

## VALERIE WILLETS

Following an initial career in science, as a mature student I attended The College of Art and Design in St Albans, now Hertfordshire University, where I gained a Diploma in Art and Design. This was followed by an Hons Degree in Fine Art. I thoroughly enjoyed this training and then began to run art workshops and exhibited my work. I opened my studio for Hertfordshire Art Weeks annually for several years. I also trained to teach the Alexander Technique.

Moving from Tring to Poole in 1997 I soon joined PEDAS and Bournemouth Arts Club and have been an exhibiting member since then. My work as an Alexander Technique Teacher led me to take the Certificate in Education course run by Southampton University. I found this very useful both for my Alexander teaching for Bournemouth Adult Education and also for art workshops. I led a U3A group in my *Joy of Painting* workshops weekly till 2020. Over the years I have attended many Life Drawing sessions and been challenged to attempt paintings in many different media and subjects.

Lately, I have been drawing at rehearsals of musicians in the BSO and dancers at PDSW. Music too is a powerful source of inspiration. Recently, I have been running art sessions as part of BCP's 'Live Well' courses held at Upton Country Park. I lead the occasional workshop for PEDAS. The painting 'Enigma 3' in this exhibition is part of a series painted in response to music.

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