

Future Art Lifeline

A CREATIVE JOURNEY TO **YOUR FUTURE SELF**
AND TO **GUIDE OTHERS**

Reconnect with your inner wisdom through art,
reflection, and embodiment
— for yourself and those you care for.



BY PROF HILDRUN ROLFF

Do you feel caught between who you were and who you're becoming?

Life moves fast—and in giving so much to others, many lose touch with their own rhythm. Future Art Lifeline is your space to breathe again—to let creativity speak, hands lead, and insight surface.

Created by renowned art therapist and coach Prof. Hildrun Rolff, this five-day journey helps you **transform uncertainty into direction through art-making, intuitive exploration, and body awareness.**

You don't need art skills—just a willingness to listen inwardly. Through guided exercises and reflection, you'll learn to see the patterns that shape your story and reimagine them with clarity, courage, and self-compassion.

- **Reconnect** with your authentic self through art and story
- **Transform** emotional patterns into creative insight
- Build **resilience and calm** through embodied practices
- **Rediscover** direction, clarity, and vitality

FAQ: What will I gain from these five days?

You'll leave with clarity, emotional renewal, and practical tools for self-regulation, embodied awareness, and creative reflection.

FAQ: How is it different from a vision board workshop?

Future Art Lifeline works at a deeper, somatic level—connecting art, story, and body to unlock personal insight and transformation.

"You don't leave being fixed—you leave equipped with tools to meet life's challenges." — Prof. Hildrun Rolff

JOIN FUTURE ART LIFELINE NOW. BEGIN YOUR NEXT CHAPTER.

PROGRAMME

Each day includes guided art-making, reflective discussions, movement, and quiet integration time—paced gently for depth and rest.

CONNECT WITH YOUR
FUTURE SELF

Friday 09.01.2026
9am - 7pm

LIFE PATTERNS &
MICRO-RITUALS

Saturday 10.01.2026
9am-7pm

EMOTIONS &
RELATIONSHIPS

Sunday 11.01.26
9am-7pm

COMPLEX IDENTITIES
Monday 12.01.2026
9am-7pm

YOUR PERSONAL
TOOLKIT

Tuesday 13.01.2026
9am-1pm



ABOUT YOUR FACILITATOR

"Prof. Hildrun Rolff is an art-based coach and educator with over 40 years of experience in *trauma-informed creative practice*. Her work bridges art, psychology, and somatic awareness to help people reconnect with purpose and vitality."

Are you ready to reconnect with what truly matters?
Join Prof. Hildrun Rolff and the circle of seekers for a creative journey of transformation.

Reserve your place today — spaces are limited.

Your Five-Days Journey

ART THERAPY WORKSHOP CONDUCTED BY PROF HILDRUN.

In this immersive workshop, **you'll experience a blend of discovery, silence, and supported creativity**. Every session weaves together art, mindfulness, and biographical reflection—grounding your imagination in embodied awareness.

- Grounding and arrival through movement and breath
- Creating symbolic maps of past, present, and future
- Group sharing circles and reflective writing
- Integrating insights into daily life and future vision

Who It's For:

Teachers, counsellors, caregivers, creatives, and anyone in a moment of transition or renewal. No art experience required—just your curiosity and presence.

Dates : 9–13 January 2026 (Fri–Tue)

Venue : Art-Based Coaching Studio, Petaling Jaya (hybrid option available)

Facilitator : Prof. Hildrun Rolff

Early Bird Rate : RM 1,700 / USD 400
(until 11 Nov 2025)

Regular Rate : RM 2,000 / USD 470

Payment Plan : 3 instalments available

Includes : Art materials (meals not provided)

SCAN QR TO
REGISTER NOW



A Message from Your Guide – Prof Hildrun Rolff

In a world that seems to be accelerating beyond recognition, many of us are quietly asking: How do I stay true to myself when everything around me is changing? Over the decades of accompanying people through art, movement, and reflection, I have witnessed one common struggle—how easily we forget the language of our own inner life. We give to others ceaselessly, yet often lose sight of the deeper pulse that sustains us.

I created Future Art Lifeline as an answer to that silence. Not because the world needs more courses, but because **we need more spaces of depth—places where the body can speak, the hands can remember, and the heart can find its rhythm again**. This program is not about painting perfect pictures or performing. It is an invitation to rediscover your own intuitive wisdom through art-making and gentle biographical reflection.

With warmth and anticipation,