



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

Now also in „bewusster leben“ - my ad is live!

New: You can now find me and my coaching services in the lifestyle magazine „bewusster leben“. My online banner is already live and visible directly on the „bewusster leben“ website. But there's more to come! In early June, my first print ad will appear in one of the upcoming issues of the magazine. I'm so excited!

Check out the „bewusster leben“ website here: www.bewusster-leben.de



What else is new?

You probably know that holistic development doesn't happen in just one area – it encompasses body, mind, and soul. That's why I'm excited to share that I'm expanding my network and will be collaborating with experts from various health fields in the future.

One of these valuable partnerships is with **Dagmar Beerlage**. She is a naturopath and a registered nurse with over 20 years of experience in medical practice, particularly in anesthesia, surgery, and intensive care. Today, she specializes in hormonal health, helping people restore their inner balance. In her naturopathic practice in Ingolstadt, she supports her patients with a deep understanding of the connection between the body and hormones: www.naturheilpraxis-beerlage.de

Dagmar Beerlage is not only a professional partner but also a personal go-to for me. That's why I'm thrilled that her expertise beautifully complements my coaching course, DER KURS "woman".

I look forward to introducing more of my collaboration partners soon. Until then, I wish you a wonderful week!

Recommendation of the week:



Do you already know the mindstyle magazine for mindfulness – „bewusster leben“?

www.bewusster-leben.de

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