

## Practitioners Statement

I believe that everyone has insecurities about their bodies. The intent behind my practicals was to encourage people to embrace these insecurities and imperfections and learn to love themselves rather than feeling dejected. Having imperfections and insecurities makes us human so embracing your insecurities makes you a stronger person and I feel people should be proud of their bodies and not let negative thoughts about their appearance hold them back. This concept has been provoked through personal experience of a family member and her own struggles with personal identity and ongoing issues with her insecurities.

Hands symbolise dominance which is a feature that represents force holding you back and preventing you from showing your true identity. In this way I used hands to symbolise dominance and how society standards can hold people back from achieving their own personal goals. I used bold muscles, representing encouragement of staying strong. I believe charcoal gave me the opportunity to create depth, subtlety and power. I found that charcoal gave me the opportunity to create strong and bold figures due to the mediums strong visual impact.

My body of work comprises of different aspects of the male and female figures. I selected the subject matter to show insecurities and imperfections with in both genders. I believe using bold frames supports the composition and enhances the media's intense qualities. The negative space complements the media and emphasises the figures powerful and striking appearances. Creating contrast and helps to successfully convey the concept. Using charcoals raw qualities, I was able to capture the realistic tonal values of the body.

The first drawing in the series portrays a male figure grabbing at his throat. I used strong bold lines and tones to emphasise shadows and capture depth, which contrasts with the lighter tones and highlights. I used perspective to create the illusion that you are looking down on the figure. The second drawing shows a clothed woman as the focal point to convey the same concept. The material shows soft folds that flows off the figure and the use of line and pattern helped to create more realism. Most of the tone and detail is in the clothing which contrasts against the simplicity and lighter tones of the skin. The third drawing combines all the elements of the first two with stronger tones on her skin and on the fabric. Once again I decided not to draw the face to prevent the focus drifting off the body. The decision to only draw the torso was a good decision as it allowed me to produce a strong, realistic body of works.

Throughout my research I discovered Sara Geutts, 26, that lives with a genetic condition called Dermatosparaxis Ehlers- Danlos syndrome that leaves her with saggy skin, grey hair and putting on body weight. Her message was 'embrace your insecurities and don't let people tell you otherwise, learn to love yourself because god gave you the body and that is who you are, don't change because of what someone thinks of you'. I really connected with her message because it supported my intention behind my practicals.

Ellie Kammer was another inspirational artist. At 41 she was diagnosed with endo. Her message was an inspiration, despite her pain, suffering she was positive and humble. learning to be satisfied with simplicity. NESCIENCE, are the inner suffering of women. Her work embraces the inner imperfections and this is something I wanted to capture through my own work.