



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:

Introductory Event on the TimeWaver

In this free online session, I will introduce the TimeWaver and show how I use it in my coaching practice. You'll learn what working with the information field is all about and discover the various ways it can be applied.

There will also be plenty of time for questions and open exchange.

Start: May 24, 2025

Time: 4:00 PM - 6:00 / 7:00 PM

Location: Online via Zoom

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

Since my article appeared in "*bewusster leben*", I've often been asked what makes my courses so special – and why I don't offer downloadable online courses. In this edition, I'd like to take a closer look at both questions.

What makes my courses special?

In a time when many programs feel interchangeable, it's close to my heart to create spaces that truly make a difference – for you. My courses are intentionally limited to small groups of no more than seven participants. This creates a safe, supportive setting where real growth can happen. You'll receive personal guidance – not only during our sessions, but also via WhatsApp. I'm here when you need me.

And the content? We develop it together. While a structured impulse book provides orientation, the real work is based on what's truly relevant for you in the moment – allowing for genuine transformation and meaningful progress.

What often surprises people: Despite the intensive support and my decades of experience, my courses offer outstanding value for money. You benefit from over 30 years of professional experience and a trauma-sensitive approach that supports you at your own pace – with clarity, care, and confidence. If you're looking for a course that isn't "off the rack" but is truly tailored to you and your personal path – then you're in the right place.

Why I don't offer downloadable online courses

My answer: because real personal growth requires more than just consuming content on your own.

Of course, flexibility matters. That's why I offer individually scheduled group sessions – tailored to fit your daily life. But true, lasting development only happens through personal experience, meaningful exchange, and mindful guidance. Real growth comes from diving into what truly moves you. That's my commitment – and it simply doesn't align with an anonymous download product.

I don't follow a one-size-fits-all formula. I support you personally and individually. Because you are unique – and your path of growth should reflect that.