



2026 / 2027 INTAKE

Biography Based Coaching with Therapeutic Art Tools

Now you can turn your life story into the most powerful tool for healing, growth, and leadership.

- *14-months part-time hybrid study*
- *Trainer: Prof. Hildrun Rolff*
- *Next workshop Starts:*
9 - 13 Jan 2026
- *Certified International
Diploma (12 ECTS/7.5 Credits)*

Modules: Starts 23 Feb 2026

CONDUCTED BY PROF HILDRUN ROLFF

APPLICATIONS NOW OPEN
→ARTBASEDCOACHING.COM

About this Program

“See your life and your clients’ holistically—as a story shaped by body, art & life phases.”

This 14-month diploma program unites creative art processes with biographical reflection and coaching practice. You will learn how to translate life experiences into resilience, empathy, and professional tools—rediscovering your own narrative and guiding others in theirs.

Why Join this program?

- Break through limits:** Move from self-doubt to discovery—art is your key.
- No art skills required:** Curiosity and courage are all you need.
- Step up as a leader:** Facilitate transformation for yourself and clients.
- Flexible, global learning:** Join online and in-person, from anywhere.
- International diploma:** Graduate with credentials (12 ECTS/7.5 Malaysian credits) that open doors everywhere.

Start: Future Art Lifeline Workshop
(9–13 Jan 2026)

Modules: Feb 2026–Apr 2027
(10 Modules + Studio Week)

Format: Hybrid
(Online + In Studio Sessions)

Language: English
(Mandarin Subtitle available)

Diploma: 12 ECTS/7.5 Local Credits

What begins as art becomes insight.

What begins as self-exploration becomes leadership



Everything you need for a full transformation

Here's what you can expect on your learning journey with us.



1

Modules 1-10: 1-Year Diploma (Live Zoom Coaching). Graduate with global credentials and immediate respect—your foundation for real, lasting impact. (25 sessions)

2

Online Learning Portal: Never get stuck. Access to video replay. Every lesson, tool, and workbook—anytime, from anywhere. (more than 25 videos)

3

5-Days Studio Intensive Week (at the end of the program): Breakthroughs happen face-to-face! Deepen skills and confidence in our immersive creative week at the end of the one-year Diploma.

4

Group Art Therapy Circles: Heal and grow together. Four quarterly art-based group circles keep you inspired and accountable.

5

Assessment: Receive actionable, personalised feedback and a portfolio ready for a thriving career.

6

Certification: Graduate with global 12 ECTS/7.5 Malaysian credits and immediate respect.

Included Bonuses (At No Extra Charge):



7

Future Art Lifeline
(5 days workshop 9-13 Jan 2026):

Learn the foundational tools of future mapping, life-story arcs, and creative self-expression.

Included absolutely free when you enrol in the One-Year Diploma.



8

Coaching Script Library: Walk in ready with proven prompts for every session—goodbye “what do I say now?” stress.



9

Somatic Toolkit (“Anchor Line”): Calm, ground, and empower using Prof. Hildrun’s step-by-step art-and-body tools.

Here's the quick Summary of the value of Everything You are Getting



Component	Value (RM)
1-Year Diploma (Live Coaching)	14,000
Online Learning Portal	5,000
5-Day Studio Intensive	4,500
Group Therapy Sessions	2,000
Assessment & Certification	1,500
 Bonus 1: Future Art Lifeline (5 days course)	2,000
 Bonus 2: Coaching Script Library	1,200
 Bonus 3: Somatic Toolkit	1,000

Total Value: RM 31,200.

**See previous page for
details of each items
provided.**

**Your Price: RM 14,000 or
RM 1,000 x 14 months or
USD 240 per month**

Core Learning: The Structure + Flow (Part One at a Glance)



PART ONE : Childhood, Youth, and Early Adulthood

(MODULE 1 TO 5)

A biographical journey into the roots of self—using artistic and embodied practice to uncover patterns, resources, and transformation.

Module 3 - Relationship Biography

understanding and changing relationship and communication patterns.



Explore how childhood attachments shape your adult relationships.

(Date: 18 May, 8 Jun, 22 Jun 2026)

Module 1 - Body Biography

making development visible.



Experience how early sensations of safety or adaptation live within the body.

(Date: 23 Feb, 9 Mar, 23 Mar 2026)

Module 2 – Behaviour Biography

recognising and transforming imprints.



Learn to identify how habits form as coping strategies.

(Date: 6 Apr, 20 Apr, 4 May 2026)

Module 4 - Vocation Biography

Overcoming obstacles.



Uncover silent ambitions and authentic direction hidden under inherited expectations.

(Date: 6 Jul, 20 Jul, 10 Aug 2026)

Module 5 – Identity Biography

becoming human



Artistic exploration links past and present, transforming emotional inheritance into conscious values.

(Date: 24 Aug, 7 Sep, 21 Sep 2026)

Core Learning: The Structure + Flow (Part Two at a Glance)



PART TWO: The Mature Adult Lifespan: Love, Legacy and the Art of Becoming

(MODULE 6 TO 10)

A biographical journey through adult life – using artistic practices to open space for reflection, resonance and transformation.

Module 8 - *Midlife Moves*

Transitions, Loss and the Rebirth of Direction

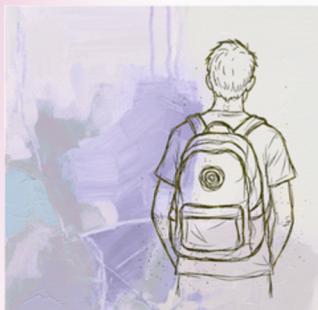


Midlife reorients purpose: through art and reflection, revisit paused dreams and rediscover vitality.

(Date: 14 Dec 2026 & 4 Jan 2027)

Module 6 - *The Other-Land*

Redefining Love, Purpose and Self in Early Adulthood

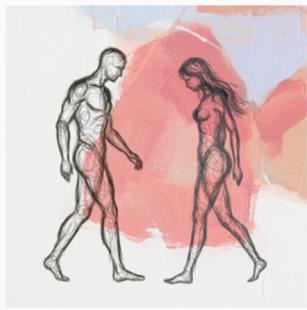


Examine transitions into adulthood—values, independence, belonging.

(Date: 12 & 26 Oct 2026)

Module 7 – *Mirrors of Intimacy*

Partnership as a Stage for Transgenerational Dynamics



Investigate how early relational roles replay in partnerships.

(Date: 9 & 23 Nov, 7 Dec 2026)

Module 9 - *Autumn colour Years*

Art of Ageing, Purpose and the Rhythm of Slowing Down



Engage art as wisdom—using color, rhythm, and acceptance to honor aging as transformation.

(Date: 18 Jan & 1 Feb 2027)

Module 10 - *The Thread That Remains*

Legacy, Belonging and the Wholeness of Biography



Trace your full life story as image and gesture. Art becomes a vessel for gratitude, closure, and renewed direction.

(Date: 15 Feb 2027)

Group Art Based Coaching Circles

How it works?

Every 3 months, you join a live creative group online or in-studio—new media, fresh energy, and the power of being seen.

What It Is

Quarterly group sessions for experiential art practice under therapeutic guidance. Each introduces new materials and creative methods while deepening reflective presence.

- Try new therapeutic art tools together.
- Share, reflect, and build resilience you can use in life and work.
- “Your story becomes powerful when it’s witnessed and celebrated.”

‘Art based coaching reconnects us where words end.’
—Prof. Hildrun Rolff

Frequency: Once every 3 months—

May, Sep, Dec 2026 & Mar 2027

Duration: 45 min guided session +

optional open studio/reflection time

Format: In-studio or livestream online



Why It Matters

Participants witness and support one another’s creative process—turning individual insight into collective grounding.

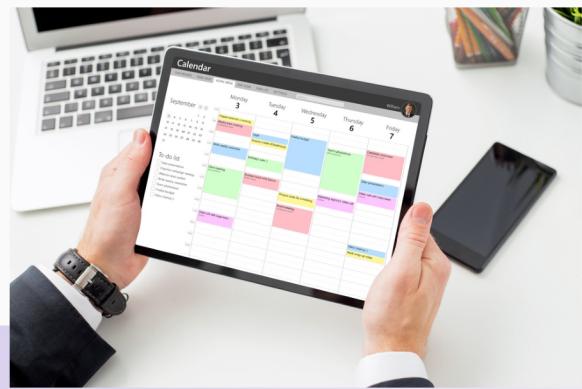
Through color, movement, and dialogue, you learn to embody empathy, regulation, and Art-Based Coaching’s essential for client and coaching work alike.

Here’s the list of benefits:

- **Connection:** Learn empathy through shared stories
- **Integration:** Turn insight into embodied experience
- **Renewal:** Leave each session centered and inspired

Through shared creation and reflection, art becomes a living dialogue. You create, witness, and are witnessed. That’s where growth happens.”

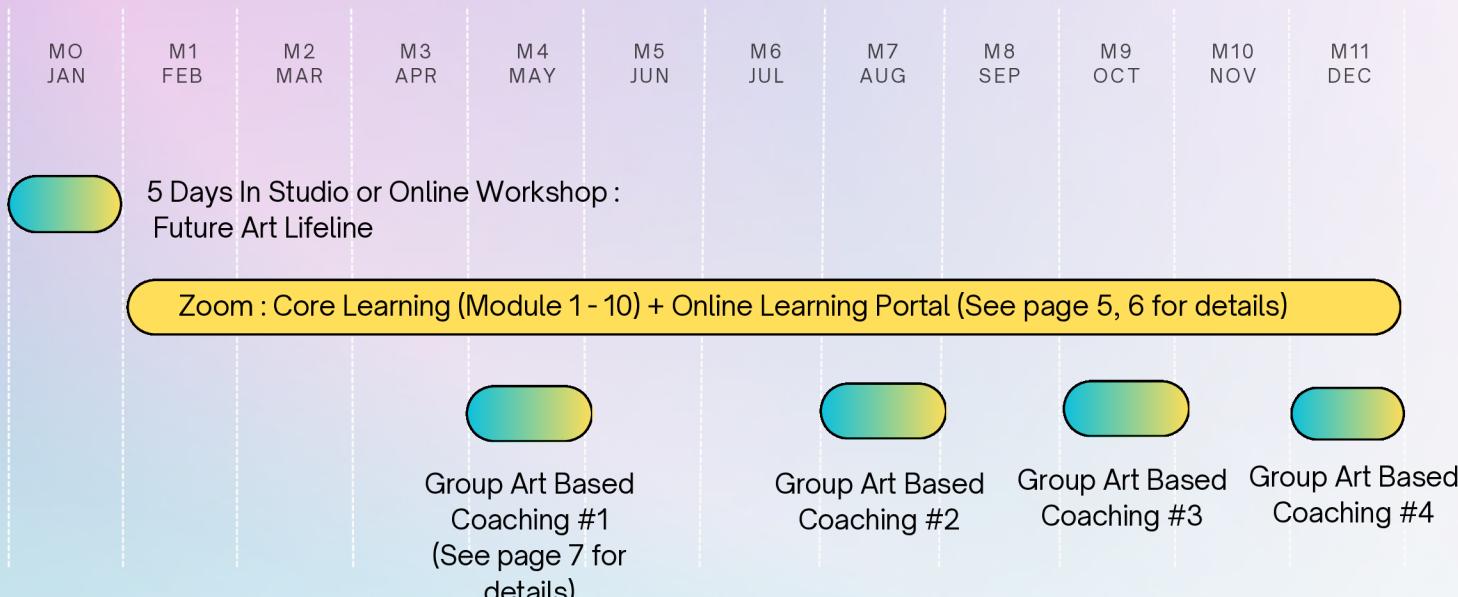
Timeline



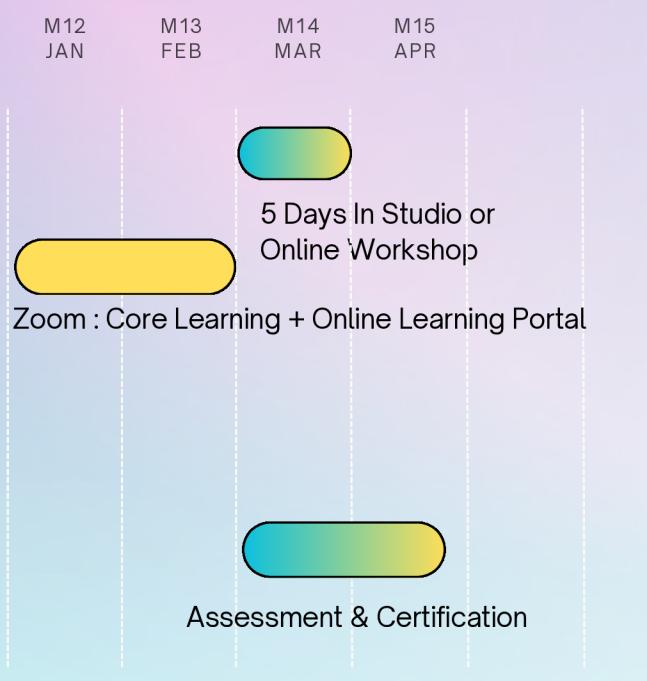
SCAN THIS
QR CODE TO
DOWNLOAD
TIMELINE WITH
DATES



YEAR 2026



YEAR 2027



KEY : Online only

Online and In-studio Option available



Ready to unlock your story and guide others?
Scan QR to Apply today.

Our Studio's Location

All in-person sessions take place at our cosy art studio: 45A,Jalan 17/45 46400 Petaling Jaya, Selangor

Situated **along a lively food street**, our studio is surrounded by cafés and eateries offering local favourites, Western dishes, Japanese, Thai, vegetarian options, bakeries, and hearty Malaysian mixed rice.

Between sessions, participants can immerse themselves in the rhythm of everyday life—sharing meals, reflections, and friendships just steps away from the studio.

Where to Stay:

- **Airbnb** The Hub SS2 – 4-minute walk
- Hotel Ukiyo – **budget stay**, 5-minute walk
- Within 10 minutes **by car**: Sheraton PJ, Hilton PJ, Armada, Crystal Crown, and Centerstage PJ

Tuition & Fees

- RM 14,000 total or
- Paid monthly MYR 1000 × 14 months or
- USD 240 × 14 months

Meet Your Team

Prof. Hildrun Rolff

Programme Founder & Lead Trainer



International Art Therapy Leader

Prof. Hildrun Rolff is a trailblazer in art-based coaching and therapy, known for integrating science, creativity, and personal transformation. She designed and led Germany's first Art Therapy – Social Art degree at Alanus University, shaping professional standards across Europe and Asia.

Expert in Biographical & Trauma-Sensitive Methods

Her innovative coaching combines biography work, embodied art practices, and trauma-aware tools to unlock self-understanding and emotional resilience. These methods empower coaches, educators, and therapists to bring creativity into real-life healing and leadership settings.

Visionary Mentor & Global Educator

Prof. Rolff has inspired professionals across continents through her teaching, research, and community impact. Her work bridges education, health, and personal growth—empowering learners to turn life stories into insight, purpose, and transformation.

Honey Khor

Facilitator for Group Art Based Coaching Sessions



Honey Khor is an artist and art counsellor with more than XXX years' experience in creative and therapeutic fields, specialising in intuitive, nature-inspired healing. She holds a Diploma in Fine Art from the Malaysian Institute of Art (MIA), completed a two-year Art Therapy foundation with Alanus Hochschule, University of Art and Social Science (Germany), and pursued advanced studies at the Tobias School of Art and Therapy (UK), with clinical internship in Berlin. Known for her warmth and creativity, she guides participants in transforming life stories into insight and self-discovery through art.

Tan Lee Ling

Program coordinator and fellow student.



Program coordinator and fellow student. With a background bridging corporate education and compassionate learning, Lee Ling supports you every step—because she's on the journey too.

Frequently Asked Questions

01 Do I need art experience?

No. This isn't about artistic skill but self-expression. Every exercise is guided—you'll discover how art helps make your inner world visible.

02 How is this different from a regular coaching or vision board workshop?

Unlike goal-based workshops, Biography-Based Coaching begins within your personal story. It reveals patterns, emotions, and strengths so real transformation—not just motivation—emerges.

03 I'm in transition or feeling stuck. Can this help?

Yes. You'll uncover unconscious patterns and rediscover purpose through reflection, art, and body awareness. Expect clarity and renewed confidence to move forward.

04 Do I need to be a therapist to join?

No therapy background is required. Anyone can join to grow personally or gain tools to support others. Graduates may integrate what they learn into coaching, teaching, or leadership practices.

05 Is this therapy or coaching?

It's coaching with therapeutic tools—focused on awareness, growth, and authentic action rather than diagnosis or clinical treatment.

06 What will I experience in the 5-Day Future Art Lifeline?

A guided personal retreat using art, movement, and reflection to explore your life story. You'll leave with insight, clarity, and a personal biographical art map to continue your growth.

07 Can I join online?

Yes. Our hybrid format allows participation on-site or online with live facilitation and access to full recordings.

08 What qualification will I receive?

A Certificate (12 ECTS) recognising your training in Biography-Based Coaching with Therapeutic Art Tools.

09 What's the biggest outcome?

A renewed sense of purpose and tools to transform both your own and others' life stories through art, compassion, and insight.

Ready to unlock your story and guide others?
Scan QR to Apply today.



Who Can Attend?

If you've ever felt the call to guide, heal, or create change, this programme was built for you.

Biography-Based Coaching with Therapeutic Art Tools

attracts a tribe of people who know transformation begins from within—and are ready to turn their life stories into tools for helping others do the same.

No art background is required — only curiosity, openness, and a desire to grow through creativity and reflection.

Begin the next chapter of your life—and help others write theirs.

Apply Now → artbasedcoaching.com

Perfect for:

- **Counsellor, coach, or therapist** who wants deeper, art-based and trauma-aware tools for client work.
- **Educator or facilitator** ready to energize classrooms or workshops with reflection and creativity.
- **Healer, wellbeing practitioner, or social worker** seeking embodied, biography-rooted ways to support change.
- **Artist or creative professional** wanting to transform personal expression into genuine growth for self and others.
- **Leader, parent, or individual** in transition looking to clarify purpose, renew meaning, or turn challenges into new beginnings.



Ready to unlock your story and guide others?
Scan QR to Apply today.



Book a Discovery Call

Have questions about the programme? Connect with Lee Ling for a FREE 30-minute discovery call to explore how Biography-Based Coaching fits your goals. Scan the QR to Book Your Zoom Meet Up Here



Contact

You can reach us for answer to your questions.

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- ArtBasedCoaching.com