

# **BANISH THE DOUBT. YOU CAN PAINT!**

**(not suitable for beginners)**

**With Annie Monk**

**Wednesday 5<sup>th</sup> June 2024**

Why do we have doubts about the quality of our artwork?

We all have bad days when nothing goes right; we're making a mess or just simply a 'rubbish' painting. That's when the wicked self-doubt creeps in and we're convinced that we'll never create a decent picture ever again.

The workshop is designed to help banish those feelings of art-inadequacy and to help you to gain more confidence in your ability to paint. Some painting experience is required. Join me for a fun and creative day!

## **Materials to bring:**

- Acrylic paints to include at least the primary colours of red, yellow and blue, plus white and Burnt Umber.
- Any other media you like to use, i.e. acrylic inks/oil pastels/collage material and pva glue
- Inexpensive flat and round brushes, natural bristle or nylon. Any sizes, but at least 2" width is preferable for loose work. A palette knife may be useful.
- 'Staywet' palette or plastic tray/plate, or paper plate.
- Stretched canvas or canvas board/watercolour paper/primed mdf or other board
- Kitchen roll