

Soul Pages

Facilitator program for guidance through “visual journey journaling”(VJJ) method
by Rakefet Hadar



I'm very honored to announce the opening of the 1ST International facilitator training in my method of “Visual Journey Journaling”.

This is an online live course of 28 full lessons (2 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 “Facilitator of VJJ Method” and will be able to work with groups/private clients as soon as the course finish

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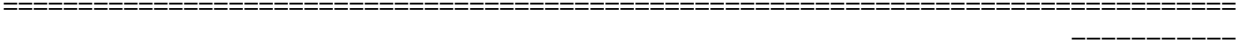
בית ספר למסעות יצירתיים - רקפת לינק סקופ - טלפון: 054-332-2464 אימייל: rakefetlink@gmail.com

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 “Visual Journey Journaling” Method to let you reconnect with parts of you that dream and fulfill, parts of you that are joyous.



About me

My name is Rakefet Hadar, I live in Israel.

I developed the “Visual Journal Journaling” method to help as many people as possible encounter the power of creation, to reconnect with their passion, joy and healing strengths.

My method is built upon seven simple elements – Intention, Magical coincidence, Background, Image, Color, Line, and Text.

I teach my method in different ways: through trips I organize, online courses and frontal face-to-face workshops. I also published the book “Layers of Meaning” that consolidates all my knowledge, many exercises and pieces from my own private journal.

In 2016 I started to teach a **facilitator course** of my method and since then more than 100 graduates started to work and teach my method in Israel and worldwide.

I believe that when you study to be a visual journaling facilitator you become an artist. You become independent and you learn how to use all your life events to create amazing lessons for others. When you work on your lessons you keep creating for yourself... This is a cycle of creativity and flow.

We are all born artists!!



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What is included in the course?

29 Live session on zoom with Rakefet Hadar , Tuesdays at 9.30 AM USA time

all the lessons are recorded and will be available for you to watch when you want.

4 recorded book binding lessons

One by one zoom session with Rakefet to create your own class and present it to the group

4 Modules of endless techniques, materials and inspiration.

Revolutionary method of building your own lessons from your life story..

You will hand bind 4 different journals and learn how to work in altered books.

You will become a facilitator and could guide other people in their creative journey.

Guidance through all the year with creative journey school staff.

Who can apply?

Anyone that tried one of Rakefet Hadar's short online courses.

Price and terms of agreement

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

The full program cost 2180\$

A non-refundable deposit of \$680 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\$ (1980 \$)

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Syllabus

Module 1-Maps of the hearts

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 combine the visual journal to shamanic journeys and voice dialog technique to create stunning meaningful pages.

Lesson	Name of lesson	Techniques & Materials	Date
1	The 7 elements of visual journaling	Image Immersion	12/10
2	My maps of creation	Black and white Gesso	19/10
3	The tree of life- shamanic journeys	Blackout poetry	26/10
4	Working with my ancestors	Image Transfer	02/11
5	Power animals	Working with stencils and masks	09/11
6	A journey to the upper world	Watercolor techniques+ folding book	16/11
7	Voice dialog Technique- all the voices in my inner world	Carpet collage technique	23/11
8	My inner guidance		30/11
9	My inner children	Working with doors and windows in my journal	07/12
10	The inner critique and the good mother	Working with ink and fabrics	14/12



Module 2-Being with others

Facilitating groups & private clients

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 of Jung	The self archetype	11.01
12	Setting of a meeting, the 1 st meeting	Color archetypes- introduction	18.01
13	The facilitator roles & the stages of the visual journaling groups	The 3 hats of the SoulPages facilitator	25.01
14	Types of group members		01.02
15	Dealing with emotions		08.02
16	Reflection on visual journal spreads		15.02
17	Saying goodbye		22.02



Module 3-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.

Lesson	Name of lesson	Techniques & Materials	Date
18	Mind maps	Watercolor pencils & water-soluble markers	01.03
	My wining metaphor	Your favourite materials	08.03
19	The 7 elements in my course		15.03
20	Creating intention		22.03
21	materials and Techniques		29.03

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Module 4- Rainbow of colors

In this module all the course members will be divided in groups of 6 and will have a special facilitator who will guide them and accompany them in creating their own lesson and facilitating it with the group.

Rakefet Hadar and the group guide will work with every member on a private session to create his lesson syllabus.

Lesson	Name of lesson	Techniques & Materials	Date
22			26.04
23			03.05
24			10.05
25			17.05
26			24.05
27			31.05
28			07.06
29	End of course party	5 hours meeting	14.06

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

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