



PERSONAL PORTRAITS

A HEALING JOURNEY THROUGH MIXED MEDIA

Schedule:

Live Zoom Classes @ Saturdays at 12pm EDT:
October 5, 12, 19, November 2, 2024

Open Studio Daytime Sessions, Wednesdays at 12pm EDT:
October 2, 9, 16, 30, November 6, 2024

Open Studio Evening Sessions, Thursdays at 7pm EDT:
October 3, 10, 17, 31, November 7, 2024

Sharing and Celebration
Saturday, November 9th @ 12pm EDT

Overview:

Personal Portraits - a healing journey through mixed media

Join me for an immersive journey into the world of mixed media portraiture, where you'll create a deeply personal and textured portrait using a variety of techniques and materials. Over the course of six weeks, we will explore the rich layers of mixed media art, from the initial stages of painting and collage to the final, intricate details that make your portrait truly unique. This workshop is not just about creating art; it's about healing through the act of layering collage and creating intuitively. Each layer you add, each choice you make, is a step towards healing and self-discovery.

Week One: Building the Foundation

We begin by laying the groundwork for your portrait. This week focuses on creating the first layers of your artwork through painting, doodling, and mark-making. You'll learn how to integrate journaling, paper collage, and stenciling into your piece, establishing a strong and textured base. We'll also cover portrait placement and the use of photo references to ensure your portrait is accurately represented. By the end of the week, you'll have transferred your portrait onto the canvas using one of three methods, and you'll be encouraged to gather personal materials that resonate with your vision.

Week Two: Exploring Process and Colour

In the second week, we delve deeper into the creative process, and with colour mixing for different skin tones. This week is all about adding texture and establishing the light source, two elements that will bring depth and realism to your portrait. We'll also start color blocking the face and working on the clothing, laying down the visual framework for your final piece. Expect a lot of hands-on demonstrations and guidance to help you navigate this phase with confidence.

Week Three: Refining and Adding Dimension

This week is dedicated to refining the finer details of your portrait. You'll learn blending techniques to create smooth transitions between colours and achieve colour harmony across your piece. We'll focus on painting the

finer details of the face and continue adding texture, including more substantial elements like buttons and jewelry. Stitching on the canvas will also be introduced, adding another tactile dimension to your artwork. By the end of this week, your portrait will be well on its way to completion, with all major elements in place.

Week Four: Catching Up

We've built in a catch-up week before the final class, giving you time to refine your work.

Week Five: Final Touches and Finishing

In the final week, we turn our attention to the finishing touches that will make your portrait truly shine. We'll address the question, "Is it done?" with a series of reflective questions designed to help you evaluate your work. You'll also work on background colour blocking, experiment with color swaps for the face, and add the final highlights that will bring your portrait to life. The use of multiple reference photos will ensure your portrait is rich in detail and dimension. By the end of this week, your self-portrait will be complete, a unique and deeply personal reflection of your creative journey.

Week Six: We'll wrap up the workshop with a final celebration, where we can all share our portraits, reflect on our journeys, and make plans to continue our creative growth as a community.

Week One to Six: Open Studio Sessions and Community Support

Throughout the workshop, there will be two weekly open studio sessions where you can receive personalized feedback, ask questions, and co-create with others. All classes and open studio sessions are live, and recordings will be posted in the course hub for you to revisit at your convenience. Additionally, you'll find extra tutorials in the hub to further support your creative process.

There's also an active community group where you can connect, share, and inspire each other throughout the workshop and beyond.

The Pathway to Healing: Choose, Connect, Communicate

This workshop is guided by three key principles for healing: **Choose, Connect, and Communicate**. These principles are woven throughout our creative process:

- **Choose:** You've made the choice to engage in healing creativity. By choosing to take this time to create, you're regaining some control over your emotional landscape. Each decision in your artwork is a step toward reclaiming your power and fostering self-compassion.
- **Connect:** Our private community offers a safe space to connect with others. Grief and emotional pain can intensify feelings of loneliness, often leading to isolation. In this workshop, it's important to reach out and connect, breaking through that isolation and finding strength in shared experiences.
- **Communicate:** Healing often requires us to be vulnerable and to communicate our feelings. In this supportive environment, you're encouraged to share your story, express your emotions, and engage with like-minded individuals. By putting yourself out there, you're participating in the collective healing process, which is crucial for personal growth.

I invite you to join me on this creative and healing journey. As we layer our portraits with meaning and texture, we also layer our lives with hope, connection, and growth. I'm excited to see where this path takes us, and I look forward to sharing this transformative experience with you. Together, we'll create something beautiful—both on the canvas and within ourselves.

Delight