



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

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

People and Places That Deserve More Attention

This week, I'd like to introduce you to a few people and businesses whose work, passion, and heart I believe deserve to be seen and appreciated.

Lauras Stueberl in Lengghies

There are restaurants you visit once. And then there are restaurants you keep coming back to. Lauras Stueberl is definitely the latter for me – and it has long been my favorite place to eat. Laura works magic in the kitchen: the food is fantastic, refined, incredibly delicious, and made with so much heart. Every meal is a true delight. And Yassin? His service is truly high-class: attentive, warm, present, and with a genuine feel for his guests that you rarely experience. And as if that weren't enough, he's also a fantastic coach. So you don't just leave after having an amazing meal – you often take a thought or little impulse with you that stays with you. Two wonderful hosts and, for me, always a real highlight! If you're ever in the area, make sure to stop by – and send them my warmest regards: lauras-stueberl.de



YUKO – Zentrum MenschSein in Ottenfing

Sometimes you need a place to simply breathe, gain new perspectives, and take some time to reconnect with yourself. For me, YUKO is exactly that – a special space for personal growth, well-being, and change: yuko-zentrum.com

I also regularly hold systemic constellation sessions there. The next dates are in October, and there are still spots available. You can find more information on my website under "Workshops."

Soul Paintings by Stefanie Neher



Stefanie creates soul paintings by intuitively connecting with the person she is painting. Afterwards, I analyze the finished painting using the TimeWaver – a truly unique way to explore yourself and your personal themes from a new perspective: stefanie-neher.de