

## Soul Pages

Mentor program for guidance through “SoulPages” method by Rakefet Hadar &  
Pam Hausner (assistance)



I'm very honored to announce the opening of the 2<sup>nd</sup> International Mentor training in my method of “SoulPages”.

This is an online live course of 30 full lessons (3 hours) during 9 months of training.

All the lessons are recorded live on zoom and kept on a private Facebook group for another full year after the course is finished.

The graduates will get a certificate of “Mentor of Soulpages Method” and will be able to work with groups/private clients as soon as the course finish

### What is the visual Journal?

The Visual Journal is a powerful tool that connects to a place of healing and transformation, that helps us self-educate about different materials and work with a variety of techniques of mixed media – all in the format of a journal.

The Binding of the Journal, the work inside it thereafter, the gentle guidance of a trustworthy instructor – allow us to go through processes of growth and healing, and even light up a spark of joy and passion.

I developed the “SoulPages” Method to let you reconnect with parts of you that dream and fulfill, parts of you that are joyous.

## **Syllabus**

### **Module 1-Meet Your Inner Artist**

**This is the Course that you could teach as soon as you finish the course.**

#### **The visual journal as a “playground”- Material & Techniques**

In this module the student will get familiar with the building block of visual journaling- the 7 elements, through working with very powerful inner work.

We will get to know the archetype of the inner artist and how can we activate it in ourself and learn a new artistic language.

This is a beginner’s course that you could teach after graduation with a credit to the SoulPages Brand.

<b>Lesson</b>	<b>Name of lesson</b>	<b>Techniques &amp; Materials</b>	<b>Date</b>
1	The gate to my soul		11.10
2	The seven elements of Visual journaling		18.10
3	Working with memories		25.10
4	My inner creatures		1.11
5	Blackout poetry images		08.11

### Module 2-Voice Dialogue technique

Lesson	Name of lesson	Techniques & Materials	Date
6	Our inner world		15.11
7	The conscious self		22.11
8	How to dialogue with our inner parts		29.11
9	Our vulnerable parts		06.12
10	Talk to the image technique		13.12

### Module 3-The Group

In this module we will learn different theories of psychology of art and working with groups as a facilitator of change and transformation. We will create in a special journal that we will make especially for this module.

Lesson	Name of lesson	Techniques & Materials	Date
11	Theories that influenced SoulPages	The self archetype	10.01
12	SoulPages groups	Color archetypes- introduction	17.01
13	Roles of group members	The 3 hats of the SoulPages facilitator	24.01
14	The facilitator roles		31.01
15	Dealing with difficult emotions		07.02
17	Saying goodbye		21.02

### Module 4-My Diamond Mine

#### How to create a whole course with your own strengths

In this module we will dive in to discover all your strengths and learn how to create endless amazing processes that will influence others to grow and transform.

You will end this module with a plan of a full course that you could teach Immediately.

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Lesson	Name of lesson	Techniques & Materials	Date
18	Mind maps	Watercolor pencils & water-soluble markers	07.03
19	My wining metaphor	Your favourite materials	14.03
20	Creating intention		21.03
21	Materials and Techniques		28.03
22	Visual planning of the course		04.04

### Module 5- Rainbow of colors

In this module all the course members will be divided in groups of 2-3 and will have a one-on-one meeting with Rakefet & Pam to help them create their lesson.

Lesson	Name of lesson	Techniques & Materials	Date
23			25.04
24			02.05
25			09.05
26			16.05
27			23.05
28			30.05
29			06.06
30	End of course party	5 hours meeting	13.06

Important notice- some lessons content might change and updated to enrich the course content

