



# Iris Alheidt-Pehrishch - 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-Pehrishch

### Recommendation of the week:

My favorite author, Anita Shreve  
(\* October 7, 1946; † March 29, 2018)

Anita Shreve tells the story behind the story, creating a fascinating AHA moment at the end every time. Full of knowledge and instinct about the human psyche and its depths, every one of her books captivates me.



### Imprint

Publisher: Iris Alheidt-Pehrishch  
Editorial: Rebecca Gehrke  
Layout: Rebecca Gehrke  
As of: July 29, 2024

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### When is growth possible?

*"Those who know the storm become sick from the calm."*  
Dorothy Parker

If you want to grow internally, you need experiences that present you with challenges. Challenges that sometimes seem difficult or even unattainable. Because only then – with the difficult tasks – can you recognize how much strength you possess and gain new insights that show you what you can achieve and accomplish.

Or do you sometimes not even know how to deal with calm when your life has been shaken by severe storms so far? We often become so accustomed to the drama in our lives that we become almost disoriented when the long-awaited calm finally arrives.

On the journey of your life, it is important to be able to enjoy the beautiful days just as much as to remain true to yourself and endure the storms, floods, and freezing cold. In your life, you are allowed to experience all these things. So, both belong to your life: the sunny days and the rainy days. If you manage to be the center, no matter what the weather is outside – whether storm or sunshine – then you are in your growth. That means living.

### 1:1 Coaching

In line with the theme "When is growth possible?", you will find a new service on my website: Learning about the Self through the Other!

1:1 COACHING is a classic individual coaching session where the interests, needs, and goals of the coachee are the focus. Development is only possible when I have someone who reflects me in a benevolent way and brings me into self-reflection. What makes my work so special is the trauma-sensitive approach.

Trauma-sensitive coaching is an approach in coaching that takes into account the effects of past traumas on a person's present life. It is a way of working that acknowledges that traumas can influence how a person thinks, feels, and acts, and that they can have long-lasting effects on their relationships, work, and overall well-being.

