

Iris Alheidt-Pehrisch - Welcome to life

Beyond Coaching

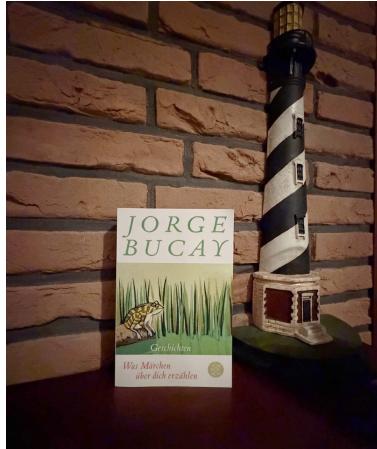
Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrisch

Recommendation of the week:



Imprint

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

New Membership Options

Due to increasing demand, I have expanded and restructured my membership offerings on my website. There are now three clearly differentiated models: a **Basic Membership** with regular group coaching sessions, personal support via WhatsApp, and a 10% discount on all services; a **Premium Membership** with smaller groups, more personalized guidance, a 20% discount on all services, and various additional benefits; and a **special subscription for coaches and psychologists**, which also includes supervision, modular training content, and partner discounts.

Become part of an inspiring and supportive community that offers motivation, experience, and valuable insights — for sustainable growth and continuous development.

New Dates for My Courses

DER KURS "woman"	Start Dates: July 25, 2026 & November 7, 2026
DER KURS "crisis"	Start Dates: April 18, 2026 & September 26, 2026
DER KURS "business"	Start Dates: June 13, 2026 & October 24, 2026
DER KURS "growth"	Start Dates: May 16, 2026 & October 10, 2026

Fairy Tales – More Than Just Stories

Over the next few weeks, I'd like to dive into the world of fairy tales with you. Not to analyze them, but to discover what they reveal about us. Fairy tales don't speak to the mind — they speak to something deeper within us. Perhaps you'd like to reflect on this question today:

- What is your favorite fairy tale?
- And what exactly moves or touches you about it?

Sometimes, what we notice in these stories can reveal more about ourselves than we might expect. A great companion to this exploration is Jorge Bucay's book *"What Fairy Tales Can Tell You About Yourself."*

If you'd like to explore this topic even more deeply, you're warmly invited to join my course DER KURS "finetuning." One module of the course offers the chance to discover yourself and your life through fairy tales from a completely new perspective.