

# 1:1 COACHING

by Iris Alheidt-Pehrisch



Change begins  
with you!



## Definition:

1:1 coaching is a classic individual coaching approach where the coachee's interests, needs, and goals take center stage. What makes my work truly unique is my trauma-informed approach.

## Goal:

My goal is to support you in your journey to becoming who you truly are or who you genuinely want and can be.

# Trauma-informed Coaching

Trauma-informed coaching is an approach that takes into account the impact of past traumas on a person's current life. It acknowledges that trauma can influence how someone thinks, feels, and acts, and that it can have lasting effects on their relationships, work, and overall well-being.

## My Approach

- **Safe and Supportive Environment:** Trauma survivors may feel vulnerable and exposed during coaching sessions, so it is crucial to create a safe and supportive space. This means providing a confidential environment, actively listening, and validating their experiences.
- **Client-Centered Approach:** Trauma survivors need to maintain control over their healing journey. As a coach, I support my clients by using a client-centered approach, which involves following their lead, respecting their boundaries, and empowering them to make their own decisions.
- **Avoiding Retraumatization:** I pay close attention to the language I use and the questions I ask. Certain words or topics can trigger retraumatization; therefore, I use neutral language and let my clients guide the conversation.
- **Emotional Regulation:** Trauma survivors may struggle with regulating their emotions, which can impact their ability to make decisions and take action. As a coach, I help them develop coping strategies and tools to manage their emotions effectively.
- **Strengths and Resilience:** Trauma survivors have often overcome significant challenges in their lives. I assist them in recognizing their strengths and resilience, highlighting how they have used these qualities to overcome obstacles. This can be a powerful way to build their confidence and motivation.

Overall, trauma-sensitive coaching requires a compassionate and empathetic approach that acknowledges the impact of trauma on a person's life. By adhering to all the principles mentioned above, I will help you move towards self-empowerment and growth.

# Prices



## 1 x Individual Coaching

**Duration:** 90 minutes

**Price including VAT:** €160.65

**Appointment:** by arrangement

## 10-Session Card

**Duration:** 10 x 90 minutes (+ 1 x 90 minutes free)

**Price including VAT:** €1,606.50

**Appointment:** by arrangement

1 x Free

The 10-session card is valid for 1 year from the date of purchase.

## 10-Session Card

When you purchase a 10-session card, you will receive a free 1:1 coaching session.

\* Valid only with immediate payment.

## About me

For more than 30 years, I, Iris Alheidt-Pehrisch, have been working in the field of coaching, helping my clients, regardless of age or gender, lead a fulfilled and self-determined life. I specialize in trauma-informed coaching, gently addressing and working through traumatic past experiences.

My work is conducted exclusively online via Zoom, which means you can benefit from my services no matter where you are in the world. I also offer coaching in English. I guarantee flexible appointment options, even with time zone differences, and I am happy to accommodate your needs.

However, it is also possible to arrange in-person sessions with me if that is your preference. I kindly ask for your understanding as this option is available only by individual arrangement. Thank you!



## Contact

If you have any questions about DER KURS "woman" and/or my working methods, I would be happy to answer them. Feel free to write to me!

WhatsApp: +49 (0)163 - 139 69 24

E-Mail: [iris.alheidtpehrisch@googlemail.com](mailto:iris.alheidtpehrisch@googlemail.com)

I also welcome bookings through these channels.

I look forward to connecting with you and our collaboration.

## Review

“Until now, I haven’t met anyone in the current coaching world who is as competent as Iris and can convey so much knowledge, insight, love, and quality.”

