



**Anita Barrett**

## **Biography**

*"I'm a creative nature-loving soul, capturing calmness in my work to promote happiness when viewing them"*

Growing up in Geelong gave Anita Barrett access to Victoria's Surf Coast and the Bellarine region and parklands where she unsurprisingly developed an innate love of the natural world.

Anita finds that immersing herself in nature, cultivates emotional wealth and creates a sense of calm to an anxious mind and she often seeks the natural environment to make her feel alive, grateful and inspired.

At her home studio in East Geelong where she lives with her husband, Steve, and adopted retired greyhound, she uses her sketchbooks and photographs as references to create artworks, typically highlighting calm, peaceful scenes set within a coastal landscape.

Anita's artworks can be described as Impressionism with an Abstract format. She is known for painting within a circular shape, which commands attention and draws the eye of the viewer into the picture; acting like a window which transports you to another world.

Working with acrylic paint, charcoal, graphite and Indian Ink on canvas or wood, she starts by sketching on the image, then building the picture in layers with colour, scratching, and rubbing back in areas to reveal underlying colours, a technique called 'sgraffito'. Anita also often leaves graphite marks showing from the original drawing and charcoal marks to create texture.

Anita has always loved to draw ever since she was young and decided to study art at Latrobe Fine Art School in Geelong casually for a year and she has been passionately refining her painting techniques ever since.

Along the way she has worked on commissions, sold works in art shows across Victoria, where she received a highly recommended award, sold pieces through retail outlets and cafes in Geelong and Melbourne and has had her artworks in six different galleries. She has held six solo shows, been part of five group shows and sold works throughout Australian and overseas.

Anita's artwork harnesses the power and health benefits of nature. This can be experienced through the painted medium, by creating a visual connection to the landscape, thus reducing stress and improving the mental health of the viewer.