

Andy Sprenger is a graduate from the University of Toledo with a Bachelor of Arts, majoring in English. Andy has taught self-defense and awareness for over 25 years to various businesses, non-profits, schools, universities, small groups, and individuals. He has also worked for Habitec Security and Allshred Services in various roles.

He was the Education Specialist for Security Services at ProMedica Health Systems for over six years. Training topics included were verbal de-escalation, situational awareness, active shooter/attacker, physical management skills (i.e., defensive skills and control hold skills), use of force, simulations, report writing, stress management, and in general, workplace violence. He trained all staff throughout the organization.

Now with WorkSpring, his role is the Learning and Development Consultant. He helps various businesses and organizations with leadership and professional skill development. Topics include improving communication, performance management, emotional intelligence, verbal de-escalation, leading through change, harassment awareness, active shooter training, and many more.