



Become an  
active creator of  
your life!



# DER KURS "crisis"

by Iris Alheidt-Pehrisch

## Definition:

DER KURS "crisis" is designed for people who find themselves in seemingly hopeless situations and are facing severe life challenges.

## Content:

- Gain understanding of the situation
- Build acceptance and learn to let go
- Learn to manage intense emotions
- Master techniques to process strong feelings
- Develop self-care and self-love
- Grow from the current circumstances
- Discover new goals and perspectives
- Realign your life path
- Reclaim your inner strength
- Become an active creator of your own life

## Goal:

As a coach, I see it as my mission to practice situation-oriented techniques with participants, helping them step out of the victim mindset.

My goal is to empower people so they can reclaim their inner strength and actively make decisions — decisions that open the door to a new chapter in life!

3 Months of  
intensive  
support

max. 7  
participants

DER KURS  
"chrisis"

## Duration:

3 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 / 2 sessions (by appointment) / Duration: 90 min. each
- Course-specific, evolving Impulse Book (PDF) for personal reflection
  
- TimeWaver set / (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:

€2,235.00 (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

“Iris presses exactly the buttons that need to be looked at.”

## Contact

If you have any questions about DER KURS "crisis" 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.

