

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 normal 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 created the **HORSE POWER** model, which stands for Honesty, Objectivity, Respect, Safety, Ethics, Patience, Opportunity, Wisdom, Energy, and Responsibility, and she effectively weaves it into her coaching.



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

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Are you facing tough life decisions?



Would you like to discover your passionate source of income?



Would you like to improve your work performance and quality of life?



Would you like the courage to create the life of your dreams?



If you answered yes to any of these questions, then Jennifer Hodgson-Kozel is the Life Coach for YOU!



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:

- Strengthened relationships
- Improved overall health
- Creation of balance in life
- Successfully navigating out of a rut, either personally or professionally

Life coaching is a process of discovery and creation that two people engage in for the benefit of one - YOU!



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! Not all coaching sessions will include the use of an equine facilitator (a horse). In addition, special arrangements may be made to have off-site equine facilitation for an individual or group.



Teens Can Benefit!

Life Coaching is no longer exclusively for executives and adults. In addition to one-on-one coaching, Inward Bound Equine Assisted Learning Center offers many teen focused programs. Visit www.inwardbound-ealc.com for more information!



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 great 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.

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 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.



All I wanted to know about myself, I learned from a horse! ~ Jennifer Hodgson-Kozel