

# Morag Donald



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## Summary

Since 2015 I have been developing my business Crafting Your Soul which delivers creative visual art workshops allowing creative expression with a healing intention. Workshops include guided visualisation, collage, paint, print, the written word, textiles and Touch Drawing. We create vision boards, personal journals & scrapbooks, textile pieces and large group panels using felting, weaving and stitching describing our inner and outer landscapes while connecting with each other. Details of the projects and workshops I run are on my facebook and instagram pages.

<https://www.facebook.com/craftingyoursoul/> [Morag Donald \(@creatinghealing\)](#) • [Instagram photos and videos](#)

In August 2022 I completed a month long artistic retreat, self funded, in Dowra Courthouse, recording my progress in my blog beginning here [Day 1 – I Painted My Lunch – Morag Donald Creating Healing \(wordpress.com\)](#) The experience was very rewarding and gave me a new lease of life for nurturing others creativity as well as my own.

I am on the Artist Panel of the Cavan Arts Office and have benefited from both their peer support network and continual professional development workshops since 2019.

During the previous fifteen years I was an Art Technician in St Michael's College where I worked with students aged 12-18 using wet felting and needle felting, batik, hand and machine sewing, applique, quilting, collage, paper making, printing, weaving, ceramics, graphic design and Photoshop.

Previous to this I designed and made couture bridal and evening wear for seven years in my business, A Touch of Elegance, in Enniskillen, following graduation from a Degree in Clothing Design and Manufacture.

## Skills

22 years experience of teaching a wide range of visual art and textiles to people from 8 to 93.  
Facilitation of creative workshops involving visual art, textiles and inner work, in an emotionally supportive environment.

I have a clear communication style and belief that everyone can be creative given the chance.  
Empathy, compassionate listening and insight into other's needs from fourteen years in holistic therapy practice.

## Work History

**Self Employed Holistic Therapist (Reiki Energy Healing) since 2009**

**Self Employed Workshop Facilitator with Crafting Your Soul** since 2015

**Photography Technician and Photo Restorer at Enniskillen Photoshop** from November 2016

**Facilitator on Geopark Project - Felting the Landscape** - An Arts Council NI funded project with over 50's to engage with the landscape of the Geopark and create wet felted, needle Felted and stitched textile art as a response over 12 weeks with three site visits and an exhibition in Sept 2023, March - May 2023

**Co Facilitator on Cruinniú na nÓg project - Beyond the Emoji** - A six week project with two Cavan National Schools to improve emotional literacy through poem writing, illustration, graphic design & paper engineering to create an interactive exhibition in Johnston Central Library, April - June 2023

**Facilitator on CANN Project - Stitching The Mountain** - Swanlinbar and Glangevlin primary schools, creative engagement with bog restoration on Cuilcagh Mountain, felt making and wall hanging as final outcome, site visit to Killykeegan with nature weaving and teaching importance restoration and ecology of local area, October 2022

**Facilitator of art workshops with Ukranian groups** - Weaving, dyeing, felting and nature printing with two groups of refugees, children and adults in Swanlinbar and Bawnboy, June & July 2022

**Facilitator on Nature Journal Project with Swanlinbar Development Association** - Primary schools in Swanlinbar and Florencecourt, creating a nature journal with botanical studies, natural brushes, inks and dyes, dyeing yarn, weaving, nature self portraits and mandalas, May - June 2022 & January 2023

**Faciliator on SWAP Zoom workshops** - Delivering mindful stitching, weaving and felting projects, creating packs and instruction manuals for various projects during lockdown and beyond- 2021 to 2023

**Facilitator on Create to Connect with Cavan Arts Office and CAMHS** - Felting, Touch Drawing, Vision Boards with young people to support their mental wellbeing within the CHIME framework July 2021

**Facilitator on NYCI STEAM in Youth Work Residency funded by Science Foundation Ireland** - An art and ecology project with Glangevlin Youth Club co-facilitated with ecologist Anya Murray, Sept - Nov 2020

**Facilitator on Digital Safety Pop up Books project** - Primary schools project in West Cavan using pop up paper engineering and graphic design to teach safe use of the internet, 2021 and 2022

**Textile Product Designer / Maker at Camphill Community Weavery, Clanabogan** from 2016 - 2021

**Facilitator on Shannon Valley and Glangevlin Women's Groups Textile Project** - The River Flows, a 6 week felting & weaving project with rural women's groups funded by Creative Ireland in 2019

**Facilitator on Artsland Textile Project** - Building Bridges, Weaving Words, a 12 week project with SWAP & FODC weaving and felting with over 50's in Cashel, County Fermanagh 2019

**Facilitator on Cavan Arts Youth Lab Project** - Bringing West Cavan To Life Textile project with 8-12 year olds, weaving and felting landscape art. Trivia House, Swanlinbar, Easter 2019

**Facilitator on Cavan Arts Youth Lab Project** - Exploring Landscape - felting, weaving and collage with 11-14 year olds with Templeport Foróige in 2018

**Art Technician, Requisitions Officer, Reprographics Assistant** - January 2001 to August 2016  
St Michael's College — Enniskillen, Co. Fermanagh

**Optical Technician**

June 2000 to October 2000

**Specsavers** — Enniskillen, Co. Fermanagh

**Retail assistant - Ladies clothing.**

March 1998 to May 2000

**Classics** — Enniskillen, Co. Fermanagh

**Self employed clothing designer & manufacturer.**

September 1993 to June 2000

**Self Employed Couture Bridal** — Enniskillen, Co. Fermanagh

## **Work Study Engineer**

August 1991 to July 1992

**Desmond & Sons Ltd** — Enniskillen, Co. Fermanagh

## **Education**

**Bachelor of Science with Distinction : Clothing Design & Manufacture, 1993**

**Heriot Watt University** — Textile Faculty, Galashiels, Selkirkshire, Scotland

**Vale of Leven Academy 1982-1988** — Alexandria, Dunbartonshire, Scotland

Higher Certificate of Education: Maths, English, Art, Biology, Home Economics-Fabric & Fashion

General Certificate of Education: Maths, English, Arithmetic, Art, Biology, Chemistry, Geography, French, Technical Drawing

## **Interests**

I love to spend time in nature, walking with my husband & dogs, photographing the landscape or gardening. Nature inspires my creative practice of photography, drawing, and textiles. I also find creative expression through singing, songwriting, swimming, sewing and creative writing. I enjoy the physical exercise, social interaction and team-work of rowing in the curragh I helped to build with Row the Erne.

## **References**

Philippa McAleer

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