



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

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Vacances en France

Off and away – but just for a short break! Together with my daughter, I am spending this week in France, while my sons are looking after the house. We are really looking forward to our holiday together and wish you a wonderful time as well until I return on October 7, 2024.

Internal Changes from 2025

I am currently working intensively on the updates for 2025, inspired by internal changes. That's why I'd like to give you a small preview of what you can expect in the future: THE COURSE will now become several courses!

- 1) Brand new course topics
- 2) New course lengths and prices
- 3) Completely revised course materials

What does this mean for you? You can look forward to a greater variety of courses for different target groups, ensuring a suitable environment for you to exchange ideas with like-minded people. Additionally, individual courses will be more affordable due to shorter durations and can be booked more flexibly. You won't need to commit for half a year anymore; instead, you can work through the different course modules in 3-month segments, entirely at your own pace.

All these changes are only possible because I've actively received feedback from my clients, and new ideas have consistently been brought up. So I'd like to take this opportunity to sincerely thank my past course participants. Thank you for accompanying me over the last five years and for giving me the chance to develop a new, tailored concept based on your suggestions for improvement!

How Do You Handle Stress?

A question I'd like to leave you with on the topic of "stress" is: "How do you handle stress?" Have you ever taken a closer look at it, and what impact it may have on your surroundings? Next week, I'll share how I deal with stress and which practices have proven effective for reducing it.