



### **Welcome on the new website of Antoinette van Alphen.**

Antoinette van Alphen is the owner of MTC Outdoor Europe and Landgoed Le Hérou. On her pages you will read about her Inspiring & Energizing way to coach and train individual managers.

### **Latest techniques**

She is very skilled in teaching the latest techniques in the field of physical, emotional and spiritual intelligence. The pages '**EnergyManagement**' & '**Professional Intuition**' will tell you more about it.

### **News**

In her 'News' column you will read about relevant topics and books or recent insights. You are very welcome to give us your opinion by mail.

You like **new inspiration & energy**? Please dial +3170 5124444 or [mail](mailto:antoinette@mtc.nl).