

Jennifer H. Kozel



Jennifer Kozel, Certified Life Coach is the founder and CEO of Inward Bound Equine Assisted Learning Center (www.inwardbound-ealc.com), is certified by the Equine Assisted Growth and Learning Association (EAGALA) and has earned her Master's degree in Human Resource Management. Her triple major Bachelors in Science is in Biology, Psychology and English. Jennifer has been a professional performance development coach for over ten years and has earned her Registered Corporate Coach (RCC) designation, as well as the International Coach Association's Associate Certified Coach (ACC) credential. Her unique approach to clients reflects several years of military service in the medical field, over a decade of field level and corporate level human resources leadership, and a lifetime of competitive equestrian experience combined to offer respectful, honest and immediately applicable executive and life coaching. She has successfully coached countless others during the stressful times of change and transition. Her clients include executives in a Fortune 100 company, couples designing their relationships, teens struggling to discover themselves, and U.S. troops returning from war. Creative problem solving, individual accountability and personal empowerment are staples in Jennifer's coaching style.

Jennifer is committed to continuous self development and her biggest passion is to light the pathway for her clients to create a balanced and fulfilling life for themselves. One of the unique modalities that Jennifer offers her diverse canvas of clients is Equine Assisted Coaching (EAC), in which she brings people and horses together in experiences that amplify and expose the impact of the often complicated human experience. 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.

In fact, using this modality Jennifer designed the first equine assisted life skills program for military and veterans, called the Life Nav™ program (www.Life-Nav.com). It offers pre-deployment, deployment and reintegration support for military personnel and veterans. This program is on the cutting edge of equipping our troops with the life skills needed to be personally and professional successful, especially when enduring the unique traumas that war can bring (501(c) 3 pending).

Putting this experience to work, Jennifer co-created a powerful program, called Operation Career Zone (www.opncareerzone.com), in which companies can attract and improve the retention of military employees. Corporate clients may choose from a menu of consultative and coaching services customizing the program to meet their specific industry and human resource needs.

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 Association (ICF) and the Worldwide Association of Business Coaches (WABC).

In her free time, Jennifer enjoys competing her horses in the sport of 3 Day Eventing and training other horse and rider teams to achieve their personal best.

Contact Jennifer now for a complimentary consultation.
www.inwardbound-ealc.com, www.Life-Nav.com, www.opncareerzone.com
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