



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:



Imprint

Publisher: Iris Alheidt-Pehrish
Editorial: Rebecca Gehrke
Layout: Rebecca Gehrke
As of: September 02, 2024

No liability is assumed for third-party content. This content is published exclusively upon request. For more information, please visit the following website:

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

Psychological strain during menopause:

When hormonal changes affect the soul!

Menopause represents a natural phase in a woman's life during which hormone production, particularly estrogen and progesterone, undergoes significant changes. However, this hormonal shift can have profound effects not only on the body but also on mental health. The psychological symptoms are varied and can greatly impact well-being. For example:

- 1) Mood swings
- 2) Depression
- 3) Anxiety and panic attacks
- 4) Sleep disturbances
- 5) Memory and concentration issues

Common treatment options can help, but unfortunately, they do not address the mind and body in harmony and are often accompanied by strong side effects. For example:

1) Hormone replacement therapy (HRT):

Increased risk of breast cancer / cardiovascular disease.

2) Antidepressants / anxiolytic medications:

Often result in physical side effects, such as:
(headaches, dizziness, nausea, restlessness, or fatigue).

It is important to me to holistically support women during this phase of life and to help them recognize the perspective of natural transformation in aging as a new beginning. It is a phase in which the female body, with all its needs, is seen, accepted, and appreciated. Body and mind are allowed to change simultaneously. Therefore, if you find yourself in this stage of life, I would like to warmly invite you to DER KURS. A six-month coaching program in an exclusive small group where I offer a feel-good platform for women over 40. Here, all topics can be discussed and embraced. We learn from each other, and a targeted transformation toward a fresh start into a new life chapter becomes possible. During this process, I will support you with personalized one-on-one coaching sessions for the mind, breathing and meditation techniques for the body, TimeWaver sessions for the analysis of holistic health, group coaching for women to connect over shared experiences, and much more...

You can request a free consultation via the contact form on my website:
<https://www.iris-alheidtpehrisch.com/en>.

I look forward to hearing from you!