



Iris Alheidt-Pehrish - 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-Pehrish

Recommendation of the week:

Take a moment this week to reflect on these questions:

- Which decision have I been postponing for a long time?
- What is really keeping me from making this decision?
- What fear comes up when I think about making this decision?
- Am I avoiding this decision, or am I intentionally giving myself the time I need?

Imprint

Publisher: Iris Alheidt-Pehrish
Editorial: Rebecca Gehrke
Layout: Rebecca Gehrke
As of: August 03, 2026

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

Decisions Can Both Enrich and Challenge Us

Recently, I've been sharing a series of videos on Instagram about decision-making. In them, I explore what we need in order to make empowered, self-directed decisions — such as self-awareness, the ability to tolerate ambivalence, and staying connected to our own needs. These are skills that don't develop overnight; they take time, practice, and intention.

At the same time, every decision we make in favor of one path also means letting go of another. And that's exactly what can create uncertainty:

- What if I make the wrong choice?
- What if I disappoint someone?
- What if I regret this decision later?

Our nervous system naturally seeks safety. That's why we often hold on to what's familiar, even when it no longer serves us. Yet clarity rarely comes from endless overthinking. More often, it emerges when we begin to take responsibility for our own path.

Reflection Questions (see this week's recommendation)

Take a quiet moment and answer these questions for yourself. Notice what may be holding you back from making a decision right now.

Perhaps this thought will help: There is never a 100% guarantee that a decision will turn out to be the "right" one in hindsight. And who gets to decide what is right or wrong, anyway? Even decisions that don't feel right at first can become important stepping stones for personal growth. They give us valuable experiences, new insights, and the opportunity to adjust our course along the way. After all, very few decisions are truly irreversible.

Maybe true security doesn't come from always making the right decision, but from trusting yourself to handle whatever comes as a result of the decisions you make.

That's why decision-making is an important part of my courses. Together, we'll work on strengthening your connection with yourself, gaining greater inner clarity, and making decisions that genuinely align with your own path.

If you'd like to learn more, you'll find all the information about my courses on my website under the "Courses" menu.