

AMANDA E. HELD, E.S., O.M.



Amanda creates programs and custom workshops using a wide variety of new and unique personal development methods, based on real life experience, that lead people and teams to become more motivated and inspired, resulting in the ability to overcome stress, embrace change and ultimately achieve the next level success!

“ My passion is to inspire, strengthen and empower people. ”



BACKGROUND

Certified Coach

The Overview Method - One of only 10 people globally

EQUINE SENSE COACHING, LLC.

CEO/O.D. Expert/Coach

Conducting hands on coaching sessions and retreats for individuals/ employees / small groups to build confidence, improve communication and function on a higher level

HEALING OF OUR VETERANS EQUINE SERVICES (HOOVES)

Founder/Director

501(c)-3 Non-profit organization that offers free coaching to help Veterans overcome PTSD using Equine Assisted Learning

MILITARY SERVICE

Active Duty USAF - 4 years / Air National Guard - 12 years
Technical Sergeant/Human Resources/Career Advisor
180th Ftr Wng, Toledo OH / 122nd Ftr Wng, Ft Wayne IN
Deployed to Slovakia 2016

EDUCATION

May 2017: B.A. in Organizational Development
Ashford University

Associate Degree: Human Resources
The Community College of the Air Force

Associate Degree: Business Management / Sales & Marketing
Owens Community College

Cert Equine Specialist - Equine Assisted Growth & Learning Assoc.

Amanda was born in Toledo raised in Whitehouse, and currently resides in Grand Rapids, Ohio

"She Means Business" titleist in 2012 Ms. Veterans America Pageant - creating awareness and support for homeless female veterans

Rescued/Rehabilitated over 100 horses, 10 wild mustangs



**AIR NATIONAL
GUARD**

Technical Sergeant

CONTACT

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