



WORKSHOP DESCRIPTION

Artful Pulse is a multidisciplinary arts workshop designed for those of us who want to stretch our artistry and learn how to move through creative blocks. We will utilize mindfulness as well as a variety of art forms such as painting, music, writing, movement and performance. By placing ourselves into less familiar art forms, and by learning to play with blocks and judgment we can open up our creativity in surprising ways.

We will be using an Expressive Arts framework, meaning we will engage in a low-skill high-sensitivity model of artistic development. Our focus is on process rather than product. Additionally we will discover ways of working with our inner critic; the one who enjoys getting in our way when we want to take risks and expand our creative potential.

This workshop is open to every discipline of artist from performing artists, visual artists, writers, designers, and beyond. You don't need to be a professional artist, just someone who engages in an art form and wishes to stretch your potential by discovering new forms of creativity and rediscovering familiar forms in a new way.

DETAILS & REGISTRATION

This one day workshop will take place on Saturday, December 10, 2016 at the CREATE Institute (468 Queen St. E, Toronto) from 10am to 5pm, with a one hour lunch break. The cost of the workshop is \$50+HST. (Total of \$56.50). Art materials and light snacks will be provided. In order to hold your space, we will require payment in advance. Email transfer or cheque preferred. Credit card or PayPal is available with a 3% processing fee. To register and for more details please email info@justgeorgia.ca. The registration deadline is Dec 3rd.

MEET THE FACILITATORS

Artful Pulse is a merger of Georgia Fullerton's 'Living artFULLY' expressive arts initiative and Heather Goodwin's 'Creative Pulse' workshop series. Heather and Georgia are excited to bring their diverse arts backgrounds together to explore the intersection between different art forms.



Heather Goodwin is a creative and expressive arts therapist, voice-over artist, actor, and web designer. As an actor, she has performed across stages in Ontario and has appeared in a number of film projects. She also freelances as a descriptive video artist, narrating a wide variety of film and television for the blind. Heather is a recent graduate of the CREATE Institute's Expressive Arts Therapy program, and is a Masters candidate at the European Graduate School. As a therapist, Heather has worked both individually and in groups with a wide variety of clients. The populations she has served include prisoners, seniors, adults living with life changing diagnoses, caregivers, children struggling in social situations, and youth who are questioning their gender and/or sexuality. Heather is also currently teaching an Introduction to the Expressive Arts workshop through Hart House's Creativity classes at the University of Toronto.
www.heathergoodwin.net



Georgia Fullerton is a passionate and empathic, professional visual artist and expressive arts facilitator. She has a diploma in visual arts from Red Deer College and earned a Bachelor of Arts degree at York University in Toronto. As a published artist, she has exhibited her paintings in Canada and Internationally. Providing nationally broadcasted television interviews, Georgia has offered insight to her artistic expressions, the creative process and the healing impact of the arts on the human experience. She is a recent graduate of the CREATE (Centre for Expressive Arts Therapy and Education) Institute's Expressive Arts Therapy training program and has facilitated workshops with public schools, the Elementary Teachers' Federation of Ontario, various homeless shelters and community organizations. Georgia's arts-based business JustGeorgia® - Expressive Arts to Heal the Heart launched in 2013 and focuses on expressive arts workshops, art instruction and fine art sales. www.justgeorgia.ca