



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:



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Leadership begins with authenticity

This week, I'd like to share a short story with you that illustrates the influence we sometimes have on others without even realizing it, and how we become more of a leader the stronger we are in our own power.

Some time ago, a woman approached me while I was shopping in Munich and asked which hairdresser I went to, as she admired my striking hairstyle. I smiled and replied that I cut my hair myself. Her astonished and amused look was priceless — the ice was broken, and we started chatting.

During this brief exchange, she shared that her daughter regretted that she no longer took care of herself or put effort into her appearance. Now, after meeting me, she sees me as a role model and is happy to have found someone she can look up to. This touched me deeply. I, Iris, simply being fully myself in that moment, left a lasting impression.

It is so precious to know that each of us shines the brightest when we are truly ourselves. Here's what I'd like to share with you today: be yourself, be wonderful, and enjoy the freedom of being authentically you. Your genuine radiance attracts people, inspires them, and shows them that they, too, can follow their own path. In your strength and authenticity, you naturally become a leader — someone who guides others not with words but through presence and energy.

Menopause: A Phase of Self-Discovery

Did you know that one of the most important aspects of menopause is the journey back to oneself? It's a time to reconnect, discover an inner balance, and become aware of who and what you truly are. This isn't just about hormonal changes; it's also about gaining inner calm and a chance for reflection.

Menopause is a transformative phase, much like a "reverse puberty," and I encourage women to use this time for themselves. In DER KURS "Woman," I support women not only through this transformative stage but also focus on helping them rediscover themselves in later life, to find things that bring them joy. Every change holds the possibility for a new beginning.

Be the person you would love to meet!