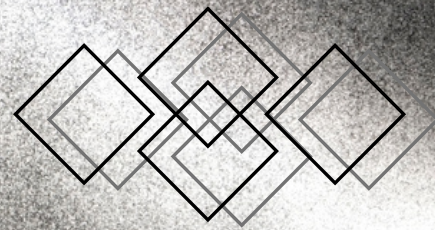


Hello,

I am a veteran and equestrian who is committed to life long learning and growth. My passion is to share wisdom that brings healing and transformation to those struggling to find their way, so they may also share their gifts with the world and continue the ripple effect.



AMANDA HELD

Founder & Executive Director H.O.O.V.E.S
Post-Traumatic Growth Expert

Amanda Held is a Founder, CEO, Horse & Human Potential Practitioner, Healing Facilitator, Published Author, and Air Force First Sergeant. Through decades of studying horse and human behavior, Amanda has developed powerful insights and evidence-based solutions that help both horses and humans actualize their full potential.

Amanda's passion is to deliver powerful event that create a clear path for participants to access deep levels of awareness and move into cohesion and self-mastery. Amanda has earned a place in the 2022 Success Magazine's "125 People of Influence" by spending over a decade empowering veterans, equestrians, mental health practitioners, facilitators, executives, and businesses gain the clarity and confidence necessary to obtain their high-level goals with ease.



AMANDA HELD

BACKGROUND



Formal Education



*A.A. Business Management, A.A. Sales & Marketing, A.A. Human Resources,
B.A. Organizational Management, M.A. Psychology (will complete 2023)*

CONTACT: 419.930.7936

amanda@hooves.us / hooves.us

Recognition



- ★ *Key Note Speaker - Women's Wellness Event, U.P.S. National Women's Leadership Summit & PEAK Financial Event of the Year - 2022*
- ★ *Author - The Little Book of Questions for Massive Transformation - 2017*
- ★ *Creator - Patriot & Rowan's Journey Through Grief Children's Book - 2022*
- ★ *Success Magazine -125 People of Influence - 2022*
- ★ *Toledo, Ohio - 3 time Hometown Hero 2018, 2019, 2022*
- ★ *Toledo Limelight - Showcasing People Making a Difference - 2022*
- ★ *Toledo Community Impact Award - 2022*
- ★ *Hungry Heroes with Dan Ball - 2021*
- ★ *The Veterans Channel - 2018*
- ★ *Ms. Veteran America "She Means Business" title holder - 2012*





OTHER PR

November 2022 - Cedar Creek Church Dollar Club Story

February 2020 - Hungry Heroes with Dan Ball

February 2020 - 419 Women Are Rad - Amanda Held

November 2019 - Mature Living Magazine

August 2019 - Leading Edge w/Kristy Lee

August 2018 - The Daily Downtown

July 2018 - Production Hub

October 2016 - TJ Maxx (Maxx Life Lessons)

July 2011 - Toledo Chamber



PUBLICITY

CLICK HYPERLINK TO VIEW

PODCASTS

April 2022 - Committed to the 419 - Amanda Held with HOOVES

December 2021 - The Human Source Codex

October 2021 - The Horse Whisperer Woman Helps Vets With PTSD - Filmmaker David Hoffman

Jun 2021 - Off Air Podcast w/ Rachel Schneider

February 2021 - Ohio Business Podcast

November 2020 - The Rough Draft Diaries with Hailey Taylor

December 2019 - Late Night Riders Podcast

January 2019 - Late Night Riders Podcast

November 2018 - The Daily Helping Podcast

NEWS

August 2021 - 13 ABC - HOOVES is expanding

August 2021 - WTOL - Events in Afghanistan

May 2021 - WTOL - Pandemic Challenges

March 2021 - 13 ABC - TPD Officers

March 2021 - 13 ABC - Veterans / PTS

February 2021 - WTOL - Veterans & First Responders

January 2021 - 13 ABC- Veteran Share Talents

September 2020 - 13 ABC - Patriot Book

November 2017 - 13 ABC - Helping Local Vets Heal

TESTIMONIALS



[CLICK HERE TO WATCH DOCUMENTARY TRAILER](#)

My life, I thought, was always going to be hard and full of anxiety. Everything I tried didn't work or only helped temporarily. This was such an amazing experience. I couldn't believe how much my life changed in only a few days. Being able to see things differently and I felt like I could actually breathe! I really don't know how to describe her as I've never met anyone quite like Amanda. She genuinely wants to help and has the tools to give you what you've been missing.

- Aubree Robinson, Veteran United States Army

I truly do not know where to begin regarding my life-changing experience with Amanda Held. In just a few VERY powerful sessions/interactions with her, I am convinced that she IS the cutting edge of equine-wisdom. She has a depth and breadth of understanding of MUCH older thought leaders, and she is humble enough to continue seeking, learning, growing, and testing her theories and practices to make absolutely certain they are the very best. If you are looking for someone to invest in your growth, knowledge, and transformation, you found her!

- Lt Colonel (Retired) Jamie Peer, United States Army

My experience with Amanda was life changing. As a newly retired Soldier, I had 26 years of Army "stuff" blocking me from enjoying my well-earned retirement. I left feeling so empowered and have been able to stay connected with the wonderful ladies who started the Equine Wisdom journey with me. If you open your heart and your mind, these amazing animals can help you heal, learn, and love.

- Colonel (Retired) Liz Stringer Litvin, United States Army