



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:

DER KURS "crisis"

Start: September 26, 2026

For people facing situations that seem hopeless.

DER KURS "growth"

Start: October 10, 2026

For inner growth and personal development.

Online – Join conveniently via Zoom

Flexible – Flexible scheduling

Supportive – Practical, pressure-free

Exclusive – Limited to 7 participants

Duration: 3 months

I look forward to meeting you!

Imprint

Publisher: Iris Alheidt-Pehrishch

Editorial: Rebecca Gehrke

Layout: Rebecca Gehrke

As of: July 07, 2026

No liability is assumed for third-party content. This content is published exclusively upon request. For more information, please visit the following website:

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

After a short, unplanned break from my weekly insights, I'm happy to be back starting today. From now on, you can once again expect new topics every week, personal insights into my work, as well as tips, reflections, stories, and recommendations for everyday life. I'm glad to have you reading along again!

My training at the Arthur Findlay College

One of Europe's best-known centers for spiritual education has long been a personal goal of mine. For my birthday last year, many kind people in my life made this heartfelt wish come true. I am deeply grateful for that. While there, I had the opportunity to learn about and try out international teaching methods. Between many "aha" moments and some skepticism, I kept asking myself whether what I was learning truly aligned with my own values and standards of quality. This conscious reflection was especially valuable to me. In the end, it was above all the encounters, conversations, and many new perspectives that showed me this: meaningful growth happens when we stay curious and remain willing to keep learning.



Knowledge is power

My father used to say to me, "Knowledge is power." For a long time, I thought this meant learning as much as possible — new methods, new techniques, new tools. And yes, all of that can be helpful. It expands our range of action and opens up new possibilities.

Today, I understand that sentence differently. For me, the most valuable knowledge is the kind we gain through personal experience. Who am I? What patterns do I follow? What strengthens me — and what holds me back? Because only when we truly get to know ourselves can we make conscious decisions, change old patterns, and continue to grow. Methods and tools can support this process, but real change begins with self-knowledge. Maybe that is exactly what my father meant when he said, "Knowledge is power." The greatest power arises when we begin to understand ourselves.