



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:



TimeWaver Analysis

A TimeWaver analysis can help you explore patterns, emotional or energetic imbalances, and physical challenges from a new perspective — offering valuable insights and gentle impulses for positive change.

Imprint

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

You don't have to understand everything before you begin

How much longer are you going to wait for the right moment?

We often believe we need to understand everything first. We think we have to know the next step and be certain that we're making the right decision. But life rarely works that way. Trust doesn't come before we take the first step. It grows as we move forward. Many of the answers we're looking for only reveal themselves once we're willing to begin. Not every decision requires absolute certainty. Sometimes, all it takes is the courage to trust yourself.

Introductory Call

**Maybe you don't need to turn your entire life upside down.
Maybe all you need is a conversation to get started.**

Many people want to make a change — they just don't know where to begin. That's exactly why I offer a free, no-obligation introductory call. 20 minutes. No pressure. No commitments. No hidden expectations. A space where you can openly share what's on your mind. Together, we'll explore what kind of support might be right for you — or whether your path is leading somewhere entirely different. Because sometimes you don't need a perfect plan. You just need to take the first step.

How It Works

Once you reach out to me, we'll schedule a time that works for both of us for your free introductory Zoom call. During our 20-minute conversation, you'll have the opportunity to ask questions or share whatever is currently on your mind. Together, we'll take a look at where you are right now and explore how I might best support you on your journey.

Even in this first conversation, you'll receive valuable insights and often walk away with new perspectives or meaningful realizations. Afterward, you can take all the time you need to reflect on our conversation. There are no obligations, no pressure, and no hidden expectations. If you feel I'm the right person to support you, you're welcome to reach out anytime. And if you decide not to move forward, that's perfectly okay too.

The choice is entirely yours — in your own time.