



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:



Imprint

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

New Workshop

A 4-week workshop with a maximum of 7 participants, focusing on ADHD – understanding connections, getting to know yourself better, and gaining new perspectives. Together, we'll explore what may be behind certain challenges and develop personal strategies and solutions that truly fit into your everyday life.

What can ADHD mean in everyday life – for me and for the people around me?

Start: October 24, 2026

Duration: 4 weeks

Dates: By arrangement

Location: Online via Zoom

Available spots: 3 of 7

Cost: €480 incl. VAT

For ongoing clients: 10% discount



Last Spots for the Systemic Constellations in October

Of the four systemic constellation days (family constellations) taking place in October, there are **only 4 spots** left for October 18, 2026. The constellation day will take place on **October 18, 2026, from 10:00 a.m. to 6:00 p.m.** at YUKO – Zentrum MenschSein in Otterfing.

Participant with own constellation: €225 incl. VAT

Representative: €70 incl. VAT

Snacks and drinks are included in the price. Of course, you are also welcome to bring your own food and refreshments. If you would like to join, feel free to get in touch and secure your spot!

Upcoming Courses at a Glance

Over the coming months, various KURS formats will be starting again. Which course is right for you? If you would like to learn more, feel free to get in touch – I'll be happy to provide you with more information about the content, format, and available spots.

DER KURS „crisis“ – Start: **September 26, 2026**

DER KURS „growth“ & „business“ – Start: **October 24, 2026**

DER KURS „woman“ – Start: **November 7, 2026**