



# 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:

#### Family Constellation in Otterfing

You can look forward to a cozy yet insightful day in a warm and welcoming atmosphere – within a confidential group of up to 8 participants. Together, we will create a safe space where healing, clarity, and new perspectives can emerge.

**Date:** October 26, 2025

**Time:** 10:00 AM – 6:00 PM

**Cost for Participants:** €145

**Cost for Representatives:** €50

including VAT

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### Clarity Through the Invisible

In this edition, I take a closer look at the topic of family constellations and explain what this method is all about. I answer the following questions:

- 1) What is a family constellation?
- 2) When and for whom is a family constellation useful?
- 3) What are the benefits of a family constellation?

### 1) What is a Family Constellation?

A family constellation is a method in which people or symbols stand in for family members, colleagues, or specific issues (e.g., money, career, success) and are positioned in a space. This creates a visual representation of the system, making previously invisible relationships and dynamics visible.

The representatives often perceive, sometimes surprisingly sensitively, the connections, tensions, or emotions at play within the system. This helps to reveal where imbalances or conflicts exist and opens up new possibilities for resolving them. Family constellations can be conducted both in a group setting or individually, using figures or symbols.

### 2) When and for whom is a Family Constellation Useful?

A family constellation can be helpful whenever you feel stuck in certain areas of your life despite your best efforts. Common themes include recurring conflicts in relationships or within the family, heavy or unresolved emotions, unexplained blockages, difficulties at work, or health issues without a clear cause. This method is suitable for people who are open to gaining new perspectives and discovering hidden connections.

### 3) What Are the Benefits of a Family Constellation?

The greatest benefit is probably the insight into hidden connections. This often opens up new solutions that weren't visible before. And sometimes the system regulates itself almost automatically: problems resolve on their own, opportunities arise, or family members behave differently than they did before.