

HORSE POWER

Inward Bound's **HORSE POWER** model is based on ethics and values that foster healthy decision making at every age level. It stands for **Honesty, Objectivity, Respect, Safety, Ethics, Patience, Optimism, Wisdom, Energy, and Responsibility**. This model is used in all our programs and is the catalyst for emotional growth and personal development. These programs explore the world of choices, ethical decision making, creative problem-solving, teamwork and character education. Clients who complete any of our programs can expect to see immediate improvement in human to human relationships.



Contact Inward Bound, EALC today!
(770) 949-9165 or email:
inwardbound.ealc@yahoo.com
www.inwardbound-ealc.com

Inward Bound, EALC has other programs available for schools, churches, community centers, clubs, etc.

Other programs include:

- Prep for College Life
- Adjusting to Life after College
- Coping with Peer Pressure
- Team Cohesiveness
- Enhancing Teacher-Student Relationships
- Effective Motivation Tools for Teachers

Interested families, students, parents, administrators and school staff should call or email today to discuss options of bringing “Mane Focus” or another beneficial program to your school!

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Youth and Teen Programs at Inward Bound, EALC

Life coaching is no longer exclusively for executives or adults!



We offer several youth and teen focused programs designed specifically for the challenges our children and young adults face in today's society. Each program includes the use of horses in non-mounted exercises that works to address areas such as:

- Respect
- Creativity
- Alertness
- Imagination
- Choices
- Punctuality
- Honesty
- Courage
- Integrity
- Celebration



“Mane Focus”

Inward Bound, EALC is proud to introduce its latest program tailored specifically for motivated and talented high school students in Georgia!

Jennifer Hodgson-Kozel, Professional Personal Life Coach and founder of Inward Bound, EALC, has designed a semester long character building course that utilizes horses to facilitate the development of vital character qualities necessary for success in personal, scholastic and professional life.

This course is only available to students who are prepared to participate in their own development and self-discovery.

Jennifer is very excited about this tremendous opportunity to touch the lives of these special students and assist them in discovering who they are passionate to become.



A few areas of concentration during the **Mane Focus** program are:

- Demonstrating the power of intention
- Igniting productive attitudes
- Establishing each student's unique motivation
- Demonstrating the vital component of respect in all relationships
- Increasing awareness of non-verbal language
- Enabling the establishment of personal boundaries
- Strengthen sense of responsibility through accountability
- Exercising focused energy to produce improved scholastic and athletic ability
- Strengthening problem solving skills



Today, more than ever, children and teenagers are challenged to make healthy decisions in a culture laden with unhealthy influences. As a result of these daily stressors, our youth are experiencing low self-esteem, an increase in aggression, a declining sense of personal empowerment and responsibility for their own choices. The best intervention to head off this growing problem in society is an investment to reach our troubled youth with programs that offer immediate changes to their core values, principles and ethics that will reshape the ways they make decisions, behavioral choices and develop life habits.

