

# 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:

On my Instagram channel this week, I'm sharing exciting content about menopause together with Anda Dinhopl. **Some of her main areas of focus include:** menopause, the miracle of the female body, hormonal processes, and much more.



Anda will also be sharing her expertise in my course, DER KURS "woman." She brings wonderful depth and a strong practical approach, showing how the female body can be supported naturally.

You can learn more about her work at [anda.jetzt](#)

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### What Fairy Tales Tell Us About Ourselves

Fairy tales are far more than old stories for children. They act as mirrors of our inner world, where our deepest fears, longings, and stages of development become vividly visible. In the characters and plotlines, we often recognize parts of our own selves: the witch can symbolize fear, threat, or destructive thoughts, while the hero or heroine embodies our courageous core. The dark, mysterious forest represents the unknown — those transitional phases in life when we must find our way and grow.

Every trial the characters endure, every challenge they overcome, tells the story of processes that also take place within us. In this way, fairy tales offer us the opportunity to encounter ourselves — our hopes, our fears, and our striving for maturity and wholeness become visible through these stories. They function like a map of the soul, guiding and comforting us at the same time, because they show that even from the darkest situations, change and growth can emerge.

### Questions You Can Ask Yourself

- Which fairy tale resonates with me the most?
- What do the individual characters in the story represent?
- What is the central challenge in the fairy tale?
- What feelings arise for me in connection with the story?
- What message or insight do I take away for myself?

### Parallels to Our Lives

These questions are just a small starting point for exploring what fairy tales have to do with our own lives. When we take a closer look at our favorite fairy tale through the lens of these questions, we often discover parallels to our own experiences — and can gain insight, learn something new, or find renewed courage.

I wish you much joy in your reflection!

