

## SOULPAGES METHOD & SOULPAGES MENTOR AGREEMENT

SoulPages is a powerful tool that allows people to connect to a place of transformation and healing, using various mixed media techniques within a personal journal.

Working within the visual journal under the gentle guidance of a mentor enables processes of growth, healing, and ignition of the joy and passion of life.

Since 2016, Rakefet Hadar has been training professional mentors using the SoulPages method. These mentors provide professional guidance in working with different audiences around the world.

SoulPages training is the only global training using this unique integration of visual journaling with playfulness, guided meditation, inner listening, intuition, and creativity. The SoulPages method is based on seven simple elements that can be used to create an infinite number of combinations to create SoulPages in a visual journal.

It is important to note that SoulPages is not an art therapy treatment. SoulPages mentors are not qualified to offer therapeutic or clinician services because of their training through SoulPages. Unlike therapy, SoulPages does not provide a diagnosis nor offer treatment for a disorder. SoulPages does provide opportunity for inner exploration and expression and can be used to enhance and help improve a sense of wellbeing. As such, SoulPages can be a helpful supplement to those receiving therapeutic services.

### OUR VALUES

- **Playfulness.** Playfulness improves relationships and our connection to others. It relieves stress and leads to creative thinking and smarter decisions. Through the relaxation and pleasure of playfulness, we have the unique opportunity to exercise both the analytical and creative aspects of our mind.
- **Imagination.** Imagination influences everything we do, think about, and create. By loosening the grip of perceived obstacles, imagination allows us to open to what may be possible through innovation and a shift in perspective.
- **Creativity.** Creativity has an amazing power to provide renewed enthusiasm and energy, even in difficult circumstances. Creativity helps us to discover new experiences, gain insight, and build resilience in all areas of life. When creativity is encouraged in group settings, we enjoy deeper connection with each other.

- **Connection.** Connection to ourselves allows us to better understand who we really are, what we are feeling, and what we need. This place of awareness then allows us to build friendships and healthy social connections essential for wellbeing, empathy, and personal health.
- **Friendship.** Friendship is based on mutual respect, honoring our differences, and opening to the value inherent in each other. Through friendship, we come alongside each other to support one another in our journey toward belonging, purpose, happiness, and sense of self-worth.
- **Joy.** Joy arises when we are being our very best selves and have a sense of safety, community, and purpose. Joy helps us to look to the future with hope, clarity, and confidence.

### **IN SUMMARY:**

SoulPages provides unique creative expression experiences that help people unlock insight while connecting to inner wisdom and joy. Unlike other visual journaling and intuitive art facilitators, SoulPages offers the integration of playfulness, inner archetypes, guided meditation and writing to increase wellness and joy for people around the world.

### **Price and terms of agreement**

Soul Pages is a professional mentor training program that requires a sincere nine-month commitment and investment. Because space is highly limited, there are no refunds after starting the program.

The full program cost 2480\$

**A non-refundable deposit of \$480 USD will hold your space in the SoulPages Facilitator program.**

The rest can be paid up to 7 installments.

You can pay all the Tuition in full and save 200\$ (2280 \$)

Attending the live sessions is not mandatory but you will have to attend at least 80% of the course Live meetings in order to get the “Certified Facilitator certificate”.

## Syllabus

### Module 1-Meet Your Inner Artist

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.**

### The structure of the course

#### Module -The importance of sharing and reflection

In the first Module you will enjoy the "Meet your inner artist" a beginner SoulPages course that you could later teach as a Soulpages mentor.

In the first Module you get to experience the power of the SoulPages journaling.

You will learn different techniques and you will explore the elements of visual journaling.

Lesson	Name of lesson	Date of meeting
1	The Gate to my soul	Oct 11th
2	The seven elements collage	Oct 18th
3	Working with memories	Oct 25th
4	My inner creatures	Nov 1st
5	Blackout poetry images	Nov 8th

### Module 2-Voice Dialogue technique

In this Module we will learn the Voice dialogue technique and we will create in various ways in our visual journals. We will work with inner archetypes and inner parts/ symbols.

We will cover the theories of Hal and sidra stone as well as some Jungian inspired techniques such as active visualization.

Lesson	Name of lesson	Date
6	Maps of our Inner worlds	Nov 15th
7	The conscious self	Nov 22nd
8	How to dialogue with our inner parts	Nov 29th
9	Active visualization technique	Dec 7th
10	Parallel journaling	Dec 14th

### **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	Jan 10th
12	SoulPages groups	Color archetypes- introduction	Jan 17th
13	Roles of group members		Jan 24th
14	The Mentors roles	The 3 hats of the SoulPages facilitator	Jan 31st
15	Dealing with difficult emotions		Feb 7th
16	Reflection and sharing		Feb 14th

17	Saying goodbye		Feb 21st
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### Module 4-My Diamond Mine

#### Designing your own SoulPages Workshop

In this module we will dive in to discover all your strengths and learn how to create your own version of SoulPages processes.

You will learn how to create a SoulPages workshop that is based on all your “Diamonds” - your life experience and inner wisdom and knowledge.

You will end this module with a plan of a **full workshop** that you could alter and expand in the future to a full course and marketing basic to start promoting your flag workshop.

Lesson	Name of lesson	Techniques & Materials	Date
18	Mind maps	Watercolor pencils & water-soluble markers	Feb 28th
19	My wining metaphor	Creating a metaphor for your workshop	March 7th
20	Creating intention	Learning how to create prompts for you workshop, invent a guided Visualization and more.	March 14th
21	Materials and Techniques	Exploring how materials and techniques support our workshop intention	March 21st
22	Marketing your workshop	4 hours special workshop	March 28th

### Module 5- Rainbow of colors

In this module all the course members will be divided to pairs and will have a special facilitator who will guide them and accompany them in creating their own lesson based on the elements of visual journaling.

Together you will create a full SoulPages course with all the elements of visual journaling.

Rakefet Hadar and the small group guide will work with every pair on a private session to create their lesson syllabus.

In the end of this Module all the participant will have resources of a whole course they could use as teaching material in the future.

Lesson	Name of lesson	Techniques & Materials	Date
23	Element of Intention		May 2nd
24	Element of Background		May 9th
25	Element of Image		May 16th
26	Element of Color		May 23rd
27	Element of Line		May 30th
28	Element of Text		June 6th
29	Element of Magical coincidence		June 13th
30	End of course party		June 20th

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

