

GOLDSTER★

IRISH NATURE  
SKETCHBOOK





A watercolor painting of a field with various flowers in shades of yellow, orange, and purple. In the background, a simple house is visible through a hazy, greenish atmosphere. The painting is done in a soft, impressionistic style.

# DISCOVER THE BEAUTY OF NATURE THROUGH ART

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# IRISH NATURE SKETCHBOOK

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Connect with the beauty of the natural world



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Improve your sense of wellbeing, mental and cognitive health through art

*"Nothing happens until something moves" - Einstein*



# OUR METHOD

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## WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



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## A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

*"The path is made by walking on it"*



# THE COURSE

Take a trip through the Irish countryside, discovering the beauty of the natural world, and then drawing the week's subject in your sketchbook.

This is an interactive class, and after viewing brief video footage or photos of the country scene Jo is taking you to visit, participants will have a chance to share their own knowledge of the flower, tree, bird or creature that Jo has spotlighted.

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## A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



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## EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes

*"When we do it together, we feel better together"*

# THE COURSE

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## GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the Goldster platform



- Engage and stimulate the physical, emotional and cognitive aspects of your health
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



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## LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

*"Learning is a journey of self discovery"*



## Week 1

Early Spring Flowers and Daffodils – Part 1

## Week 2

Early Spring Flowers and Daffodils – Part 2

## Week 3

Goats and Quaint Irish Villages – Part 1

## Week 4

Goats and Quaint Irish Villages – Part 2

## Week 5

Derrynane National Park & the Natterjack Toad – Part 1

## Week 6

Derrynane National Park & the Natterjack Toad – Part 2

Please refer to the weekly resources on the website [class\\_page](#) for more details of what you will need for each class.

# YOUR JOURNEY

1

## WEEKLY COURSE

### FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

## THE DAY OF THE CLASS

### CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

## THE CLASS IS ABOUT TO START

### WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

## WELCOME TO THE CLASS

### GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

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## LOOK FORWARD TO YOUR NEXT CLASSES

### TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.



# YOUR COACH



## Joanna Cooke

Art Teacher, Drawing and Art Techniques Expert

Joanna Cooke is an artist, art teacher and illustrator living in Ireland.

A member of the Society for Children's Book Writers, Jo works closely with authors to bring their characters to life for both local and internationally published books. Her whimsical artistic style has made her prints, cards and original art popular for years. She works in a large variety of art mediums and techniques, both digitally and by hand.

Jo asserts that everyone is intrinsically creative and she nurtures her students to help them achieve creative confidence and grow personally. As an art teacher she encourages emerging artists to find their best styles and strengths and make the most of any tools and materials they enjoy working with.

# YOUR NOTES

WEEK 1



# YOUR NOTES

WEEK 2

# YOUR NOTES

WEEK 3

# YOUR NOTES

WEEK 4



# YOUR NOTES

WEEK 5

# YOUR NOTES

WEEK 6

