

Iris Alheidt-Pehrishch - Welcome to life

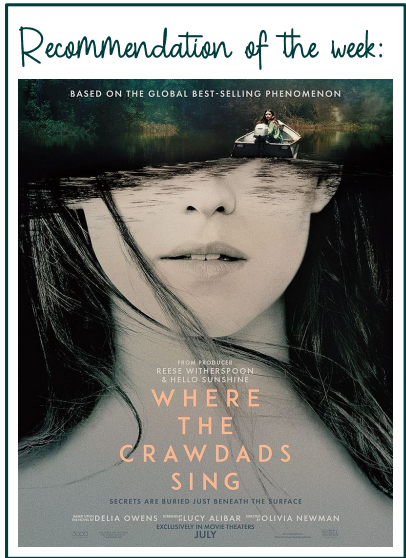
Beyond Coaching

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



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

My Book Recommendation for You

Sometimes a book comes into our lives not to entertain us, but to remind us of something we may have forgotten. **Where the Crawdads Sing by Delia Owens** is exactly that kind of book for me. It invites us to slow down. To truly observe. To listen. Not only to nature and its quiet beauty, but also to the parts of ourselves that have grown silent. In a world often defined by speed, achievement, and constant stimulation, this book offers something truly precious: space. Space for reflection, for emotions, and for life's simplest yet most meaningful questions. What truly sustains me? When do I feel connected? And how often do I take the time to listen to my own inner voice? It reminds us that growth doesn't have to be loud. That strength is often born in stillness. And that nature can teach us so much about patience, trust, and life itself — if we are willing to become attentive once again. Perhaps now is the perfect moment to retreat to a quiet place with a cup of tea, open the first pages, and consciously give yourself the gift of time. I wish you a week filled with small moments of mindfulness, honest reflection, and the willingness to reconnect with yourself, one step at a time.

New Course Dates

Change begins where we find the courage to honestly face ourselves. That is exactly what I would like to invite you to do from the bottom of my heart.

My courses provide a safe and supportive space for people who want to get to know themselves better, understand their inner patterns and discover new ways of relating to themselves. They are about living a more authentic, clear and free life. When we begin to work on ourselves, we change our perception, our decisions and our relationships. What we recognize, resolve and develop gradually becomes reflected in the world around us. In my courses, you will gain psychologically grounded knowledge, practical exercises and space for personal growth. Together, we explore the issues behind the issues, dissolve old patterns and create the foundation for greater inner stability, self-confidence and quality of life.

- DER KURS "crisis"
Starts: Sept. 26, 2026
- DER KURS "growth"
Starts: Okt. 24, 2026
- DER KURS "business"
Starts: Okt. 24, 2026
- DER KURS "woman"
Starts: Nov. 07, 2026