WEST DEAN COLLEGE

SHORT COURSE DETAILS

5D6930 THE AUTHENTIC CREATIVE SELF – FINDING YOUR POWER

Tutor: VERONIQUE MARIA

Dates: 5 DAYS SUNDAY 23 APRIL – FRIDAY 28 APRIL

ABOUT YOUR COURSE:

Delve into the depths of your inner landscape and learn how to establish relationship, and pathways, to your core self from which to create more authentic and powerful pieces in your practice. This course is for writers, visual artists, performers, makers and poets. You will explore your own inner dialogue first and then communicate this potent and authentic voice through outward expressions.

You will explore new territories of process, be challenged with core questions about who you are, what you are doing and how to bring a greater sense of purpose into your practice.

Approximately sixty percent of this course is about finding your voice through personal process and forty percent through practical expression. The emphasis is on self-reflection which is done as both a private process and with the group. Meditation, visualisation and group process are the tools used to deepen your self-awareness. Time spent in nature and body work will be used to locate and identify what emerges through the inner processes. As you explore listening to your inner voice you will also discover how you feel about it, and what response it gets when you express it in different ways. This is the sensitive part of the process because the voice is likely to be very new. You will be supported to allow this voice to be heard, to evolve and to form. Expressions will be through group sharing and through clay, writing, drawing, movement, sound, which are the forty percent more practical work.

By the end of the course you will have reviewed your choices, gained a greater sense of purpose in your practice, and strengthened the foundation from which you create. You will also have learned the tools to focus your thinking and making in a more intuitive way and gained clarity in your creative goals. You will leave the course with increased confidence, strengthened inner knowledge, and more intimate connection with your creative self.

LEVEL: SUITABLE FOR ALL
A subject focused course that is delivered to suit any level of experience from beginner to advanced practitioner. A structured start is followed by guided independent practice.

Is there anything a potential student needs to be able to do to succeed on this course?
Whether you are established in your creative career, or just starting out, to succeed on this course you will need to be willing to engage with the processes whole-heartedly.

ABOUT YOUR TUTOR:

Veronique Maria has a BA (Hons) in Wood, Metals, Ceramics and Plastics from University of Brighton, an MA in Psychosynthesis Psychology (Applied to Fine Art Practice) from Middlesex University and is a Leadership Graduate with The Coaches Training Institute USA. She has worked as designer, artist and artists' mentor for forty years and exhibits internationally. She makes sculpture, painting and video and is passionate about the transformative power of creativity.

TIMETABLE:

Arrival day: Sunday 23 April

From 4.00pm	Arrival for residential students
6.45pm	Non-residential students please arrive by 6.45pm for welcome chat and dinner

Arrival day continued: Sunday 23 April

7.00pm	Dinner
8.00pm–9.00pm	First teaching session – **attendance is an essential part of the course**. Introduction to the course and orientation session.

Other days: Monday 24 to Thursday 27 April

9.15am	Morning classes start
10.30am	Coffee
11.00am	Morning classes continue
12.45pm	Lunch
2.00pm	Afternoon classes
3.30pm	Tea
4.00pm	Afternoon classes continue
5.00pm	Classes finish
From 6.30pm	Dinner
8.00pm	Evening working: workshops are available up to 10pm for those wishing to work on providing this has been discussed with the tutor. These sessions are untutored

Departure day: Friday 28 April

(Residential students to vacate rooms by 10am)

9.15am	Morning classes start
10.30am	Coffee
11.00am	Morning classes continue
12.45pm	Lunch
2.00pm	Afternoon classes
3.00pm	Classes finish
3.30pm	Tea then departure

REQUIRED PREPARATION:

Please bring at least one object of deeply personal significance.

MATERIALS FOR YOUR COURSE:

We have a generously stocked craft shop, which opens daily from 8.30am–2pm.
For any materials you need to purchase from the shop, we suggest you do so during the first morning of your course, after having discussed with your tutor.

Materials included in the course fee:

The course fee includes the cost of providing some clay and A1 cartridge paper. There will also be some drawing materials to get started with.

Available from the Shop:

Full range of drawing, painting, writing, making materials

Please bring any of the above, if you have them, and in addition:

In the weeks leading up to the course, pay attention to materials which attract you and that you enjoy using. Where possible, gather them up to bring to the course. These may include a special sketch book, pens, pencils, pastels, chalks, crayons etc., and may also include glues, scissors, string, found objects from nature.
You may like to bring a camera or device to photograph your work as you go along.

HEALTH AND SAFETY:

The tutor instructs students in health and safety issues relevant to this course. There are no health and safety restrictions on access to this studio/teaching space in the absence of the tutor. All Personal Protection Equipment, apart from footwear, is provided by the College.