

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:

For those who haven't worked with me yet: I offer a free, no-obligation **20-minute introductory call**, held online via Zoom. Get to know me and my way of working, and find out what working together could look like for you.

Imprint

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

Happy New Year

A new year lies ahead of us — 365 blank days full of possibilities, encounters, and opportunities. From the bottom of my heart, I wish you an inspiring start to 2026, plenty of energy, and joy for everything that awaits you.

This year, too, many new things are coming: inspiring insights, moments for growth, new offerings, and more. I look forward to accompanying you on your journey again this year, and to celebrating both small and big changes and successes together.

Here's to a wonderful year full of possibilities!



New Workshops in January 2026

Workshop: **Understanding Psychosomatics**

Do you know what your body is trying to tell you? Our bodies are constantly communicating with us — sometimes quietly, sometimes very clearly. In a busy, demanding daily life, these signals are easy to overlook. In this workshop, you will learn to better understand your body's language and use it as a valuable inner compass. **The workshop includes a body scan using TimeWaver to analyze your symptoms.**

January 17, 2026 | 3:30–6:30 PM  
Online via Zoom  
Registration required | Limited to 6 participants

Workshop: **Communication Between Mother and Daughter**

This workshop focuses on strengthening communication between mothers and daughters. Together, participants will learn to better understand one another, resolve conflicts constructively, and create a relationship based on mutual appreciation and respect. Practical exercises and insights help bring more clarity and ease into everyday life.

January 31, 2026 | 10:00 AM–4:00 PM  
Online via Zoom  
Registration required | Limited to 6 participants