

Workshop PDF- Express and create by Vanessa Conte.

Activity Description: Participants will be able to reflect and practice self expression through colour and text in this workshop facilitated by abstract artist Vanessa Conte. Each person attending should bring 2 'Plein air' (outdoor scenery) photos. These photos can be archives or new, either taken by the participant or sourced from elsewhere. They will have an opportunity to journal out their thoughts and draw or paint some studies with inspiration from their photos. Instructions can be found in this document ([pdf link](#)) examples of artwork and guidance will be provided through the workshop.

Materials Required:

- Textas or pencils
- paint or pastels
- Paper or canvas
- Found images / photographs

Preparation:

1. Have a bench space, table-top, large clear surface or easel to work on.
2. Have extra paper nearby and art materials set out ready to use.
3. Have photos either printed or in view on a digital device.
4. Think of any initial items such as eraser, sharpener, tissues, paint brushes, jar of water ect.

Step:

1. Participants will get a chance to reflect and journal.
(5mins)
2. Next participants get to share about themselves and what they journalled. They will also share their chosen images.
(10mins)
3. Examples of Vanessa's artwork will be shown. Vanessa will guide participants on expressing with colour and finding

fun in an image. (10mins)

4. Participants then have the time to create some artworks with inspiration from their images. (25mins)

5. Artworks will be shared and briefly spoken about as a group. (10mins)

Tips and tricks:

- be seated comfortably

- have some different sized or types of paper. This can help inspire you to create differently.

-try not to worry about the image being perfect or looking exactl like the image. -Create however you want! But if the image is a bit intimidating Focus on one part of the image.