



JEANNI GRANT-NELSON

short space of time.

"I love the sparkle in a person's eyes when they realise just what talents they have, and what they are really capable of. I aim to depict messages of freedom, openness, adventure and possibility."


Jeanni teaches art using a variety of methods (including online, or in your own home), to diverse audiences, for different reasons – from straight art lessons to team-building and therapy. Her clients range from Olympic coaches and returning ex-servicemen to London's homeless and neuroscientists from the University of Oxford. A standard

course includes three 3-hour sessions, covering: sketching and the structure of picture making, while breaking down fears, habits and assumptions; perspective (vanishing and focal points, shadows and reflections); and paint and colour for any medium.

A feeling of health and wellbeing is often experienced during Jeanni's sessions. Heather Mellor suffered a stroke, leaving her with dyspraxia - a chronic neurological disorder affecting movement and co-ordination - and without the use of her right hand. "I suffered extensive brain damage following heart surgery 18 years ago," she explained. "I have recovered well, but I still have various functional difficulties. My drawing lesson with Jeannie gave me such a boost – I think she is an inspired and inspiring teacher, and she understood my disability, giving me confidence to try to use my left hand. It was such an enjoyable morning. My husband sat in on the session, and could not believe what I achieved."

Another gentleman who had broken his back was sought out by his worried wife after a couple of hours, as he had missed his pain medication – he hadn't even noticed. He was fully engrossed, engaged in creativity and having fun.

Neuroscientist Adam was surprised by his experience. "I was brought up to rely on logic and reason, so I was always going to be sceptical about today. But once you relax and immerse yourself in the thought experiments and put aside your own prejudice, it really is surprising to see what you can do. I really enjoyed the charcoal session, and would love to be part of another workshop."

Jeanni not only enabled me to draw, but also gave me an understanding of how we are all programmed to approach things, and what can be achieved with a different approach. These are lessons that I will apply to other areas of life, not just art. I will also use what I've learnt as a form of escape and relaxation, breathing deeply and calmly, losing myself in what I am creating, and no longer fearing failure. 

For more information about Jeanni and her mind, body and soul experience, visit www.visual-awareness.com

JEANNI, RIGHT, WITH HELEN IN FALMOUTH

