



Iris Alheidt-Pehrish - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrish

Recommendation of the week:

Can it get colorful? - Stefanie Neher guides her clients through their very personal movement process with the help of intuitive and free painting.

For more information on the topic of "Healing-full painting" you can find it here: <https://www.stefanie-neher.de/>



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<https://www.iris-alheidtpehrisch.com>

You made it

If you have made it this far, you have surely noticed that I have a new website. A future collection of my achievements and hopefully soon a platform with great extras for my course participants. However, the road to that point is still long.

But you are welcome to let me know what you think of my online presence. Whether praise or criticism, every single opinion counts. I look forward to receiving your feedback via WhatsApp: +49 (0)163 - 139 69 24 or via email: iris.alheidtpehrisch@gmail.com.

Finally arrived in Hamburg

Those who have known me for a long time know that having the sea at my doorstep was my greatest heartfelt wish, which I fulfilled last summer together with *"the best husband of all"*. Since August 2023, I've been living in Hamburg. However, not much has changed for my clients. The range of services I have built online over the past years remains the same. And for all those who prefer on-site appointments, I'm pleased to welcome you now to my newly set up home in Hamburg.



Online via Zoom

For my online coaching sessions, I use Zoom, a platform for video conferences. The only requirements for participation are a mobile phone or a computer/laptop with camera and microphone functions.

After contacting me, you will receive my Zoom ID, which you can use to register and participate for free. Please open the Zoom app or the following website: <https://zoom.us/join>. A Zoom account is not mandatory for participation!

Before we begin, I would like to offer the following tip: *'Have enough to drink on hand and create a comfortable, cozy, and undisturbed environment for yourself. Give yourself the time and space just for you. I look forward to seeing you!'*