Antje Spiertz is a trained psychologist, certified coach & passionate yoga teacher supporting people to change their world one thought at a time. She works with individuals in order to improve their mental health and emotional well-being. For this purpose, she combines Positive Psychology, Coaching & Far Eastern philosophy.  
   
With her focus on mental success strategies she empowers people on how to master crises with the ABC of life.  
   
With the ABC of life, she sheds light on...  
...WHAT crisis teaches you about your values,  
...HOW you discover your personal strengths,  
...WHY it is important to put your insights into practice to realize your visions.   
   
Bring a pen and a paper and get ready for your journey of digital togetherness exploring the ABC of life!  
   
Love,  
Antje