

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.



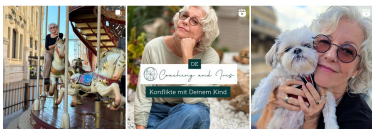
Iris Alheidt-Pehrishch

Recommendation of the week:

My Instagram account:
@coachingandiris

Here, you'll soon find short videos on various topics and case studies from the new four foundational courses, featuring helpful tips for handling specific situations.

If you'd like a sneak peek into the topics of each foundational course, feel free to take a look there.



Imprint

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

Introduction to My New Courses for 2025

You already know that 2025 brings some exciting changes — including new course topics! From DER KURS "Fundamentals", four individual courses will now emerge, which I'd like to introduce to you today:

Der Kurs "woman"

Designed for women during pregnancy, menopause, and/or puberty. The focus is on supporting women through hormonally influenced phases that can be both psychologically and physically challenging.

Der Kurs "business"

Designed for anyone who wants to work on their professional goals. The focus is on supporting clients in achieving their goals — whether financial success or career advancement. This course is intended for both self-employed individuals and employees.

Der Kurs "crisis"

Designed for anyone who needs support to navigate seemingly hopeless situations. The focus is on helping clients through challenges and hardships — whether dealing with separations, losses, family and/or relationship issues, serious diagnoses, or general life crises.

Der Kurs "growth"

Designed for anyone who wants to develop personally. The focus is on providing clients with a space where they can meet themselves honestly to foster inner growth. This course helps individuals recognize and strengthen their self-worth, understand their personal impact in life, and see themselves and others more clearly.

The four new courses will each have a duration of 3 months. The advanced courses DER KURS "Finetunings" and DER KURS "Optimizer" will continue as usual. However, participation will now require completion of one of the four foundational courses, and the duration will be shortened to 4 months. More information about the courses will soon be available on my website!