



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

Recommendation of the week:

Communication Coaching

Whether you want to take private conversations to a new level, develop a new form of communication with your child, or express yourself more confidently in the professional environment – the foundation remains the same. I will teach you this foundation in my communication coaching through a holistic and hands-on approach.

12 sessions every Wednesday
Starting: 02.04.2025

Registrations are still open!

Imprint

Publisher: Iris Alheidt-Pehrish
Editorial: Rebecca Gehrke
Layout: Rebecca Gehrke
As of: March 31, 2025

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

Coaching in the Family – Is it Possible?

A controversial topic. Some believe that coaching within the family doesn't work. Too close, too emotional, too little distance – these are the arguments often made. However, we, Iris and Rebecca, have shown for almost ten years that it is indeed possible to work successfully and professionally as mother and daughter in a coaching dynamic.

Our Experience Shows:

Coaching within the family is not only possible, but, with the right conditions, can be a real enrichment. My daughter benefits from my knowledge and experience, while I, as a coach, have the unique opportunity to accompany her development up close. It's a journey full of challenges, but also of valuable insights – for both of us.

Rebecca, what is the biggest benefit of Iris coaching you?

That I can work through childhood issues directly at the source. Even in the most loving family, different perceptions can sometimes lead to hurtful or formative situations that influence us as adults. Working through this with my mom has greatly accelerated this process. Additionally, I gain insights into family dynamics that I otherwise wouldn't have been aware of. Through her coaching, I am able to see more clearly what is truly my own issue and what I've inherited from my family line – and she's incredibly good at helping me differentiate between the two.

Iris, what is the biggest benefit of coaching Rebecca?

I can finally take on the role of a neutral person who is perceived based on competence and knowledge – and not dismissed with an eye-roll, like "Oh, it's just mom again."

At the same time, I can help my child sharpen her perception, so she can recognize and solve challenges earlier – much earlier than I was able to do myself.