

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:




Image Analysis with the TimeWaver

Is there a picture that fascinates you – and you wonder why? Using the TimeWaver, I make the energies and themes visible that a picture radiates – and reveal how they connect to you and your current life situation. This often leads to surprising and deeply touching insights.

Imprint

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

No hype. No pressure. Just honest coaching.

In a world driven by quick fixes and easy answers, I want to offer you an alternative. Coaching shouldn't create dependency — it should empower you. It's not about promising you a "magical" outcome, but about creating space for real growth.



What you won't get from me:

- No promises I can't keep.
- No quick fixes for complex issues.
- No guilt trips that block your development.
- No manipulative techniques or pressure to join a cult or cult-like structure.

What you will get from me:

- Genuine support – tailored and personal.
- Safe spaces for your personal development.
- Respect for your autonomy and your own pace in the process.
- Solid knowledge and many years of experience to help you create real change.

My approach

My coaching style is traumainformed, respectful, and supports you in finding your own answers — without pressure and without creating dependency. This is about you, your growth, and reclaiming control over your life.

If you're ready to grow authentically and with self-determination, I invite you to walk this path with me. If we haven't met yet, I'm happy to offer you a free and non-binding introductory session (20 minutes). Feel free to message me on WhatsApp: +49 (0)163 - 139 69 24. I'm looking forward to meeting you.