



Biography Based Coaching with Art Therapeutic Tools

Program Timeline

2026 / 2027

Module / Event	Session Dates	Key Focus
Future Art Lifeline (Foundation)	Jan 9–13, 2026	Creative foundation, personal theme, immersion
Module 1: Body Biography	Feb 23, Mar 9, Mar 23, 2026	Embodiment, development as artistic process
Module 2: Behavioural Biography	Apr 6, Apr 20, May 4, 2026	Transforming habits, visualizing imprints with art
Group Art Therapy #1	May 2026	Creative, collaborative session (quarterly, in studio/online)
Module 3: Relationship Biography	May 18, Jun 8, Jun 22, 2026	Communication & transference, reframing relationships
Module 4: Vocation Biography	Jul 6, Jul 20, Aug 10, 2026	Overcoming failure, vocational clarity, risk taking
Module 5: Self (“Becoming Human”)	Aug 24, Sep 7, Sep 21, 2026	Identity, values, narrative integration
Group Art Therapy #2	Sep 2026	Second creative group anchor point



- Group Art Therapy Sessions: Held every 3 months—May, September, December 2026, March 2027 (session dates set with cohort for flexibility).
- All module sessions: Mondays, 6pm–9pm MYT unless otherwise noted.



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Module 6: The Other-Land	Oct 12, Oct 26, 2026	Transitions, love, adult purpose
Module 7: Mirrors of Intimacy	Nov 9, Nov 23, Dec 7, 2026	Partnership, boundaries, intimacy
Module 8: Midlife Moves	Dec 14, 2026; Jan 4, 2027	Loss, midlife renewal, fresh directions
Group Art Therapy #3	Dec 2026	Third group session, peer and art showcase
Module 9: Autumn Colours	Jan 18, Feb 1, 2027	Purpose, creative wisdom, acceptance
Module 10: Thread That Remains	Feb 15, 2027	Legacy, weaving the narrative, wholeness
Group Art Therapy #4	Mar 2027	Culminating group circle and reflection
Studio Week (PJ in-person)	Mar 1–5, 2027	Art immersion, skill deepening, group work
Assessment & Certification	Mar–Apr 2027	Final project presentation, graduation

Group Art Therapy Sessions



Every quarter, experience a live, guided art therapy group (in-studio or online). Explore new materials, receive peer encouragement, and deepen your creative practice—plus, use extra time after sessions for reflection or finishing works. These sessions are the heartbeat of your learning community.