



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:

DER KURS "crisis"

Start: September 26, 2026
Duration: 3 months
Format: Online via Zoom
Payment plans available
5 of 7 spots still available

Together with a maximum of 7 participants, we work on the issues that matter to you. How does it work? We listen to you. We talk about what you're going through. We take the time you need. We support one another. And as your coach, I provide a safe and supportive space while bringing in professional expertise and guidance.

Imprint

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Sometimes I get the impression that, as a society, we are increasingly becoming a society of people who are expected to go it alone. Of course, this does not apply to everyone across the board. And of course, it is important to take responsibility for our own lives. But at the same time, it seems that something has changed: We are expected to solve our own problems. Find our own answers. Constantly optimize ourselves. Understand our feelings. Set our own boundaries. Manage our relationships. Love ourselves. And when we are not doing well, we often look for the next method, the next book, the next podcast, or the next tool that can help us get ourselves "back on track." Yet facing challenges together is by no means a new idea.

We Are Social Beings

In many Indigenous communities, forms of communal exchange and decision-making still exist today in which the individual and their problem are not the sole focus; instead, the community is involved in the process. One well-known example is the use of discussion and consultation circles, as described among the Haudenosaunee. Among the San of southern Africa, communal exchange and social connectedness also play an important role.

This is not about equating our modern way of life with that of other cultures. Rather, these examples remind us of something fundamental: human beings have been social beings for far longer than just yesterday.

This Is Where the Power of a Group Lies

A group can create something we cannot create on our own: connection. Community. Exchange. Different perspectives. Different experiences. A sense of belonging. Being seen and heard.

And perhaps we don't have to do everything on our own. That doesn't mean other people should solve our problems for us. Taking responsibility for our own lives remains important. But responsibility does not mean isolation. Independence does not mean having to carry everything alone.

Maybe we can reconnect the two: personal responsibility and community. Self-reflection and exchange. Individuality and belonging.

That is exactly why I created my courses. I wanted to create a space where people don't just work on themselves, but can grow and develop together — and where new friendships can have the space to emerge.