



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:

The **Historical Christmas Market in Lübeck** – one of my absolute favorite Christmas markets!

On the churchyard of St. Mary's, a magical journey back to medieval times awaits you. Craftsmen and craftswomen showcase long-forgotten skills and offer their artful goods. Especially in the evening, the market unveils its unique charm: in the darkness, the square glows with atmospheric light, inviting you to dream.

Open from November 25th to December 23rd, 2024.

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

The Development of My Website

What has happened so far?

My website has received a clear and organized structure, making it easier to discover my services. For example, all courses are now gathered under the "Courses" tab. Each service also has its own dedicated page to present the information in an engaging and organized way. For those who prefer to read offline, there is still the option to conveniently download the information as a PDF at the end of each page.

What's coming soon?

The "Coaching" and "Workshops" sections will be expanded in the coming weeks and filled with a variety of offerings. Planned services include:

- Coaching for businesses
- Training for aspiring coaches
- Supervision
- Workshops on exciting topics like family constellations, etc.

Our goal is to make all content available online by the end of December 2024, so that you have a comprehensive overview of my offerings.

Christmas: A Time of Harmony – or Conflict?

Few celebrations carry as much potential for emotional highs and lows as Christmas. That's why, in the coming weeks, I'd like to focus on the following topics:

- Why do family disputes escalate during this time?
- What dynamics are at play behind the scenes?
- How can we consciously create harmonious interactions?
- How can we avoid being led by expectations or patterns?
- How can we protect ourselves from stress or overwhelm?
- How can we take into account the various needs of everyone involved?

Family gatherings like Christmas bring us together – but often also put us in situations that can create tension. Different expectations, old conflicts, or everyday stress can quickly lead to disagreements.

But harmony is possible!