

DER KURS "woman"

by Iris Alheidt-Pehrisch



The path to
your strength!



Definition:

DER KURS "woman" is aimed at women going through hormonal transition phases such as pregnancy, menopause, or puberty.

Content:

- Understanding the connection btw. body and mind
- Balancing hormones
- Recognizing physical symptoms
- Strengthening the psyche
- Embracing feminine strength
- Building self-confidence
- Increasing stress resilience
- Finding emotional balance
- Enhancing joy in life
- Gaining inner peace

Goal:

As a coach, I see it as my role to work together with participants to identify physical and emotional challenges and to understand the connections behind them.

My goal is to holistically empower women in hormonal phases so they can regain balance and feel well.

So that you can step into your power!

3 Months of
intensive
support

max. 7
participants

DER KURS
"woman"

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-Pehrish, 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 have changed, and my surroundings have changed with me. Without them, I wouldn't be who I am today.”



Contact

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

