



# Iris Alheidt-Pehrishch - 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-Pehrishch

### Recommendation of the week:

#### Family Constellation

Date: 23.03.2025  
Time: 10:00 AM - 6:00 PM  
Location: YUKO - Center  
Münchner Straße 1, D-83624 Otterfing

A family constellation is a systemic therapeutic method that reveals hidden dynamics within families or systems. It shows how family entanglements, conflicts, or distressing events can influence and affect life across generations.

For more information, you can find it on my website under "Workshops."

#### Imprint

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

### Your New Year - Your New Chapter

The new year is just around the corner, bringing with it the perfect opportunity to let go of the old and make space for the new. For many of us, the start of the year is a time to take stock, define new goals, and make bold decisions. But how can we ensure that these goals don't remain just resolutions, but lead to lasting changes? This is where my offerings come in.

#### For women who want to step into their feminine power:

With DER KURS "woman," you'll learn to understand and harness hormonal changes – for more well-being, mental strength, and balance in the new year.

#### For those who want to find their way out of hopeless situations:

With DER KURS "crisis," you start the new year by learning how to master difficult situations. You'll strengthen your inner power, shift your perspective, and discover new paths and possibilities. This way, you can continue your journey with stability and decision-making strength.

#### For those who want to grow professionally:

The new year can also be a time for career realignment. DER KURS "business" helps you sharpen your career goals, recognize your strengths, and actively shape your career. Whether it's about the next promotion, more harmonious teamwork, or exploring new professional paths – together, we will develop your individual plan for success.

#### For those who wish for inner growth:

DER KURS "growth" offers you the opportunity to better perceive yourself and develop a deep understanding of your own nature, e.g., with epigenetics. You'll learn to recognize who you truly are – consciously defining your own goals, desires, and needs.

#### Your year begins now!

A new year is like a blank chapter in your personal book – a chapter full of possibilities to create something new. I would be delighted to accompany you on this journey and help you realize your visions with clarity, structure, and courage.

*May the new year be full of positive changes, growth, and fulfilling experiences for you!*