



Art Based  
Coaching  
Workshop

15 - 19 JANUARY 2026 (THURS- FRI)

9 - 13 JANUARY 2026 (FRI - TUES)

IN STUDIO (PETALING JAYA)

OR LIVE STREAMING ONLINE

# Future Art Lifeline

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



**See Beneath the Surface. Help People Grow.**

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

SESSION 1  
: FULL

FULLY HRDCORP CLAIMABLE  
COURSE CODE: 10001616960

BY PROF HILDRUN ROLFF

## See beneath the surface. Help people grow.

Life moves fast. In caring for others, many lose touch with their own rhythm. Future Art Lifeline is your space to reconnect—to let creativity speak, hands lead, and insight surface.

With specifically Designed Art Activities and Gentle Movements created by renowned Art Therapist - Prof. Hildrun Rolff, this five-day journey guide you to **Transform Uncertainty into direction through art-making, intuitive exploration, and body awareness.**

**You don't need art skills to attend this workshop** —just a willingness to listen inwardly. The purpose of the workshop is not to create masterpiece, we are **using art as a mean to express what is in our subconscious mind**. Through guided exercises and reflection, you'll learn to **see the patterns that shape your story** and transform them with Clarity, Courage, and Self-Compassion.

## What Makes Future Art Lifeline Unique?

- **Biography-Based Art & Story:** See your journey in new ways, find hidden patterns, and author new chapters.
- **Somatic Level Practices:** Use body awareness and creative movement for real change and stress relief.
- **Safe, Inclusive Spaces:** Tools are accessible for all backgrounds and skill levels—no art experience required.
- **Real Life, Real Results:** Methods you can use immediately for yourself, your clients, students, or teams.

*"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

**Thursday 15.01.2026**  
**9am - 7pm**

### LIFE PATTERNS & MICRO-RITUALS

**Friday 16.01.2026**  
**9am-7pm**

### EMOTIONS & RELATIONSHIPS

**Saturday 17.01.26**  
**9am-7pm**

### COMPLEX IDENTITIES

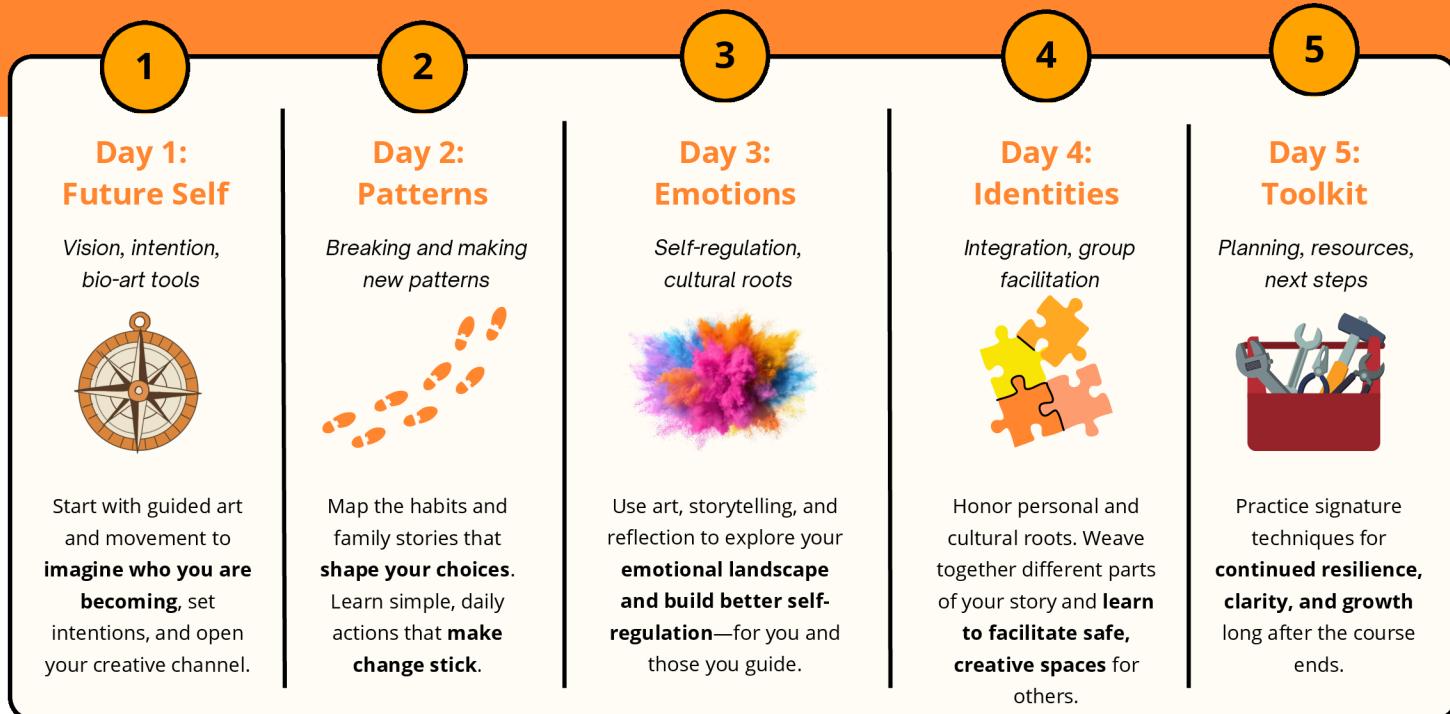
**Sunday 18.01.2026**  
**9am-7pm**

### YOUR PERSONAL TOOLKIT

**Monday 19.01.2026**  
**9am-1pm**

# Your 5-Day Journey: Future Art Lifeline at a Glance

15 - 19 JANUARY 2026  
(THURS - MON)



## Four Crucial + Core Skills you will Learn after attending Future Art Lifeline?



### ASSESSMENT

*Individual Assessment & Biographical Literacy*

Sometime we can only see the surface—like reading the title of a book but not its pages—missing deeper patterns and roots of issues. In this workshop we **learn to read the pages**.

- **Biographical Mapping:** See the real journey, not just the surface.
- **Pattern Recognition:** Spot cycles and sources of stuckness.
- **Artistic Diagnostics:** Let color, line, symbol, and gesture reveal hidden stories.

If you're not really tuned in, trying to help is like speaking to someone with a wall between you; messages and feelings never really get through. In this workshop you learn how to **break down that wall, becoming present and empathetic like tuning a radio to the right frequency**.

- **Self-Awareness:** Know your triggers and gifts.
- **Empathetic Attunement:** Tune in and build trust.
- **Cultural Sensitivity:** Embrace difference, honor diversity.



### EMOTION

*Emotional Intelligence & Presence*

## Four Core Competence

You Will Build.

### FACILITATION

*Facilitation & Intervention Design*

One-size-fits-all advice is like giving everyone the same size shoes—some will stumble because it doesn't fit their needs. **This skill teaches professionals to craft "custom-fit" interventions for each person.**

- **Somatic Facilitation:** Guide with creativity and presence.
- **Intervention Sequencing:** Offer the right step at the right time.
- **Reflective Practice:** Help insights become daily actions.

Without clear boundaries, things get tangled—like mixing up everyone's notebooks so stories and secrets are exposed. This workshop **sets clear rules and practices so everyone knows where the boundaries are, keeping trust strong**.

- **Boundary Setting:** Safe containers for deep work.
- **Confidentiality:** Practices to protect trust.



### ETHICAL PRACTICE

*Ethical Practice & Boundaries*

Ready for deeper connection, creative clarity, and Lasting Change for Yourself and those You Cared For? Register now. Shape your next chapter.



## ABOUT YOUR FACILITATOR

**Prof. Hildrun Rolff** is an Art Therapist 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."

See beneath the surface. Help people grow. Connect with what truly matters? Also guide others how to connect with themselves. Join Prof. Hildrun Rolff and the circle of seekers for a creative journey of transformation.

Reserve your place today — spaces are limited.

## 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.

# Your Five-Days Journey

5-DAY 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, coaches, therapists, leaders, caregivers, creatives, and **those at a personal crossroads are all welcome**. **No art experience required**—just your curiosity and presence.

**Dates :** 15-19 January 2026 (Thurs-Mon)

**Venue :** Art-Based Coaching's "Delta Centre", Petaling Jaya (**hybrid option available** - you can opt to study online instead of coming to the studio)

**Facilitator :** Prof. Hildrun Rolff

**Early Bird Rate :** RM 1,800 / USD 440 (until 25 December 2025)

**Regular Rate :** RM 2,000 / USD 490

**Payment Plan :** 3 instalments available

**Includes :** Art materials, meals provided

SCAN QR TO  
REGISTER NOW



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 + purpose through art-making and gentle biographical reflection**.

With warmth and anticipation,

Hildrun