



DER KURS "optimizer"

by Iris Alheidt-Pehrisch

Find
your way!



Definition:

DER KURS "optimizer" is the second advanced course designed to help you successfully implement your goals for the future. The central question of this course is: "How do I get from here to where I want to be?"

Content:

- Learn various energy techniques
- Self-application of ThetaHealing®
- Set goals and define steps to achieve them
- Learn techniques from hypnocoaching
- Identify and release blocking patterns independently
- Turn visions into reality
- Create lasting changes
- Discover new personal traits and abilities
- Navigate life with confidence
- Gain assurance in assessing yourself and others

Goal:

My goal is for each participant to leave my courses strengthened, so that life's challenges can be faced and overcome permanently and from one's own strength!

4

Months of
intensive
support

max. 7

participants

DER KURS

"optimizer"

Duration:

4 months with flexible scheduling within the group.

Procedure:

Accompanying coaching for your life themes/questions in everyday life:

- Weekly group call / 1x per week / Duration: 90-120 min.
- Monthly group workshop / 1x per month / Duration: 6 hours
- Individual Coaching / 4 sessions (by appointment) / Duration: 90 minutes each
- Course-specific, evolving Impulse Book (PDF) for personal reflection

- TimeWaver set / 2x (also optional add-on)
(for course participants €32 instead of €64 incl. VAT)
(detailed analysis on mental and/or physical level)

- All topics from the Impulse Book are discussed in the context of current situations in your everyday life, allowing you to address important and urgent issues during the course itself.

Price including VAT:

€3,600.00 (payment in installments available)

About me

For more than 30 years, I, Iris Alheidt-Pehrisch, have been working in the field of coaching and offer exclusive groups through DER KURS the opportunity to not only learn from my work as a coach but also to benefit from each other.

All group calls and individual coaching sessions take place online via Zoom, so you can benefit from my services from anywhere in the world, including in English. I guarantee suitable appointments despite time zone differences and am happy to be flexible.

However, there is also the option to schedule in-person appointments with me if you prefer that. I kindly ask for your understanding, as this option is only available by individual arrangement. Thank you!



Review

“I have learned how to keep working on myself when I notice something about myself.”

Contact

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

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I also welcome bookings through these channels.

I look forward to connecting with you and our collaboration.

