



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:

Workshop

Understanding Psychosomatics

(including Body Scan with the TimeWaver)

As a participant, you will learn:

Why body and mind are inseparably connected. What messages are behind common physical complaints. How to recognize whether symptoms have psychosomatic origins.

Date: January 17, 2026

Location: Online via Zoom

Cost: €129 (including VAT)

Registration required!

Imprint

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

Christmas Promotion Update

Still looking for a meaningful gift – without the extra stress? Christmas is approaching fast, and that's exactly why I'm giving you **50 € credit on every voucher of 50 € or more**, instead of the previous 15 €.

It's my small way of bringing a bit more joy, relief, and confidence during a time that often demands so much from us. So if you want to do something good for someone (or yourself) – from the heart and with real impact – now is a perfect, loving moment to do so.

Your Voucher – Your Possibilities

- 1:1 Coaching:

Your goals and needs are at the center.

- Communication Coaching:

Strong communication skills for everyday life and work.

- Coaching Courses:

Growth and new perspectives in a group setting.

- Workshops:

Various impulses for you – find what suits you best.

You can find more information and all offerings at <https://www.iris-alheidtpehrisch.com/en> – or contact me directly so we can find together which offering is the best fit for you.

Did you know?

Over time, a wonderful community has grown out of my course participants, and from this, I created a membership program. We have met regularly for group exchanges and discovered that it provides a fantastic space for inspiration and growth – even for those who have already completed my courses.

In 2026, this will take on a new format: Due to high demand, there will be different membership options, likely a Basic and a Premium version. As a member, you'll benefit from group meetings, WhatsApp support, permanent discounts on my offerings, priority booking, and much more.

Curious? Feel free to reach out to me – I'll explain how a membership works and what requirements you need to meet. All details about the new memberships will also be available on my website in January!