



# 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:



#### Individual Soul Portraits

by Stefanie Neher ([www.stefanie-neher.de](http://www.stefanie-neher.de))

Let yourself — or one of your loved ones — be surprised with a personalized soul portrait including a Time-Waver analysis — a beautiful AHA moment guaranteed. Also perfect as a Christmas gift.

### Imprint

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

### My Christmas Gift for You

This year, I want to give you something truly special for Christmas! Here's my idea: **For every voucher purchased by Christmas 2025, I'll add an extra €15 on top.**

For example: You buy a €30 voucher — the recipient can redeem it for €45. Of course, you're welcome to treat yourself as well and take advantage of this special offer.

- The promotion starts now and is valid until December 24, 2025.
- Redeemable for all my services — courses, coaching, workshops.

I wish you and your loved ones a wonderful holiday season full of joy and many insightful AHA moments!

### New Course Start – Der Kurs "crisis"

DER KURS "crisis" is designed for people who find themselves in seemingly hopeless situations or have had to face severe life challenges. These may include losses, negative diagnoses, rejection, divorces, and similar experiences. The focus is on guiding participants through these challenging times and supporting them in recognizing what aspects of the situation are within their own power to change.

As a coach, my role is to work together with participants to understand why they are in their current life situation, what influence they can exert, and how they can best develop and grow from it.

- 3 months of intensive online support via Zoom
- exclusive group with a maximum of 7 participants
- 12 weekly calls / 1 per week / Duration: 90–120 minutes
- 3 workshops / 1 per month / Duration: 6 hours each
- 2 one-on-one coaching sessions / Duration: 90 minutes each
- includes an inspiration booklet
- flexible scheduling within the group

Don't wait for things to change — start now and secure your spot in DER KURS "crisis", or take advantage of my free, non-binding introductory session to get to know the course. I will help you discover new perspectives that strengthen you.

**Course start: December 13, 2025 – only 5 of 7 spots left.**