

Welcome



Visual Journaling-Creativity and Resilience

G25090405

with Kelly O. Finnerty

September 28-October 4, 2025

Welcome to Visual Journaling-Creativity and Resilience,

I am so excited that you have chosen to explore creative expression through the practice of visual journaling. I speak from experience when I tell you that it is a very versatile, deeply personal practice that can inform many aspects of your life. It has helped me remember peak experiences, navigate transitions, notice the beauty of daily life, start a new career, unravel the complexity of relationships and work through grief. We will encourage each other to be brave as we work collaboratively and individually: trying new approaches, sharing what's working and what's not. We'll share our joys.

Workshop Overview: This workshop is centered on the stages of the creative process and the skills of creativity and resilience. Our goal as group is to become familiar with ways to sustain a creative mindset for ourselves and others using a journal format. Your personal intentions will emerge.

We will begin the week with an introduction to various forms of visual journals. We will then explore specific approaches suited to various intentions. Sessions will range from observational drawing to help us notice the physical world, to creating mixed media collages that reveal intuitive connections. There will be a dialogue between the written and spoken word and the images we create. Be prepared for some daily expressive movement just for fun, loosening up and grounding! No prior art experience of any kind is needed. There will be personal time each afternoon to explore the beauty of Ghost Ranch in your own way.

Materials provided: A 5.5"x 8.5" journal for mixed media will be provided. Basic materials and tools will be provided, i.e. pens, drawing and colored pencils, markers, watercolor, adhesives, scissors. For use in collage, many images from magazines and other sources will be available.

Materials to bring: Please bring a writing instrument you enjoy using. You are also welcome to bring any favorite art tools and materials if you wish. You may want to bring copies of personal images and letters (not originals if they are precious), images of people you admire, places of personal meaning, poetry or other ephemera you might want to incorporate into your journal. Pack comfortable layers for cool mornings and evenings.

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Sturdy walking shoes, sunscreen, and hat are also advised. We will be outside for somtivities.

If you have questions, feel free to reach out to me: kofinnerty@gmail.com

Look forward to meeting you,

Kelly O Finnerty

Workshop Itinerary:

Sunday

9:00-6:30 Arrival. Meals

6:30-7:30 Orientation. Class Gathering

Monday

9:00-12:00 Intro to: Stages and skills of creative process. Types of journals, Intentions

1:30-3:30 Stage: Inspiration

Skill: Observing. Nature Mandalas

Tuesday

9:00-12:00 Stage: Preparation

Skill: Collaborating. Collective Mark Making, Words

1:30-3:30 Stage: Incubation

Skill: Stay Flexible. Explore Line, Shape, Texture, Color, Words

Wed 9:00-12:00 Stage: Illumination

Skill: Making Connections. Collage.

1:30-3:30 Dialogue with image.

Thursday

9:00-12:00 Stage: Implementation

Skill: Seeing Things in New Ways. Elements of Composition.

1:30-3:30 Skill: Taking Risks. Alter/enhance images.

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Friday

9:00-12:00 Stage: Continue Implementation

Skill: Taking Risks. Alter/enhance images.

1:30-3:30 Stage: Sharing

Skill: Identifying strengths. Completing.

6:15-7:30 Art Show

Please note: Evening open studio and informal evening sharing available.