

# Maryel Christoph

*Teacher · Coach · Believer in Flow*

Maryel Christoph is a teacher, coach and passionate believer that learning works best when people feel alive, connected and fully engaged. As a certified high school teacher (“Studienrätin”) at a German Gymnasium, teaching English Studies and Physical Education, she knows the reality of modern education from the inside — lesson planning at midnight, emotional multitasking, endless responsibilities, and the daily challenge of supporting students while somehow remembering to breathe yourself. And yes — she also knows the beautifully chaotic balancing act of being a mother.

## Holistic Coaching Training

- ◆ NLP Practitioner & NLP Master Practitioner with heart
- ◆ emTrace
- ◆ EMDR
- ◆ Fitness training
- ◆ Neuro-Instructor training (WTB)
- ◆ Holistic hypnosis



Photo: Maryel Christoph

What makes her approach special is the combination of educational expertise, psychological understanding, movement, humor and genuine human connection. **Her sessions are energetic, reflective, interactive and refreshingly real-life oriented** — somewhere between professional development, mindset shift and an exhale you did not know you needed. **She does not believe teachers need to become “perfect.”** She believes they need spaces where they can reconnect with their strengths, rediscover motivation and experience what Flow actually feels like — and, most of all, **feel emotionally safe**. Expect practical tools, engaging activities, honest conversations, laughter, movement and moments of genuine reflection.

*Her mission is simple: to help people move from surviving to thriving — and to support educators in creating learning environments where both teachers and students can flourish. Because Flow is not a luxury — it is often the missing ingredient for sustainable learning, well-being and joy in education.*



SODALITAS  
Katholisches Bildungshaus • Katoliški dom prosvete