



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:

Do you also struggle with setting realistic goals? Or do you still have no idea what you want from life? Exactly that – setting goals, achieving goals, and figuring out what you really want – is part of **DER KURS**. Feel free to reach out if you're interested. I'd be happy to answer any questions you may have beforehand, without any obligation and free of charge.

DER KURS "growth"

Course start: June 21, 2025

Course duration: 3 months

Course location: Online via Zoom

Course size: max. 7 participants

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

Does my goal align with reality?

An important question that many clients struggle with.

In the coming weeks, I want to focus on the question: "What happens when we let our dreams guide us to goal-setting, only to realize that our goal doesn't align with reality?"

One possible reason for this is that many of our wishes and dreams are deeply rooted in our childhood. During this formative stage of life, we develop our basic understanding of the world, our values, and often our first ideas of what our life could look like.

Before I share tips with you in the upcoming weekly impulses on how to question your goal-setting and align it with reality, instead of chasing a goal based on a childlike fantasy that is ultimately unattainable, I'd like to share a few examples from my professional everyday life:

Example 1) Living the Childhood Dream

"My goal is to live in the countryside – with many animals!"

This client faces the challenge of realizing how much work a life on a farm with many animals actually entails. The inner child only sees the beautiful moments, but the reality is that animal care comes with immense time commitment, high costs, and limitations on personal flexibility. Are you ready to take that on?

Example 2) Living in the Past

"My goal is to move back to my childhood city after many years away!"

This client faces the challenge of realizing that a city changes over time – just as we change ourselves. A place often no longer carries the magic it once had in childhood. On the contrary: the feeling of "coming home" may never return. Does your goal feel right to you?