

Achieve
your goals!



DER KURS "business"

by Iris Alheidt-Pehrisch

Definition:

DER KURS "business" is designed for individuals who want to advance in their careers.

Content:

- Personal and professional goal setting
- Developing and strengthening competencies
- Enhancing self-reflection and self-awareness
- Mindfulness and self-care in everyday business life
- Establishing sustainable work habits
- Strengthening decision-making
- Optimizing problem-solving
- Learning to handle challenges
- Learning to cope with setbacks
- Expanding communication skills
- Stress management and resilience

Goal:

As a coach, I see my role as helping participants identify their strengths, build on them, and let go of limiting beliefs or learned patterns.

My goal is to guide people to achieve their goals and bring out the best in them.

3 Months of
intensive
support

max. 7
participants

DER KURS
"business"

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

"I am becoming more and more confident, getting closer to who and what I am."

Contact

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

