



FIVE MINI PROGRAMS



ONLINE SERIES • NOVEMBER 2026 TO APRIL 2027

Art-based approaches to *emotional and relationship challenges*

Five everyday struggles, worked on with paper, colour and clay. Part 1 is for the adult. Part 2 is for the child: the one at home, and the one each of us once was.

5 themes

Two live Zoom evenings each

Wednesdays

6.00–8.30pm Malaysia time

Theme 1 free

Start on 18 November 2026



with Prof. Hildrun Rolff

Art Based Coaching Sdn Bhd · earth-s institute

mini.learnartbased.com

WHAT IS THIS SERIES, AND WHY?



Some things don't change *by talking about them.*

You already know you should start, stay calm, stand up for yourself, argue less. Knowing rarely reaches it, because these patterns live in the body. **So we work where they live: with paper, colour and clay.**

5

everyday struggles: putting off, fear, bullying, couples, family

2

live Zoom evenings per theme, Wednesdays 6.00–8.30pm

1

guide: Prof. Hildrun Rolff, 40 years in art therapy

Why work with art?

01

You get distance

What holds you back takes shape outside you. You can look at it, instead of being inside it.

02

Your body learns

When your hands work, tension eases. The body keeps the new experience, and it is still there the next day.

03

You understand why

Hildrun explains the psychology behind each pattern, so you leave with the why as well as the what.

Why two evenings for each theme?

PART 1

For you, now

Meet your own pattern and find what helps you, in the moment it shows up.



PART 2

For the child

The children in your life, and the child you once were. Learn to accompany them.

Most of these patterns were planted early. So you leave with something for yourself, and a way to sit beside someone you love.

Coaching evenings for everyday life. Not therapy, and no art experience needed.

Start with Theme 1, free

"I'll start tomorrow." · Wed 18 & 25 Nov 2026

mini.learnartbased.com

Part 1 is for you. *Part 2 is for the child.*

The children in your life, and the child you once were. Five everyday struggles, worked on with paper, colour and clay.

FIVE MINI PROGRAMS • ONE SERIES



Theme 1 • Procrastination

"I'll start tomorrow."

Wed 18 & 25 Nov 2026

FREE



Theme 2 • Fear & Anxiety

"When the ground shifts."

Wed 16 & 23 Dec 2026

RM298



Theme 3 • Bullying

"All against one."

Wed 20 & 27 Jan 2027

RM298



Theme 4 • Couples & Conflict

"The same argument, again and again."

Wed 24 & 31 Mar 2027

RM298



Theme 5 • Family

"What families pass on."

Wed 14 & 21 Apr 2027

RM298



with Prof. Hildrun Rolff

40 years in art therapy and art-based coaching

mini.learnartbased.com

PROCRASTINATION AND AVOIDANCE

"I'll start tomorrow."

FREE



DETAILS



REGISTER

THE PROBLEM

You keep putting off what matters, then feel worse for it. A child says "Boring!" and the book stays shut.

WHAT'S COVERED

PART 1 • FOR YOU

"I'll start tomorrow"

Wed 18 Nov, 6.00–8.30pm

Gaining distance. Whatever holds you back takes shape outside you.

Releasing pressure. When your hands work with materials, inner tension eases. Taking action feels lighter again.

Feeling the start. Through doing, you experience what beginning feels like.

PART 2 • FOR THE CHILD

"This is too hard"

Wed 25 Nov 2026, 6.00–8.30pm

Putting size in proportion. A picture shows how big a task really feels to a child.

Confidence in the body. When hands create something that works, the nervous system stores that experience.

Adults as an anchor. You recognise which attitude helps children keep going.



with Prof. Hildrun Rolff

Live on Zoom · Malaysia time · no art experience needed

mini.learnartbased.com
replay + note pack included

FEAR AND ANXIETY

*“When the ground shifts.”*RM298 ~~RM380~~ early bird until 9 December 2026

DETAILS



REGISTER

THE PROBLEM

Your heart races when nothing is happening. A child has a tummy ache before school, or the light stays on all night.

WHAT'S COVERED

PART 1 • FOR YOU

“When the ground shifts”

Wed 16 Dec, 6.00–8.30pm

The alarm grows quieter. As your attention moves from inner warning signals to colour and form, your body settles.

The inner system learns anew. Our inner system is constantly predicting what happens next.

Support becomes tangible. You discover experiences of safety already within you and make them tangible enough to take home.

PART 2 • FOR THE CHILD

“The monster under the bed”

Wed 23 Dec 2026, 6.00–8.30pm

The fear gets an edge. Out on the paper, the fear has a boundary.

Safety becomes real. Children need protection as a physical experience.

Self-efficacy grows. A child who can do something about the fear feels less at its mercy.



with Prof. Hildrun Rolff

Live on Zoom · Malaysia time · no art experience needed

mini.learnartbased.com
replay + note pack included



BULLYING

*“All against one.”*RM298 ~~RM380~~ early bird until 13 January 2027

DETAILS



REGISTER

THE PROBLEM

Being shut out by a group feels like all against one. A bullied child feels ashamed and says little at home.

WHAT'S COVERED

PART 1 - FOR YOU

“All against one”

Wed 20 Jan, 6.00–8.30pm

Standing tall from within. People who are excluded shrink, inwardly and often physically too.

Gaining an overview. Seeing the constellation from outside lifts you out of helplessness.

Seeing power differently. Influence in a group can exclude or protect.

Sensing boundaries. You experience where your boundary lies and how clarity feels in your body.

PART 2 - FOR THE CHILD

“Someone is on my side”

Wed 27 Jan 2027, 6.00–8.30pm

Relief. In a picture, a child can show what is happening without having to tell everything.

Boundaries and strength. A boundary a child has shaped with their own hands is one their body can feel.

Allies. Children experience that someone can join them.

Agency. A child who can move something in a picture regains the feeling of making a difference in life too.



with Prof. Hildrun Rolff

Live on Zoom · Malaysia time · no art experience needed

mini.learnartbased.com
replay + note pack included



COUPLE RELATIONSHIPS AND CONFLICT

“The same argument, again and again.”

RM298 ~~RM380~~ early bird until 17 March 2027



DETAILS



REGISTER

THE PROBLEM

You argue about the washing-up and mean something else entirely. Meanwhile the children hear more than adults think.

WHAT'S COVERED

PART 1 - FOR YOU

“The same argument, again and again”

Wed 24 Mar, 6.00–8.30pm

Patterns become visible. What runs automatically in an argument suddenly lies in front of you.

The logic behind it. You understand what your pattern once protected you from.

The body rehearses something new. Your nervous system experiences a different way of being in relationship.

PART 2 - FOR THE CHILD

“Caught in the middle”

Wed 31 Mar 2027, 6.00–8.30pm

The child feels seen. When adults look carefully at their pictures, children feel understood, even with few words.

A safe place of their own. Through making, children find an inner steadiness that holds, however loudly the grown-ups argue.

Loyalty gets lighter. Children usually love both parents. In a picture, both can keep their place.



with Prof. Hildrun Rolff

Live on Zoom · Malaysia time · no art experience needed

mini.learnartbased.com
replay + note pack included



FAMILY RELATIONSHIPS AND DYNAMICS

*“What families pass on.”*RM298 ~~RM380~~ early bird until 7 April 2027

DETAILS



REGISTER

THE PROBLEM

The sensible one. The peacemaker. You learned your family role before you could speak, and you still play it.

WHAT'S COVERED

PART 1 - FOR YOU

“What families pass on”

Wed 14 Apr, 6.00–8.30pm

A quick shift. You experience how swiftly your inner state can change when your hands and imagination work together.

What was hidden emerges. We learned family patterns before we had words.

You choose what stays. From your inheritance grows a conscious decision about what you want to pass on.

PART 2 - FOR THE CHILD

“My place in the family”

Wed 21 Apr 2027, 6.00–8.30pm

Telling becomes easy. Playful making gives children access to what they feel about their family.

Security becomes tangible. Through doing, children experience what holds them. That sense of belonging calms the whole child.

Teenagers find their place. Teenagers want to go their own way and still belong. A picture has room for both.



with Prof. Hildrun Rolff

Live on Zoom · Malaysia time · no art experience needed

mini.learnartbased.com
replay + note pack included

WHO GUIDES THE EVENINGS

Prof. Hildrun Rolff

Most people teaching art-based methods learned them from someone. **Hildrun is the someone.** Her method is trauma-sensitive by design: the body leads and the naming follows.

- Founder of Germany's first Art Therapy – Social Art degree, Alanus University
- Forty years in art therapy, art-based coaching and university teaching
- Developer of Biography-Based Art Coaching
- Has taught practitioners across Europe and Asia

How each evening runs

1

Log in at 5.50pm. Hildrun guides live from 6.00 to 8.30pm Malaysia time.

2

Draw, shape and look, step by step. Nobody interprets the picture; its maker keeps the meaning.

3

Hildrun explains the psychology behind the pattern, so the why comes home with the what.

What to have ready

A3 or A4 paper, coloured pencils or pastels, modelling clay or play dough, and a phone for photos. The full list arrives with the Zoom link.

Included with each theme

Both live evenings, the replay for one month, and a note pack with the key ideas and every art activity.

Who it is for

Anyone carrying one of these patterns, parents and carers, and coaches, counsellors, teachers and HR professionals.

An honest note

Coaching evenings for everyday life. Not therapy, and not a replacement for professional support where it is needed.

Choose where to start

THEME	WEDNESDAYS	EARLY BIRD	EARLY BIRD UNTIL
● Theme 1 · Procrastination	18 & 25 Nov 2026	Free	—
● Theme 2 · Fear & Anxiety	16 & 23 Dec 2026	RM298	9 Dec 2026
● Theme 3 · Bullying	20 & 27 Jan 2027	RM298	13 Jan 2027
● Theme 4 · Couples & Conflict	24 & 31 Mar 2027	RM298	17 Mar 2027
● Theme 5 · Family	14 & 21 Apr 2027	RM298	7 Apr 2027

MOST POPULAR · UNTIL 9 DEC 2026

All four paid themes

Eight evenings, December to April. Replays and four note packs included.

RM988

RM1,288

= RM247 per theme · save RM204

After early bird: RM380 per theme, RM1,288 for all four.

GROUP OF 3+ · ONE THEME

ENJOYGROUPOF3

RM40 off each person

GROUP OF 3+ · ALL FOUR

ALLFOUROF3

RM250 off each person

How to register

1

Go to mini.learnartbased.com and pick a theme, or all four.

2

Pay securely online. A group enters its code at checkout.

3

The Zoom link and materials list arrive one week before each theme.

Questions people ask

Is any art experience needed?

No. Paper, coloured pencils and a little clay. Nobody judges what is made, and nobody interprets it.

Can one theme be booked on its own?

Yes. Each theme stands alone. Theme 1 is free for everyone.

What if an evening is missed?

The replay stays open for one month, ready one week after each evening.

Questions before booking?

WhatsApp Lee Ling on +60 11-3338 6754 or email info@artbasedcoaching.com.



LAST STEP · RESERVE YOUR PLACE

Save your Wednesdays. *Start free on 18 November.*

Five themes with Prof. Hildrun Rolff, live on Zoom, 6.00–8.30pm Malaysia time. Pick where you start.

START HERE

Theme 1 Free

Procrastination · Wed 18 & 25 Nov
Replay and note pack included



Scan to reserve free

ONE THEME

Theme 2, 3, 4 or 5 RM298 ~~RM380~~

Early bird until one week before
that theme starts

mini.learnartbased.com

Pick your theme on the site, or
WhatsApp us

MOST POPULAR

All four themes RM988 ~~RM1,288~~

Just RM247 per theme
Eight evenings · save RM204



Scan to reserve all four

Early bird for Theme 2 and the all-four bundle ends 9 December 2026. After that, RM380 a theme and RM1,288 for all four.

Group of 3 or more? Each person uses a code at checkout: **ENJOYGROUPOF3** RM40 off a theme ·

ALLFOUROF3 RM250 off all four

mini.learnartbased.com

Questions? WhatsApp +60 11-3338 6754