

KATHRYN COSTA

ARTIST, AUTHOR, EDUCATOR

Mobile (603) 661-1388 E-mail kathryn@100mandalas.com Websites truenortharts.com and 100mandalas.com

+ SUMMARY

Passionate, professional expressive arts educator specializing in unlocking the artist within adult learners. My classes and programs weave together guided meditation, art instruction, visual journaling, mixed media, and the empowering language of virtues. I'm an engaging presenter who excels at breaking down complex steps with gorgeous presentation slides and professional handouts. I'm energized by developing meaningful and fun expressive art lessons and programs.

+ PROGRAM FOCUS

My programs nurture the body, mind, and spirit and incorporate the following aspects:

- Mindfulness, relaxation
- Creativity, intuition, and self-expression
- Clarity, focus, and discernment
- Connection to the four elements: air, water, fire, and earth
- Gratitude and observing the sacred in every day life
- Practical tips for continuing an ongoing creative practice at home.

+ PROFESSIONAL EXPERIENCE

- 2008 - present **TRUE NORTH ARTS & 100 MANDALAS**
Artist, Author, Educator
www.truenortharts.com and www.100mandalas.com
Expressive arts workshop leader and course developer
Taught thousands of people how to draw mandalas in my popular book, workshops, and YouTube videos.
Author: "The Mandala Guidebook: How to Draw, Paint, and Color Expressive Mandala Art" North Light Books
- 2004 - 2017 **DIOCESE OF MANCHESTER, MANCHESTER NH**
Graphic Designer and Web Content Specialist
www.catholicnh.org
Managed editorial calendar and marketing campaigns integrating print, web, and social media.
Coordinated the bi-weekly e-mail newsletter (eNews).
Collaborated with the Director of Public Policy on publishing e-mail alerts (Catholic Citizenship News).
Designed and produced print projects (brochures, flyers, posters, ads, programs, event materials, etc.)
Managed a major website redesign in 2011 and 2017.
- 1999 - 2004 **STUDIO 9 DESIGN, STEAMBOAT, CO**
Web Designer, Principal
Founding principal at Studio 9 Design, a web creative studio serving clients in Northwest Colorado.
Designed, developed, and managed websites for more than 50 clients.
Workshop Presenter, Steamboat Chamber's Technology Expo (2002 and 2003)
- 2000 - 2002 **COLORADO MOUNTAIN COLLEGE, STEAMBOAT, CO**
Adjunct Faculty
Taught ten week classes in Adobe Photoshop and Adobe Illustrator.
- 1997 - 1999 **KEARSARGE REGIONAL HIGH SCHOOL, WARNER, NH**
Graphic Design Teacher
Developed a two-year course in graphic design with an emphasis on visual literacy, problem-solving, and public speaking skills.

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+ EDUCATION

COMPUTER SCIENCE/BUSINESS - B.A., 1990

Saint Anselm College

Manchester, NH

SOUL COACHING® FACILITATOR TRAINING, JANUARY 2018

www.soul-coaching.com

MANDALA CERTIFICATE, JUNE 2016

www.creatingmandalas.com

Jungian based expressive arts training with Susanne Fincher.

COPIC STANDARD AND INTERMEDIATE CERTIFICATION, APRIL 2016

THE VIRTUES PROJECT FACILITATOR TRAINING, NOVEMBER 2013

www.virtuesproject.org

SOULCOLLAGE® FACILITATOR TRAINING, OCTOBER 2010

www.soulcollage.com

+ PUBLICATIONS

"The Mandala Guidebook: How to Draw, Paint and Color Expressive Mandala Art," North Light Books, May 2016

"Prayerful Projects" column for Parable Magazine, 2016/2017

"Remembrance Boxes," September/October 2017

"Turning Point Beads," July/August 2017

"Community Mandalas," May/June 2017

"Collage Prayer Wheel for Lent," March/April 2017

"Blessings Jar," January/February 2017

"Prayer Journals," November/December 2016

"Mandala Parasols," Zen Doodle Workshop Magazine, Winter 2016

"Mixed Media Mandalas," Zen Doodle Workshop Magazine, Fall 2016

"Paper Clip Pages," Cloth, Paper, Scissors Pages, Volume 1, 2011

"Creative is a Verb" by Patti Digh, Globe Pequot Publishers (see pages 41, 44, 180.)

"What I Wish for You" by Patti Digh, Globe Pequot Publishers (see page 83.)

Institute on Disability 2011 Calendar

+ TALKS, WORKSHOPS, & RETREATS

"Creating Mandalas For Art & Inspiration," **Omega Institute**, Rhinebeck, NY, July 2018

"The Great Round Series: Exploring Our Stories Through Expressive Mandala Art," 100mandalas.com, 2015, 2016, 2017, 2018

"Seed of Life: Introduction to Creating Healing Mandalas," **Frost Valley YMCA Womens Wellness Weekend**, 2018

"Creating Mandalas for an Inspired Year," **Kripalu Center for Yoga & Health**, Stockbridge, MA, New Years Weekend 2017

"Connecting to the Goddess Within," 100mandalas.com, 2017

"Creating Mandalas for Relaxation and Self Expression," **Yoga Balance Studio**, Manchester, NH, April 2017

"Introduction to Mandalas," **Vista America-Corps New Hampshire**, March 2017

"Creating Mandalas for an Inspired Year," **White Swan Yoga Studio**, Manchester, NH, January 2017

"Inspired Year Mandala Retreat: a Nourishing and Playful Approach to Finding Clarity," 100mandalas.com, January 2016 & 2017

"Welcome to the Circle: Creating Educational Mandalas," **Arts Education Partnership Conference**, November 2016

"Art of Publishing," **NH Craftworkers Guild**, Bedford, NH May 2016

"Seeking the Sacred in Everyday Life Retreat," March 2015

"Journey of the Heart Journal," truenortharts.com online course, 2013

"Storytelling & Collage," truenortharts.com online course, 2010

ON DEMAND ONLINE COURSES

Color I, Mandala Drawing I, and Soul Journey Mandalas, www.100mandalas.com