



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:

In line with the topic of group coaching, I'd like to recommend my four new themed courses to you this week.

This way, you can fully benefit from the dynamics of a group with similar interests:

- DER KURS "woman"
- DER KURS "crisis"
- DER KURS "business"
- DER KURS "growth"

You can find more information about each course on my website.

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

Why do I offer group courses?

I'm often asked why my focus is on group coaching. The answer is quite simple: because the dynamic within a group creates a unique energy that can significantly boost individual growth.

My courses are designed for a maximum of 7 participants. Today, I'd like to explain why that is:

The Power of the Group:

Group coaching offers a unique opportunity to learn from the experiences of others. You not only benefit from my expertise as a coach but also from the collective intelligence of the group. Sometimes, a thought, question, or story shared by another participant can trigger that "aha" moment you needed to view your own challenges from a new perspective.

Growing Together:

In a group, a space of trust is created where everyone feels encouraged to open up, give and receive feedback. This mutual support fosters an atmosphere where personal growth and development become possible. You'll find that not only do you define your own goals more clearly, but you're also more motivated to pursue them consistently — because you know you're not on this journey alone.

Why a Maximum of 7 Participants?

In small groups, I can focus on each participant individually, addressing specific challenges and questions. Everyone has the opportunity to actively engage, discuss personal topics, and receive feedback. This ensures that your needs don't get lost in the crowd, allowing you to receive the best possible support.

Additionally, a small group creates a safe and intimate environment where everyone feels comfortable opening up. Trust is a vital foundation for genuine growth, and I've found that this trust builds quickly, especially in smaller groups.