



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

New Instagram account: @coachingandiris

Those who know me a bit better are aware that Stefanie was my creative complement and was mainly responsible for managing my Instagram account. However, we have now decided to go our separate ways in order to work on different projects. For this reason, I will now be running my own Instagram account. I'm excited for the daily exchange on this platform!

My key to greater serenity

In my last weekly insight, I already touched on the topic of stress management and promised to share my experiences. Self-care and setting boundaries are key approaches for me to avoid stress.

Why is setting boundaries so important, and how do I manage to do it?

The foundation for this is a healthy sense of self-worth. Only when we value ourselves enough can we stand up for ourselves and make clear decisions. Setting a boundary is essentially nothing more than making a decision for your own well-being. As a coach, in particular, I am compelled to set boundaries to be fair to all my clients. That's why I've consciously learned to take regular time for myself and set clear boundaries — not only professionally but also personally.

It's completely okay to say "no" when my capacity is exhausted. This has nothing to do with weakness — on the contrary, it enables me to remain sustainably capable and, above all, healthy.

How do I successfully say "no"?

Sometimes we miss the "right" moment to say "no" and watch as an unwanted "yes" becomes a burden, leading to acute stress. In such cases, I want to remind you: it's never too late to say "no."

Here are some ways to revise a "yes":

- 1) I've thought it over and would like to change my mind.
- 2) When I said "yes," the circumstances were different.
- 3) I don't feel comfortable with the decision to have said "yes."