



# Iris Alheidt-Pehrishch - 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-Pehrishch

### Recommendation of the week:

**Book recommendation:** The Masks of Evil by Marie-France Hirigoyen – an insightful book about emotional abuse in everyday life and how to protect yourself against it.

**Course recommendation:** My communication coaching/training also offers helpful and valuable strategies for dealing with narcissists. You can find more information on my website: [coachingandiris.com](https://coachingandiris.com).

Appointments for communication coaching/training are available upon request.

### Imprint

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

With this weekly impulse, we conclude our brief journey into the topic of narcissism. Over the past weeks, I've answered various questions around this often painful subject – and today we focus on perhaps the most important one: How does healing after narcissistic abuse succeed?

### 5) How does healing after narcissistic abuse succeed?

Healing is possible – but it takes time, patience, and often experienced, compassionate support. The key is reconnecting with yourself, returning to your feelings, your worth, your inner “I am valuable.”

- Take your experiences seriously – you are not imagining things.
- Strengthen your self-worth step by step.
- Seek healthy relationships – real people, not façades.
- Recognize your patterns – and allow yourself to lovingly change them.

**Impulse:** Your life can be easy. You deserve to feel safe, clear, and connected. Every small step back to yourself is a victory.

If certain parts of this resonate with you or you feel touched by this topic, I'm here to support you further — in my “crisis” course.

### Healing with the course “crisis”

The “crisis” course offers safe, structured support in a small, exclusive group (max. 7 participants) after difficult relationship experiences — with personal, trauma-sensitive guidance. Over three months online via Zoom, you'll receive weekly group calls, workshops, and one-on-one coaching sessions.

**Price:** The total cost is €2,235 (including VAT), with the option to pay in installments (3- or 6-month plans).

**Start date:** December 13, 2025 – currently 5 of 7 spots still available.

**Flexibility & access:** Everything takes place online via Zoom, so you can participate comfortably from anywhere. A free 20-minute introductory call is available — perfect for answering questions and seeing if the course is the right fit for you.