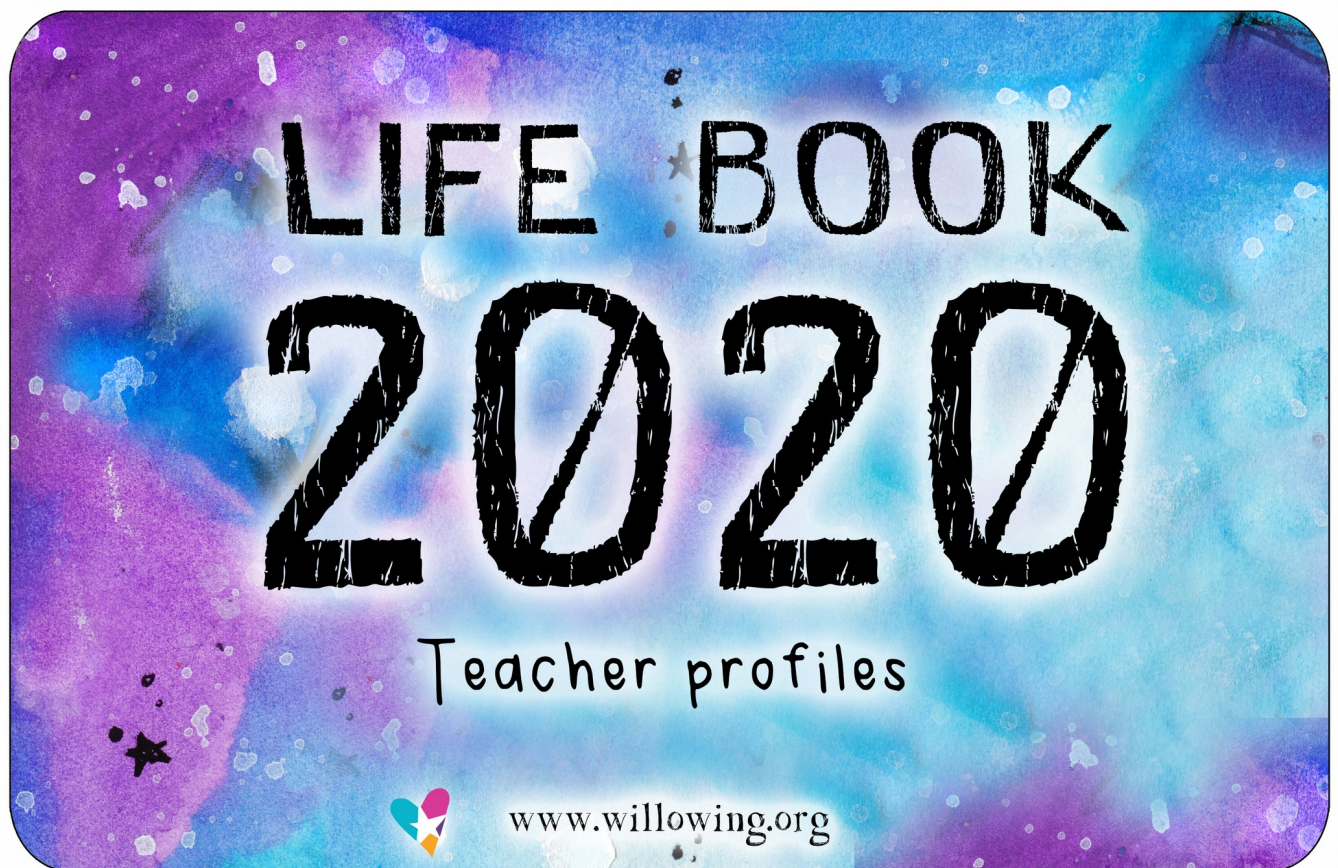




WILLOWING ARTS
PROUDLY PRESENTS



Please note: the art you see in this document is an example of the style of art produced by each artist, they are shown so you get a feel for their style. The images do not necessarily represent what you will create in their lessons.

JANE DAVENPORT

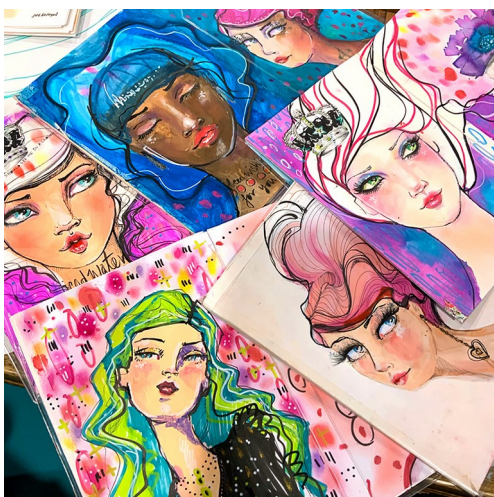
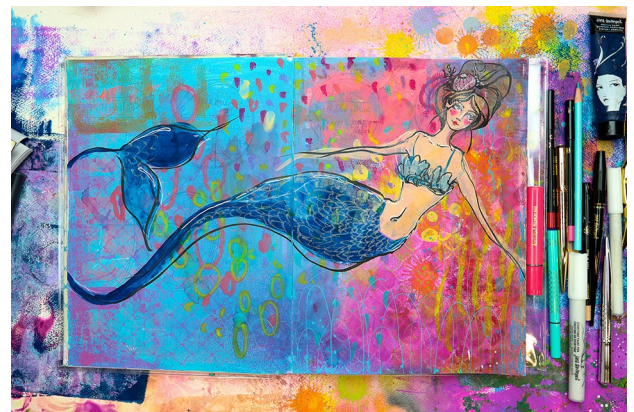
www.janedavenport.com

Jane Davenport is a mixed media artist and best-selling author who inspires with online videos and a loving and positive personality.



She creates safe spaces for people to explore art, and develops innovative art supplies to help bring out the artist in anyone who uses them!

Jane says "I believe everyone is creative and that art can be even more than the most delightful pastime. It can build a confidence that flows into all aspects of life.



"I'm always telling my online students to embrace the process and trust the mess! Ideation, drawing & art journals are such passions in my life and I want that joy for everyone!" says Jane.

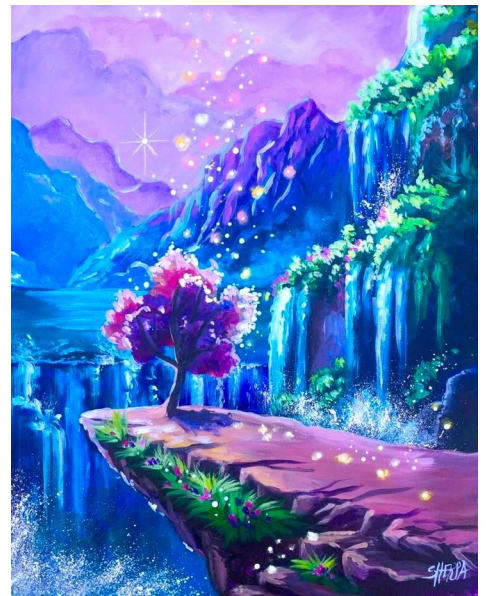
CINNAMON COONEY

www.theartsherpa.com



Cinnamon Cooney also known as The Art Sherpa, is a 3rd generation painter that specializes in Acrylics and Watercolor. Her anchors are family, a deep belief in a kind, inclusive, loving, generous universal goodness, and good old fashioned geekdom. When she started teaching nervous new artists how to paint, she wanted to convey that she would be guiding them through a personal and sacred Journey into a lifelong love affair with being an artist.

She loves using her training, art skills, knowledge of artist materials and experience as an artist to guide others into their best possible art adventure. She believes YOU are limitless and capable of anything. If you are provided with support, inspiration, tools and instructions, anything you can dream can be made real.



Her classes are about finding healing, peace and comfort with any art process and yourself. Having fun inside the art studio, be it a corner of the kitchen table or a dedicated room. Everyone is an original with meaningful creations worth sharing.

CHRISTA FORREST

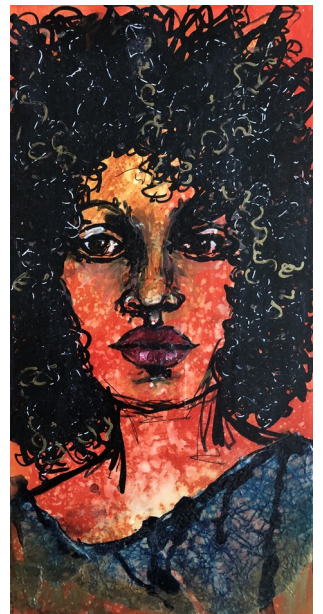
www.creativesoulsart.com

Christa is an artist specializing in pastel, oil, acrylic and mixed media art. After spending 20 years in a finance career, she decided to follow her true passion and become a full-time artist. Christa spends her time sharing her passion with others, teaching others to be creative and exploring the world's landscape recreating it onto canvas. Her work is a mixture of realism, exploration, experimentation and pure fun.



She recently began creating a detailed and expressive Goddess series where she incorporates the divine feminine and illustrates the strength many women struggle to connect within their daily lives. "We remember to nourish our bodies with food and water but seem to forget to remember to nourish our souls." Why do we find our inner selves starving and yearning for something more? Christa hopes to encourage everyone to unleash their inner Goddess through her artwork.

A current project is in the works to help others unleash their creative soul through art, music and creative expression. Using art, yoga and meditation to help nourish the soul, Creative Souls Art will explore creating from within and intuitively without the pressure of perfection and judgement.



TONI BURT

www.toniburt.com.au



I am mixed-media artist and teacher.

Creating art and the challenge of trying something new is what brings me joy. I love exploring with line and form and the challenge of working with materials in different ways. Teaching others how they too can explore art and it's many joyful moments is my passion.

My aim is to make it simple and easy for anyone to follow along and see that they too can create art that tells their story.

My creative process evolves more and more each day. I have a loose and free style and I love to feel that freedom of scribbling with my pencil, often with alternate hands, and to feel unconstrained by any notion of how it should be. Evoking emotions with art is my ultimate goal, and to align with my spirit during the process. I'm inspired by many things - a lump of clay from the earth, mother nature and her many gifts, the longings of my own soul, and the miraculous magic of life in all its dimensions.



My gorgeous home high on a hill of the Sunshine Coast, Queensland, Australia is my haven, where I spend time with nature, get muddy in my pottery studio, and create drawings and paintings that my heart delights in. My studio is a delightful clutter of everything I love, and surrounded by various wildlife, kangaroos and natural vegetation.

JENNY GRANT

www.flowbyjenny.com

Jenny is Swedish living just north of Stockholm. She is a Mixed Media artist and teacher on a mission to inspire people to be brave, to use their creativity and do more of what they love. Her work is very rich with many layers that add depth and texture to her work. People often find her art very peaceful even though it is colourful and full of energy. Her works are hanging in private collections around the world.



Jenny also love art journaling. Art journaling is a resting place for Jenny and it gives her time to recover. She makes her own art journals out of scrap and her art journaling process is totally free from requirements, rules, results or obligations.

Art Journaling is a way for her creative soul to be totally free and a way to find the unique creative source within herself. It is an important part of her creative process and it is a way to prevent creative blocks by helping her to let go and to find her flow. When working in her journal Jenny feels safe. For her art journaling opens up the magic of what is unique within herself. Jenny runs workshops both in-person and on-line. Her in-person workshops and retreats are available in many places around the world. She does mixed media workshops on big canvases and art journaling workshops.

Jenny has practiced yoga for more than 14 years. Yoga is essential for her wellbeing and gives her both mental and physical strength. Jenny believes that we all have the power and knowledge within ourselves to live our lives in tune with ourselves.





SALMA DARLING

www.wilddivinedance.com

I'm a dance movement psychotherapist, conscious dance facilitator and dharma and mindfulness teacher. I've been facilitating dance and meditation for awakening in a variety of contexts since 1998. My methods are theoretically and practically informed by Insight (vipassana) buddhist meditation, western psychotherapeutic models and ecopsychology. During an MA in Art and Ecology (University of Falmouth 2006)

I developed Wild Divine Dance as a mindful embodied awakening practice incorporating stillness and movement, indoors and in the wild. Much of the process was developed on beaches in Devon, Dorset and Cornwall, and on Dartmoor, UK.



My offerings are led by a number of substantial dance movement awareness trainings since 1997 including: MA level Dance Movement Psychotherapy (University of Surrey Roehampton); my work with clients and students over 20 years; embodied engagement with the landscape; and directing performance in nature.



I'm also informed by meditation since 1989 with over 2 years in cumulative formal silent Theravadan buddhist retreat, dharma (Buddhist) study, staying in monasteries, and my personal experience and ongoing journey in healing trauma and living fully and heartfully.

ANDREA GOMOLL

www.andrea-gomoll.de

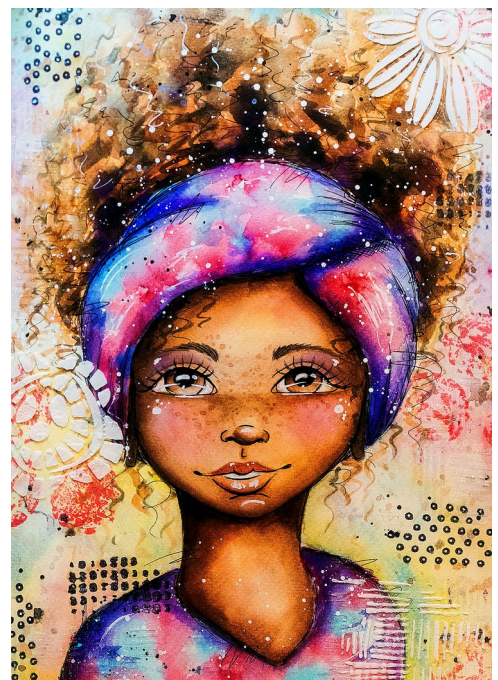
Andrea Gomoll is a Mixed Media Artist from Berlin /Germany, where she lives with her Husband Thomas and 3 crazy Cats.

She studied Media Design in Berlin and in 2009 she took the leap and turned her Passion for Design and Art into a Business - and is working full-time as an Artist, Art Instructor, Designer ever since.



She says: *"I love Artjournaling, Mixed Media Art & Painting in a whimsical Style. Being creative with Paints, Inks, Pens, Markers etc. is essential for me - it helps me through the rough days and makes the good days even better."*

Art can help you in so many ways - it has a positive impact on your life - and I love to inspire and enable others to play, have fun creating and to discover the artist within, just waiting to be discovered and nurtured."





ESTE MACLEOD

www.estemacleod.com

Este MacLeod's paintings are informed by the real and the imaginary. Her background in textile and ceramic design is noticeable in the stylised, abundant and colourful forms used in still life, landscape and floral paintings. Although shapes are distorted and altered, there is a strong sense of the familiar.

The variety of techniques Este uses to layer colour and shapes adds an ethereal element to her work.

Paintings are inspired by travel, nature, dreams, seasons, sentiments and thoughts as well as everyday surroundings. Working intuitively, Este allows a painting to develop over time.



Observation and drawing are important parts of the creative process. By experimenting with the layering of colours, patterns, textures and mark making, and the use of her trademark floral and simplified plant forms, Este's work always retain a freshness. These vibrant and energetic artworks convey intrinsic beauty, a feeling, a memory of a place or an impression.



Este lives in Berkshire, England with her husband and teenage son. Este was born in South Africa where she studied Textiles Design, a BA Honours Degree in Ceramic Design with Glass (1st class) and Masters Degree in Contemporary Jewellery Design.

Este is represented in the United Kingdom and abroad by a selection of galleries at exhibitions and art fairs, her work is in numerous private and public collections including Chatsworth house and the South African Parliament.

AMY MARICLE

<http://mindfulartstudio.com>

Amy Maricle is an artist, board certified art therapist, and founder of Mindful Art Studio, an online art studio that works to empower the artist in all of us.



As a teacher and coach, Amy brings a gentle, "anyone can do it" approach. Artists of all experience levels embrace the creative process with playfulness and curiosity, to make meaningful, intuitive art.

Her writing and art have been featured in The New York Times.com, The Washington Post.com, Psych Central.com, Spirituality & Health Online, and Art Journaling Magazine. You can learn more at mindfulartstudio.com





SABRA AWLAD ISSA

www.sabraissa.com

I'm Sabra, a self-taught artist from the Netherlands. I've been a freelance programmer and UX designer for many years. As most of us do, I tried very hard to balance my need for art and music with work, deadlines and clients. The result was that I failed at both and ended up at a point in my life where very little was not a drain on my energy reserves.

Last year I took the first steps to become an artist and teacher. I joined [...] and released my first solo course. The warmth and love with which that was received by the art community was so intense, it actually took me by surprise and a while to get used to. It's funny (or not) how many of us are used to being unappreciated for the work we do. It's growing on me fast though, so please don't stop. ;)



I genuinely believe that observing the world and the people around us, the way we do when we create art, changes how we perceive both that world and ourselves. Art and the unique connection it creates between people is unlike any I've seen before. I love this online community so much and can honestly say it has changed my life.

CATHY NICHOLS

www.cathynichols.com

Cathy is a full-time artist, oracle card designer and the author of *Storytelling Art Studio: Visual Expressions of Character, Mood and Theme in Mixed Media* as well the *Storytelling Art Collection* of DVDs through Artist Network TV. Cathy also designs whimsical and story-oriented stencils for StencilGirl!



For many years, you may have also seen Cathy's paintings on Sherpani's Modern Vintage line of Elements handbags and in REI stores worldwide.

Cathy first fell in love with story and archetype while completing her MA in Literature, and she adores teaching others to use these tools in her "Create Your Own Oracle Deck" and "Oracle Joy" workshops.

In her own art practice, Cathy specializes in colorful, narrative paintings created with melted, pigmented beeswax or acrylics and mixed media. Her signature folksy style includes highly detailed etchings combined with broader strokes of color that celebrate stories of love, hope and resilience. She is known for her delicately etched encaustic paintings. Encaustic is a process of painting with hot, colored beeswax that involves fusing each layer of color with a heat gun or blowtorch. Cathy then adds details to these waxed pieces by etching into them with a metal stylus.

Cathy has always believed in the power of community and has made it a priority to bring artists together in co-op galleries and by being a cheerleader for her students throughout the world. You can find Cathy's studio in Asheville, NC, where she paints her colorful "stories in wax."





VANIA PHITIDIS

www.peacefuleating.co.uk

Vania is a certified Intuitive Eating Counsellor, a certified MB-EAT teacher (Mindfulness-Based Eating Awareness Training) and a qualified Self Esteem mentor with the More to Life Programme.

She has been coaching and mentoring people to become more of their authentic selves for over 25 years. She works with a Health At Every Size (HAES), weight inclusive approach.

She has a B.A. in Psychology and an Msc. in Education for Sustainability with a focus on behaviour change.

Vania is on a mission to help women free themselves from the insidious cultural mindset that you must be thin in order to be valued, powerful, successful or loved.



She's on a mission to dispel the myth that to be healthy one must be thin, or of a particular size. She wants to help create a world where the conversation about beauty is utterly irrelevant and has faded into the background.

IRIS FRITSCHI-CUSSENS

<http://iris-impressions.com>

Iris is a London-based mixed media artist whose passion is art journaling for self expression and self-discovery.



She loves inspiring people to look further and go deeper through art, so they can follow their inner creativity.

Iris likes creating raw and emotional art that is about process more than result. *"When I make art I want to feel something, and it is so gratifying when my art evokes feelings in others."*

You can often find Iris at her art desk pursuing her many arty interests like art journaling, abstract painting, playing with art supplies and making mini journals.





NIKOL WIKMAN

www.nikolwikmanart.com

I was born and raised in Victoria, BC Canada. It's a beautiful place and I've always felt so lucky to live here. For as long as I can remember I have always had the deep urge to create. I loved art class in school and as a child spent hours upon hours drawing in my sketchbook.

Over the years the time I spent being creative grew less and less though. I became caught up in adulthood and let that part of me dim, but it didn't disappear. After my son was born I was feeling really lost. My husband was working long hours so I spent a lot of time alone with the baby. It should have been one of the happiest times in my life but I couldn't shake the awful feeling of...what now? I began asking myself what I needed to change in order to live the life I wanted. After a little soul searching I realized it was art. I needed to make art. So I bought some canvas, dug out my supplies, began painting and everything changed. Suddenly I felt alive again. I was so much happier! Years later I've never looked back.



So here I am now. I have a tiny studio off of our kitchen where I paint as much as I can. I think working in these short increments has had a big effect on my style. I use mostly acrylics, working quickly, on many canvases at once always using lots of glorious colour! For me painting is about fun and freedom. In my studio I never worry about mistakes. I am fearless. My motto is that a painting can always evolve(aka be painted over) and if I don't like it, it's just not done yet.

ANNE-LAURE JACQUART

www.YouTube.com/FollowingTheWhiteRabbit

Anne-Laure, aka « Following the White Rabbit » on YouTube, (@annelaurewatercolor on Instagram) is a French travel journal artist, watercolor painter, urban sketcher, photographer and book author (when she doesn't begin to sing, to tap dance or to practice percussion). She is a daydreamer who looks at the world with a poet's eye and sees every mundane thing as an occasion to wonder, a material to create from.



While celebrated for her compelling work in expressive photography - her books translated into a number of languages, one being an absolute best seller in French for 10 years - Anne-Laure likes to translate the world through visual arts using a lot of different techniques. Her true love « on paper », far from being refined framed pieces to display, is a combination of loose sketches created in a journal, in a travel journal style whether she's abroad or at home. Fresh juicy splashy colorful watercolor works are her trademark and her unabashed manner to picture our worldly surroundings!

Being also a teacher and an instructor, Anne-Laure is always eager to share her passion and teach her skills in visual arts, not only through books, but also through YouTube videos, courses and workshops (in India, France, Croatia and probably Mexico soon!). Guided by her belief that art can bring an amazing amount of joy and fulfillment, she never gets tired of expressing her creativity and of encouraging people to do the same, with the aim of not only improving their art but mostly their lives.





TIFFANY GOFF SMITH

www.southerngalsdesigns.com

Tiffany is just a country girl living on the coast of Alabama with her husband, she is happiest with paint on her hands and usually in her hair. She's a free spirit with a love for exploring and creating messy art. Has been called a rule breaker and mess maker before who uses art as a stress reliever.

Tiffany says "I find people are so critical of themselves and their work, life isn't perfect so why should art be?" She tries to empower artist to let go and explore their own messy wild child.

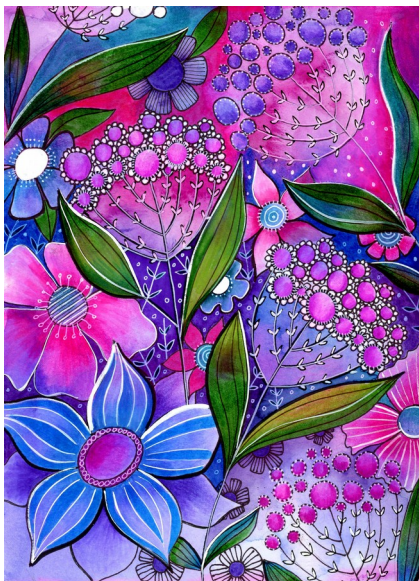


When not in her studio you can find her out playing with her dogs and chickens or sitting on the beach. Travel is a huge inspiration for her and she loves to run away on cruises to the Caribbean whenever possible.

STEPHANIE IGNAZIO

www.hellobeautifulsoul.com

I am an Artist, Teacher, Creative Soul, Author and Healing Guide. I am an Intuitive, an Empath, A Reiki Practitioner and Chakra Balancer. I have designed coloring books, illustrated children's stories, crafted up Inspiration Cards and Oracle Decks.



I believe life is too short to do ONE thing! The theme running thru all of my passions is how to serve others. When I learn something, I share it. I am inspired by Energy...how working with it can heal the body. I am inspired by Color, Pattern, Nature and the Goddess.

My goal is to spread as much sparkle and love as possible thru all of my creative soul work. Kind of like a love warrior, but one with painted overalls.

My mission is to spread love thru my art and my energy work, to encourage others to live their JOY, to reconnect with their inner child and to live their dreams. I believe I am here in this world, to help others find their sparkle, to uplift peoples' spirits and help them remember how to CONNECT TO THEIR BEAUTIFUL SELVES!

I was an art teacher (public and private education) for over 20 years so I am ALL about exploration, intuition and taking chances. I love teaching others how to play, have fun and create art with heart.

I also adore teaching people about the benefits of meditation and the creation of a spiritual practice that supports their daily activities. I've been meditating for over 16 years and my daily spiritual practice keeps me grounded and able to create from my heart. Receiving my Reiki Attunement and Training, changed my life. Combining these two is where the SPARKLE happens!





EFFY WILD

www.effywild.com

Effy Wild is an on line art journaling teacher and creativity facilitator. She's been teaching since 2010, and has been in Life Book since the very first year.

Effy Wild has been teaching people how to meet themselves on the page through art journaling and mixed media art since 2010. She is, as always, thrilled to be here.



Effy considers herself a journal artist, and her emphasis is always on process over finished product.

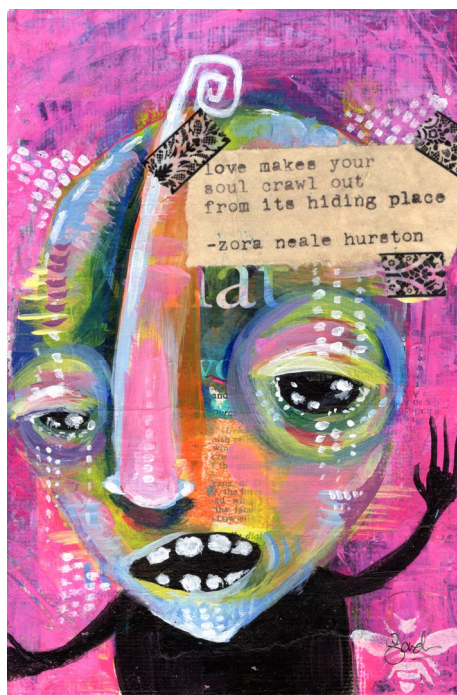
She lives in Ontario with her lovely dog, Sookie, and works from her home studio.

SARAH TRUMPP

www.strumpetstencils.com

Sarah Trumpp is a weird muppety girl living in the wilds of New York with her husband and an increasing gaggle of children that may or may not actually be hers. She is a mixed media artist, yoga instructor, volunteer firefighter/librarian, and all-around goofball. Sarah thinks you're awesome, and she's always right.

Sarah strives to encourage the entire world to unleash their inner weirdo and let their lonely wild child dance in the rain.



When not painting or art journaling, she can be found sculpting, making dolls, needle felting, sewing, soldering, and trying to find the best glue to attach paper to vinyl records.

Sarah loves you.



Sarah's art style can loosely be described as "what is THAT?!" She loves layers, watercolors, and gold leaf and is equally obsessed with both stencils and her dip pen.





KIM DELLOW

www.kimdellow.com

Kim Dellow is passionate about helping others to express their creative selves. A self-taught, mixed media artist, who has worked for 10 years in the creative industries, teaching, writing articles for magazines, creating content and designing products.

She is driven to learn, explore and share. She loves to bring her experience, knowledge and skills together to help others to access their creative side and make the most of their creative time, even if it is just a few minutes a day.



She truly believes that you can find your unique, creative self and learn how to express it through your art. And Kim loves nothing better than to help you find your voice and to get past your blocks, the things we all put in front of ourselves that stop us creating.

JERNEY MARISHA

jerneymarisha.com

I'm an idealist and a storyteller. I'm a firm believer in the power of visualisation, which brings me to paint my beloved portraits of peace a lot of the time. I'm now tumbling down the rabbit hole of online teaching and I'm loving every second of it.



I love helping people to get in touch with their expressive side. I'm always thinking of new ways to inspire creatives to find joy in the process, to conquer fears and artist block, to dive within and to play and get loose. In my opinion these things are essential to find and keep developing your own unique style.

My mission is to help as many people as possible to get in their art room and have fun while creating expressive works of art. That's why I give lots of tips and tutorials for free in my newsletters.

I'm over the moon excited to be a guest teacher in Life Book and look forward to create with you guys!





JENNIFER ENGLE

www.youtube.com/jenniferengle22

Hello! Jenn Engle here, also known as Mixed Media Jenn on YouTube. I am a 36 year old Mixed Media Artist and Art Journaler. I live in Pennsylvania with my boyfriend and two rescue cats.

I am currently on the Viva Las VegasStamps! Design Team, been on many others in the past and have been published by Stampington & Co.



When I am not working (as a home health care aid) or studying (I am a full-time student working towards my Bachelor's Degree in Business) you can find me in my studio covered in paint. My main goal is to express myself thru my art and to encourage and inspire others to do the same.

KASSI MARTIN

www.kassimartin.com

I create Mixed Media Art for Well Being, Self Inquiry & Personal Development. My passion is to seek, explore and discover myself through vibrant colour and texture, documenting my creative journey through video, blogs & reflective writing. This has helped me to change and grow in so many ways, on different levels. I love to create Mixed Media Art Courses for others so they can experience my Approach.



Every person has a unique experience of my ecourses. They can do this as a self paced process or with me as Witness and Companion. I believe our Emotions and Personal Stories emerge in our art, offering Potential to develop our self awareness. As we discover and Accept more of our Selves through art making, a deep relaxation fills our heart, easing stress & anxiety. The more we Listen to, and Accept ourselves, we are released from years of Conditioning & Adaptation.

With my 20 year background as a Counsellor & Creative Therapist and lifetime love of making art, I offer my Approach one-to-one, in small groups, in studio & online. Key elements to my Approach include; Empathy, Compassion, Acceptance, Vulnerability, Congruence, Body Wisdom, Development of Self Awareness & Relationship with Self and Others. Themes often addressed include: Beginnings, Inner Critic, Trust, Loss & Grief, Perfection, Low Self Esteem & Confidence, Being 'Strong', Taking Responsibility over and above, Inability to say No, Letting Go, Setting Boundaries, overly Giving and Caring, Listening to Oneself, Trauma & Stress, Endings and Burnout. I endeavour to meet every individual as their Unique self.





TONIA JENNY

www.toniajenny.com

Tonia Jenny supports creatives in the process of sharing their messages of inspiration with others.

She encourages the exploration of new things through her own online courses.

Prior to owning her own editorial, writing and life-coaching business, Tonia enjoyed her adventure as a North Light book editor for over a decade.

Passionate seeker and "sacred maker,"

she never grows tired of learning from the talented artists with whom she adores working.



DAR JAMES

www.darsworld.com

My father was an artist, but I did not expect to be one. I have a degree in English Literature and Education and, after a brief stint as a high school teacher, I married, had two sons and became a stay at home mom.



During this time, I lived in rural Ohio, and days were spent in a balance of the domestic and the curious. Diapers, naps and laundry one moment... nature walks, garden discoveries, finger paints and homemade clay the next. As it turned out, the silly, little art projects I set up for my young sons in my early motherhood would be the beginning of my own career as an artist. An accidental artist.

Twenty years later, those busy babies have become wonderful, young adults and my work in education continues as a workshop facilitator, a visiting author/illustrator, an artist in residence and a speaker on creativity and education. Now, the paintbrush and the canvas-- the tools of my father-- have taken center stage. I often say... All I want to do is paint. :) I am inspired by the natural world around me, but my work comes solely from my imagination and I like the idea that people might feel like they get a break from real life when they are looking at it.

Art was something that started because I needed to soothe myself during a really rough period of my life, and it quite literally healed me. It continues to be the place where I feel both grounded and enchanted. Art has super powers like that. My home is in Yardley, Pennsylvania where I read, run, do yoga and practice tarot. I live in a house that I love, near the beautiful Delaware River, with a sweet man and two lazy house cats.





LISA OXLEY

scrapwitchblogofshadows.blogspot.com

Lisa's passion to spread colour and positive energy radiates in over 30 years of creative work across a variety of mediums.

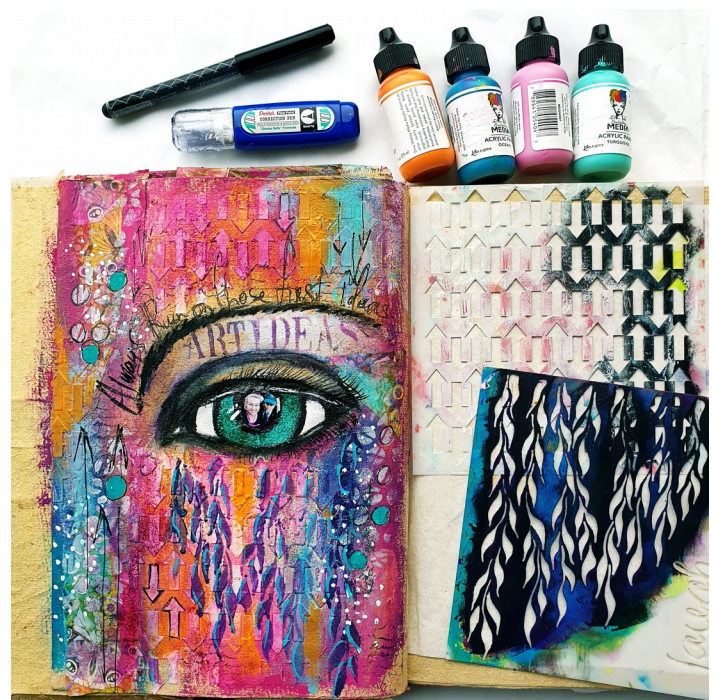
Lisa has been teaching the joy of creative expression for 15 years, predominantly through paper craft and art journaling.

She loves to create with music playing, enjoys a laugh, and could be occasionally heard encouraging her students to "maybe add more orange, or pink".



Lisa incorporates stencils, mixed media and collage elements in a simple formula style process to create unique vibrant pages of arty goodness.

Her strong desire to share with others the ease of creative ability through her hyper lapse videos have inspired those beginners and advanced to put paint on to the page.



SHILOH SOPHIA MCCLOUD

www.musea.org

Shiloh Sophia lives life as a great adventure narrated by the creative fire of her Muse!



She has dedicated her life to the belief that self-expression is a basic human right and shares her message with thousands around the world through her paintings, poetry, and teachings.

She leads a global movement of revolutionary education focused in Intentional Creativity®, as offered in the Color of Woman Teacher Training.

She co-founded a Studio and Museum, called MUSEA, in Sonoma, California, with her husband Jonathan.

Most mornings, she can be found having tea with her Muse, pouring over quantum physics, philosophy, and sacred texts in the Red Thread Cafe.





MELANIE RIVERS

www.melanierivers.ca

Melanie Rivers/Tiyaltwelwet, is an Indigenous mixed media artist, instructor, and Expressive Arts Therapist.

Melanie is from the Squamish First Nation and lives in her community in West Vancouver, Canada.

She teaches in person and online art and creativity classes to women around the world, helping them build joyful and self-compassionate art practices. Melanie draws from her traditional ancestry and teachings in her art and classes.



Melanie says, "Creating art brings me into the present moment, into stillness. In this space I am not dwelling on the past or worrying about the future. In stillness, I find myself. I find peace, clarity and connection with my real emotions".

In her art, she depicts the strength, realness and vulnerability of women. She believes art has many medicines to share with us—stillness, joy, connection-- and by building a self-compassionate art practice, we can experience these medicines on a regular basis.

ANDY MASON

{NVC}

www.openedge.org.uk

Andy passionately believes that people shouldn't have to live unhappy lives, either in the workplace or the community.

This has taken him to practice as a conflict specialist and mediator for twenty years in the UK, Sri Lanka, Lebanon, Syria, Jordan and Egypt.

He holds a Masters degree in Peace and Conflict Studies from the University of Sydney, where he also trained in mediation. Additionally, he's an Internationally Certified Mediator with the Regents College School of Psychotherapy and Counselling in London and additionally trained in Family Mediation with ADRg.

He has followed intensive training in nonviolent communication (NVC) in the USA with Marshall Rosenberg. He's a Chartered Fellow of the CIPD. His experience spans UK companies like Neopost Ltd, Sun Microsystems, CIMA and Griggs Group, along with the NHS and charities in Brighton and London.



Internationally he has trained people from the UN, International NGOs and very many communities affected by war in the Middle East and Sri Lanka. He also works using NVC with couples striving to communicate and constantly practises the same process together with his wife and their young sons.

TAMARA LAPORTE (WILLOWING)

www.willowing.org

Hi, I am Tam! :) I am the creator and 'inventor' of 'Life Book', a year long mixed media art course that will begin its ninth round of miracle-making on January 1st 2020. On this course I hope to inspire people from all walks of life to connect with, celebrate and honour themselves through the magic of art making! I will be the lead course teacher and provide a minimum of 6-9 mixed media art lessons throughout the year in combination with a series of seriously awesome and ridiculously talented other mixed media artists. After the mega success of Life Book in the past 8 years (over 23,500+ people have joined in - wow), I feel super excited, elated, joyous and over the moon to be running a ninth year of Life Book, yay! :-)



Here is a bit about me:



Tamara Laporte (also known as 'willowing') is a creative catalyst of thousands of beautiful people. She is a celebrated mixed media artist, art teacher & author who has been running her creative business since 2008. [Her work](#) can be described as "mixed media folk art". It ranges from whimsical children's illustrations to a more stylised fantasy art. Love, mystery, innocence, hope, spirituality, kindness and self-connection inspires her art work. Symbolism and layering play a big part in her work. Her paintings often contain healing themes, uplifting messages and inspirational poetry.

Tam believes that the act of creating art can be a gateway into healing and personal growth - often, her [art classes](#) contain an element of self development as well as learning art techniques. She is deeply devoted to helping people get in touch with their creative fire and would [love to help YOU too](#) to get in touch with the artist in you!

Deeply passionate and caring for the well-being of the world and its people, Tam works tirelessly to bring uplifting, nourishing, creative and empowering content to her amazing tribe of over **52,000+** souls.

Her work and articles have been published in several art magazines and [books](#) and she's been interviewed for several online radio stations + summits. She runs a variety of popular art classes on her [website](#) which has over **50,000+** members and grows with about 150-200 mixed enthusiasts each month!

Tam lives and works in the South of England with her handsome husband Andy, two magical boys Dylan & Elliot, 4 guinea pigs, 4 chickens and 2 adorable dogs Gizmo & Buddy. She is supported in the studio by 2 fabulous ladies; the glitter-filled Gracie Howle and the unicorn-riding Maddie Turner.

