for military personnel and veterans.

Jennifer received her coach training at the Institute for Life Coach Training (ILCT) and is an active member of the Georgia Coach Association (GCA), International Coach Federation (ICF) and the Worldwide Association of Business Coaches (WABC).

When she is not coaching or consulting, Jennifer enjoys spending time with her husband, infant daughter, and competing aboard her horses in the sport of 3 Day Eventing. Jennifer is also a MATCH Mentor for the Douglas county school system