



THIRD
ANNUAL

PAINT WISDOM EXHIBITION

AUGUST 12-SEPTEMBER 2, 2025

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ABOUT THE EXHIBITION



Each year, the Paint Wisdom Exhibition showcases the bold, soulful, and deeply personal work of artists participating in the second part of my mentorship program: **BOW** (Body of Work).

BOW is not a traditional art program. There are no video modules, assignments, or step-by-step lessons. Instead, it's a shared commitment—a creative crucible where each artist follows their own internal compass to create an intuitive, cohesive body of work.

- The curriculum comes from within.
- The deadline is real.
- The goal: Growth through showing up, making the work, and sharing it.

I participate as well—not just as a mentor, but as a fellow artist, creating my own body of work alongside the group. My process stays private throughout the program—only the participating artists get the behind-the-scenes view—until it all gets unveiled at the exhibition.

What you see in this catalog represents a small sliver of the gorgeous artwork included in the third annual Paint Wisdom Exhibition. Though small, this catalog reflects the HUGE amount of soul, love, vulnerability and complete devotion this exhibition possesses.

A big thank you to Andrea, Angela, Catherine, Cindy and Tracy, and also to Diana, who couldn't join us in the final exhibition, yet was an important part of BOW. The conversations we had weekly and the places we went together in our paint rituals challenged my perspective of what it means to be an artist and a teacher alive and working today.

I am so grateful for the time we shared together. The six of you—each and every one an amazing artist—have now held true the high standard of soulfulness, integrity and creativity that has become the legacy of this program.

To learn more about the Paint Wisdom Mentorship program please visit: conniesolera.com/paint-wisdom-mentorship.

A handwritten signature in black ink that reads "Connie Solera". The script is fluid and cursive, with the first letter of "Connie" being a large, stylized capital.

Connie Solera
Artist. Painter. Mentor.
ConnieSolera.com

THE ART



STRANGENESS OF BECOMING

TRACY B BRAVE

SASKATOON, CANADA



Roots

Stretched Canvas, Acrylic Paint, Hand Stitched Embellishment

24" x 24" (61cm x 61cm)



Daughter of the Tides

Assemblage of mixed media, paper clay, acrylic paint, wool, embellishment
20" (51cm) height



A Vessel, A Mirror

Stretched canvas, watercolor paper, paint, felt, embellishment

16" (41cm) diameter

THIRTEEN FACES OF LUNA

CATHERINE GARDNER

CALIFORNIA, UNITED STATES



13 Moons

Pencil, pen, and black ink on mixed-media paper

10" x 8" (25cm x 20cm)



Embrace

Pencil, pen, and black ink on mixed-media paper

10" × 8" (25cm × 20cm)



Borderlands

Pencil, pen, and black ink on mixed-media paper

10" x 8" (25cm x 20cm)



WHY I AM

ANGELA KELSEY

FLORIDA, UNITED STATES



Under the bed

Watercolor paper, acrylic paint, collage

46" x 42" (117cm x 107cm)



Time's up

Watercolor paper, acrylic paint, collage

42" x 35" (107cm x 89cm)



White Lace

Watercolor paper, acrylic paint

24" × 18" (61cm × 46cm)



THE DIZZYING DESCENT

ANDREA SMALL
SHEFFIELD, UNITED KINGDOM

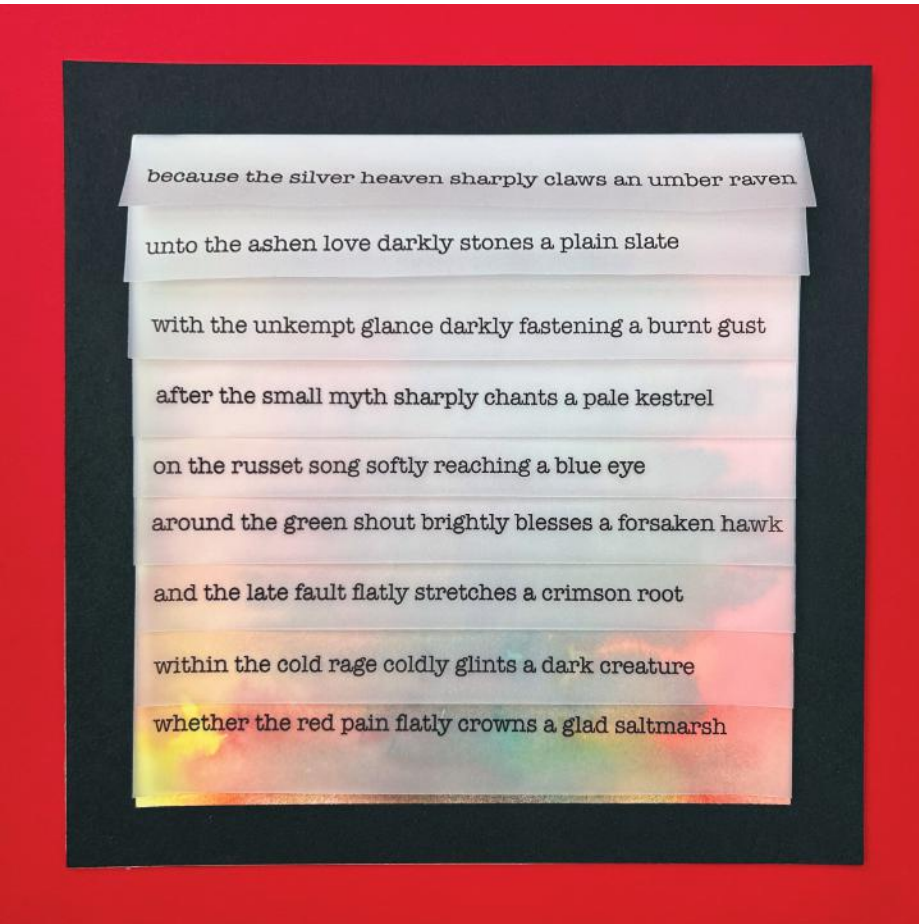
because the silver heaven sharply claws an umber raven
unto the ashen love darkly stones a plain slate
with the unkempt glance darkly fastening a burnt gust
after the small myth sharply chants a pale kestrel
on the russet song softly reaching a blue eye
around the green shout brightly blesses a forsaken hawk
and the late fault flatly stretches a crimson root
within the cold rage coldly glints a dark creature
whether the red pain flatly crowns a glad saltmarsh

nine bright shiners

nine bright shiners

Front cover of 10-page poetry zine

8.3" × 5.8" (21cm × 15cm)

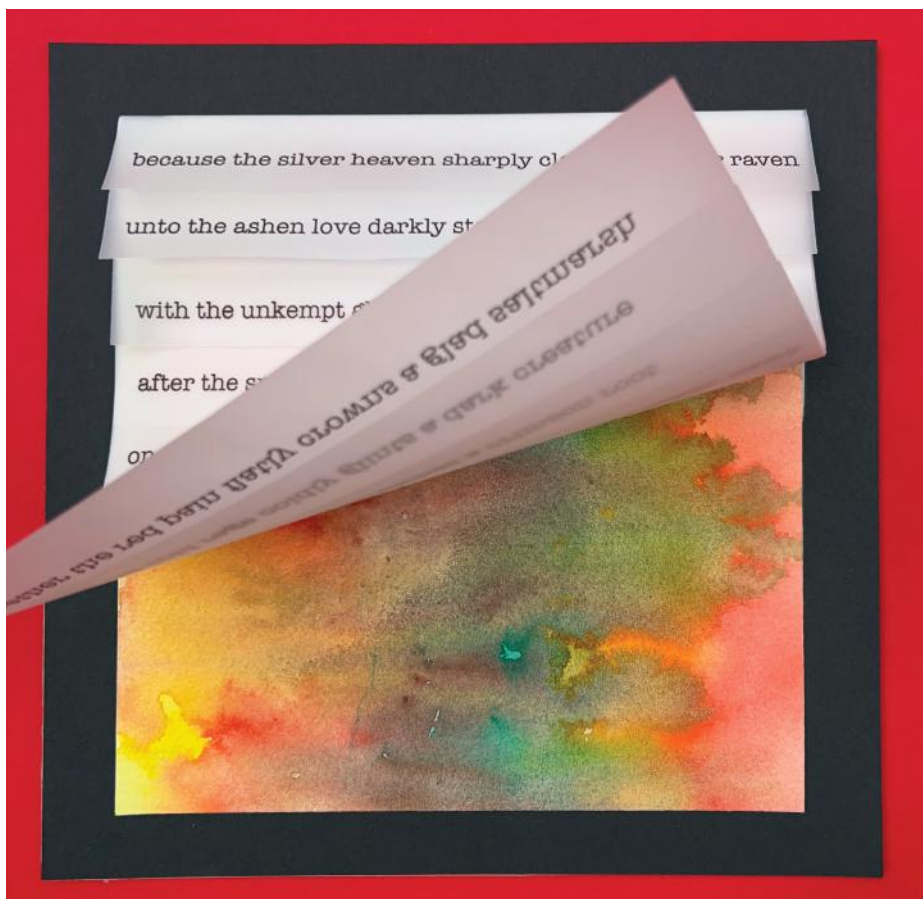


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eighty-one veiled

Tracing-paper text on watercolor-painted background

9" x 9" on 12" x 12" mount (23cm x 23cm on 30cm x 30cm mount)



eighty-one lifted

Tracing-paper text on watercolor-painted background

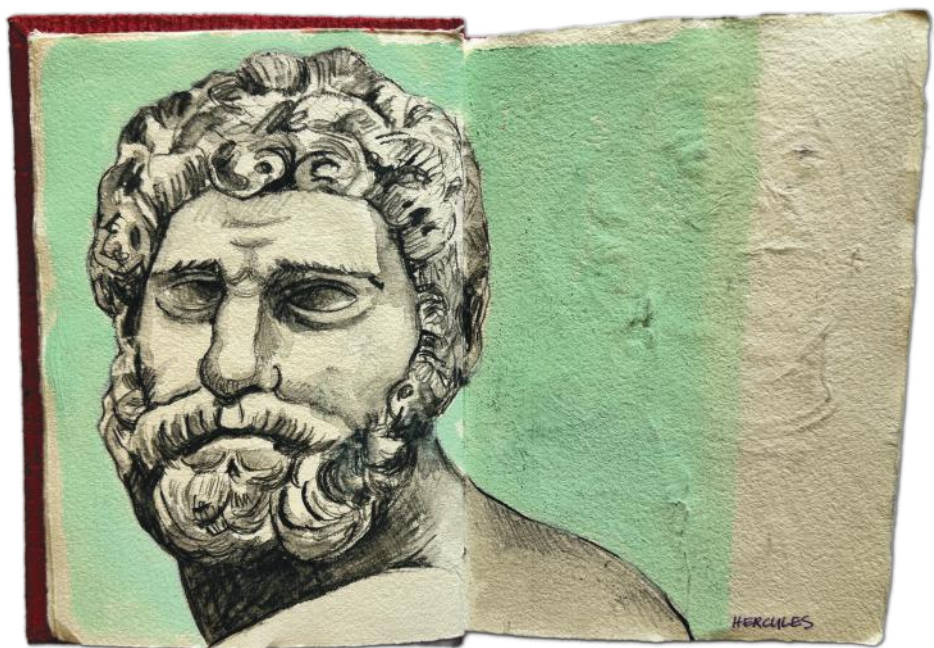
9" x 9" on 12" x 12" mount (23cm x 23cm on 30cm x 30cm mount)



I AM HERE

CONNIE SOLERA

ARIZONA, UNITED STATES



Signore Hercules

Graphite, gouache in handmade Fabriano sketchbook

8" x 11" (20cm x 28cm)



My Artist Soul Meeting My Younger Artist Soul

Graphite, gouache, Tracey Emin show ticket in handmade Fabriano sketchbook
8" x 11" (20cm x 28cm)



Our Puglia Studio For The Week

Graphite, gouache in handmade Fabriano sketchbook

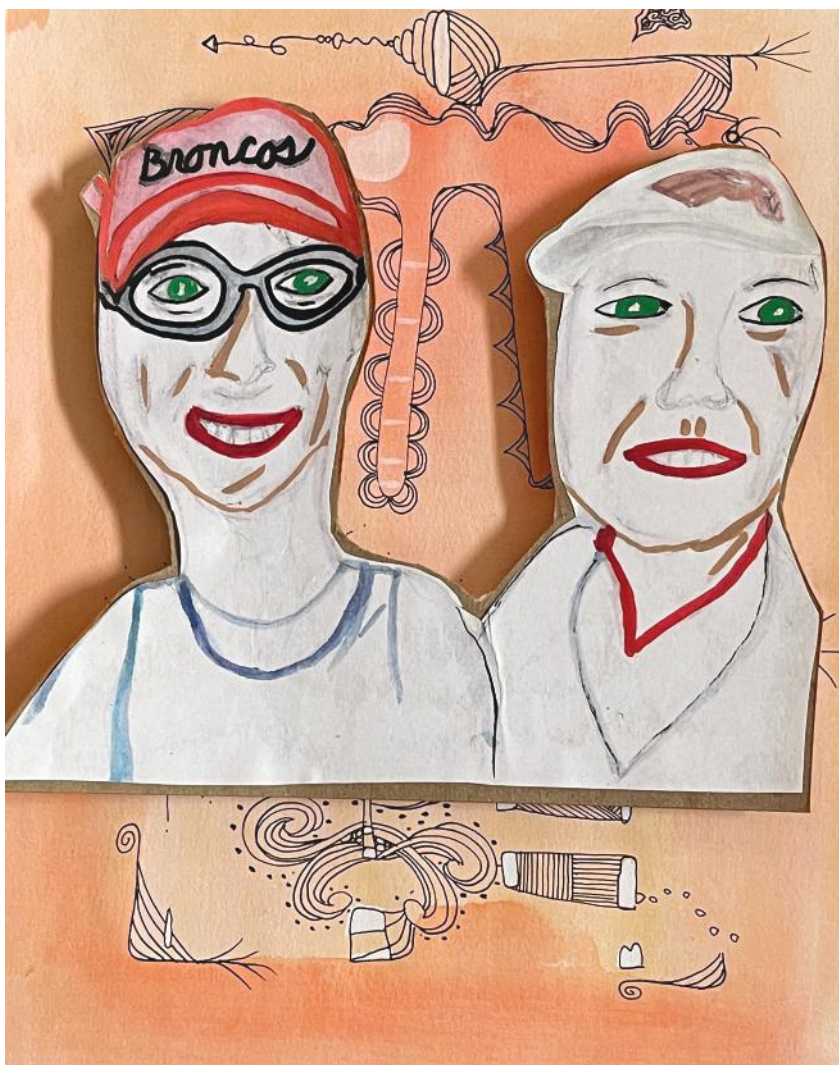
8" x 11" (20cm x 28cm)



I CHOOSE HAPPINESS

CINDY WINSEL

COLORADO, UNITED STATES



Stuck With Me

Watercolor and ink on paper

8" x 10" (20cm x 25cm)



Walks and Talks

Watercolor and ink on paper

8" × 10" (20cm × 25cm)



Community Matters

Watercolor, collage, and ink on paper

8" × 10" (20cm × 25cm)

THE ARTISTS



TRACY B BRAVE

Tracy B. Brave is a Canadian contemporary mixed-media artist, symbolic visual storyteller and imaginative painter. She holds a Bachelor of Interior Design, a Bachelor of Fine Arts and a diploma in ceramics. Her work has been collected in Canada, the United States, Mexico and the United Kingdom.

Brave explores themes of identity, aging, self-sovereignty and transformation. Influenced by surrealists such as Frida Kahlo and Leonora Carrington, as well as folk art and cultural experiences from her travels, her work features recurring motifs, moons, clowns and the female figure.

Her richly-textured surfaces evoke memory, magic and ritual. For Brave, art is both mirror and medicine, a daily act of becoming. She invites viewers into a space where vulnerability and strength coexist, and creativity becomes an expression of personal power.



tracybbraive.com



CATHERINE GARDNER



For full-time artist Catherine Gardner, art is a sacred bridge between the seen and unseen. Using acrylic, watercolor and ink—the language of symbols become portals into mystery, revealing hidden truths and intuitive insight; a dialogue between inner vision and outer form.

Catherine devotes studio time to painting, drawing and writing. Her work is deeply influenced by Jungian philosophy—exploring individual wholeness and the power of the subconscious—and she also draws inspiration from poetry, mythology and fiction, weaving their imagery and themes into her art.

Catherine holds a Bachelor of Science from Art Center College of Design, which led to a career in high-end corporate interior architecture. She is also a Certified Color of Woman Graduate and a Certified Guided Imagery Practitioner.



eyeoftheheartstudio.com/muse-messages



eyeoftheheartstudio.com/gallery



ANGELA KELSEY

Floridian abstract painter and writer Angela Kelsey excavates her life and the world around her to layer what she finds into a creative practice that includes art and writing.

From Everglades walks to family history to therapy sessions, Kelsey feels nothing is off limits for creative expression. Anything can be explored, painted and written about, sometimes deconstructed, and sometimes reconstructed.

All paintings are subject to being cut up, collaged or painted over. All words can be understood in new ways over time.

Kelsey uses paper, acrylic paint and found objects in search of what can be reclaimed.

In addition to paintings in this body of work, she is currently completing a memoir titled *I Would Leave* about her abusive marriage.

ANDREA SMALL



Andrea Small is a conceptual artist working across poetry, painting, voice and video. She makes art in order to uncover questions; it is her way of exploring and expressing ideas.

Her work is rooted in a process of thought, research and experimentation; it is only complete with a commentary reflecting this process. It is not until she feels her exploration is over that a finished piece can emerge. Often, she does not know the form a piece will take until the end of the process.

Powering all of Andrea's art-making is a sense of play, recently deepened by her Clown training. She is dedicated to seeing the world in different ways, challenging accepted norms and illuminating unnecessary boundaries.

Andrea lives in Sheffield, UK.



@imakesmallart



andreamall.co.uk



CONNIE SOLERA

Connie Solera has spent over three decades helping women embody their Artist Souls and live boldly through their creative practices. Through her workshops, retreats, and mentorship programs, she guides artists toward deeper trust in themselves and a more intuitive, soul-rooted connection with their work.

Connie's painting practice keeps her tethered to the deeper currents of her life and grounded in her soul's truth. For three years, she has been immersed in an evolving body of work centered entirely around the color blue. This singular hue has become a quiet conversation, a necessary act of healing across time, and a tender reclamation of what's been lost or buried through generations shaped by war and trauma. For Connie, painting is not just a creative act—it's a way of listening, honoring, and staying fully and authentically alive.



conniesolera.com



[@ConnieSolera](https://www.instagram.com/ConnieSolera)

CINDY WINSEL



Cindy Winsel is a Creative Depth Coach and Artist who specializes in crafting personalized care for the mind, body, and spirit. Her unique journey into and out of addiction grants Cindy a profound perspective and specialized skills that enable her to offer creativity and hope to others. She has dedicated countless volunteer hours to supporting others within the field of addiction, bringing laughter, joy and uplifting energy to her interactions.

As an artist, teacher and life coach, Cindy collaborates with women in transitional stages of life, guiding them toward discovering their greatest gifts. She employs expressive arts, SoulCollage®, JourneyCircles® and other tailored modalities best suited for creative individuals. Cindy's work empowers women to explore new paths and engage deeply in their personal journeys.



cindywinsel.com



PAINT WISDOM MENTORSHIP

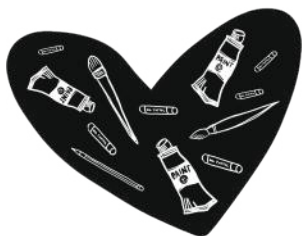
Paint Wisdom Mentorship is a three-month online immersion for women artists yearning for more depth, meaning and magic in their creative practice.

As your mentor, I will guide you on a journey through the deeper currents of your creativity where you will shed limiting beliefs that bind your Artist Soul and discover the wisdom that lives within your unique mark-making and creative practice.

The Paint Wisdom Mentorship program is offered every Spring and Fall.

Learn more at:

conniesolera.com/paint-wisdom-mentorship



BOW (BODY OF WORK)

BOW is an eight-month journey where each enrolled artist (including Connie) will step into the mystery and create a sacred, unique body of work.

Unlike Paint Wisdom Mentorship, there are no weekly modules to complete. Instead, your BOW will guide the way and create the curriculum you must follow. The only requirements are that you are committed to showing up and that you share your work in a final public, online exhibition.

BOW is offered every annually.

Learn more at: conniesolera.com/b-o-w



CONNIE
SOLERA



NOURISH YOUR ARTIST SOUL

CONNIESOLERA.COM