



# 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:

Safe and Sound Protocol (SSP) for nervous system regulation. SSP is a specialized auditory training developed to reduce stress and auditory hypersensitivity. This is achieved by relieving the autonomic nervous system with the help of music.

#### SSP is suitable for:

- Social and emotional difficulties
- Auditory hypersensitivity
- Concentration difficulties
- Behavioral issues
- and more

For more information, please feel free to contact me.

### Imprint

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

### A new year of life begins

In celebration of my birthday on Wednesday, July 17, 2024, I will be taking some time off. Treating oneself well, gifting oneself small moments to recharge, and taking care of oneself are all things I constantly encourage my clients to do and will be applying to myself as well. I kindly ask for your understanding as I will not be available or responding to inquiries on this day. Thank you very much for your understanding.



### Der Kurs Fundamentals

**What is DER KURS?** DER KURS is a coaching course I have designed for a small group, focused on personal development and addressing individual life topics and recurring issues and obstacles.

**Who is DER KURS for?** DER KURS is for you, provided you are open to reflection and change. It doesn't matter where you currently stand in life. With my concept, you will be met exactly where you are (regardless of age or gender) and can embark on a guided journey to yourself at your own pace.

**How much time does DER KURS require?** The time you invest is entirely up to you. For six months, you will be guided through various topics with the help of a questionnaire (Impulsebook). These topics are ones that, based on my 30 years of professional experience, I believe everyone should work through with the help of a good coach to allow for development. **This process includes:**

- Weekly group calls (Duration: 90-120 minutes)
- Monthly online workshops (Duration: 6 hours)
- Additionally, you will receive individual coaching sessions throughout these six months, which will be scheduled individually. This allows you complete freedom in deciding when and how much time you want to invest in your development.

**When does DER KURS start?** DER KURS Fundamentals, my basic coaching course that requires no prior knowledge, starts on **August 10, 2024**.

More information can be found on my website: [iris-alheidtpehrisch.com](https://www.iris-alheidtpehrisch.com), or you can contact me for a free and non-binding consultation at +49 (0)163 - 139 69 24. Two spots are still available. I look forward to you joining the group if you are interested.