

Lane Arts Council offers Professional Development workshops for artists

Lane Arts Council's artist professional development program, Professional Practice returns this spring with a series of three workshops and discussions.

The series focuses on ongoing collaborative learning with an artist cohort, combining presentations from regional and national experts with take-home work and group discussions.

This year's virtual format can be accessed by artists throughout Lane County. This year's topics are applicable to visual artists, musicians, actors, writers, dancers, and all creatives of all disciplines.

The series kicks off in early March and will con-

tinue through the spring with multiple workshops and discussions.

Artists are highly encouraged to register for the full series for \$65.

Single workshops are \$25.

Each session is held on a Tuesday from 4:30 to 6 p.m.

- Creative Resilience for Artists with Marie Schumacher, creative resilience coach and founder of PDX Vox

Reignite your motivation to create, freshen up your routines and adopt new habits, activate your network of support, and reconnect with why art matters.

Workshop: March 2

Discussion: March 16

- Financial Wellness for Creatives with Brooke Benson, Financial coach and Founder of Not Starving Artists

Gain practical tools and knowledge to manage your money, plan for your financial future and reframe your money mindset: moving away from the "Starving Artist" trope and towards financial freedom.

Workshop: March 30

Discussion: April 13

- Developing Your Digital Presence with Ceylon Mitchell II, Founder and Co-owner of M3 | Mitchell Media & Marketing, LLC

Learn how to effectively use digital marketing strategies to improve

your brand, website, and social media identity.

Workshop: April 27

Discussion: May 11

The cohort model allows artists to build connections and learn with others throughout the course of the series.

After participating in the Lane Arts Council's workshops last year, a participant shared about their experience.

"I enjoyed all of these workshops so much! The discussion sessions were really helpful and useful. My favorite thing was connecting with other artists in our community who I hadn't met before."

Artists in Lane County have had few opportunities for professional

development and the skills needed to build and strengthen their businesses and their creative practice.

Most learning is focused on developing an artistic practice, but artists are often left in the dark when it comes to business and financial planning, building audiences, connecting with venues, presenting their work, or pursuing other professional opportunities.

To help meet this need, Lane Arts Council has been providing professional development workshops for over ten years, leveraging local, regional, and now national experts and consultants to support artists

of all disciplines in their creative endeavors.

Lane Arts Council is a nonprofit organization that works to cultivate strong and creative arts communities throughout Lane County.

It provides high-quality arts experiences, engaging people of all ages in arts education and encouraging artistic endeavors.

More information and registration at lanearts.org/workshops.

Professional Practice is presented by Lane Arts Council, and sponsored by City of Eugene Cultural Services and Columbia Bank.

Public reminded to beware of carbon monoxide when using alternate heat sources

Loss of power and freezing temperatures have had some Oregonians using alternate heating sources, many of which come with the

added risk of carbon monoxide poisoning. Carbon monoxide is a

colorless, odorless, toxic gas produced when anything is burned. Gas

and oil furnaces, water heaters, fireplaces as well as wood burning and gas stoves are common sources in the home.

The only way to know if you are being exposed to carbon monoxide is by using a detector. Common symptoms of carbon monoxide poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion.

Exposure to carbon monoxide can cause loss of consciousness and death. If carbon monoxide poisoning is suspected, seek fresh air and consult a health care professional right away.

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If used inappropriately, items that emit heat can produce dangerous levels of carbon monoxide.

For more information on carbon monoxide safety, visit the Oregon Health Authority website. Fact sheets on preventing carbon monoxide poisoning after an emergency are available in multiple languages. Visit OHA - Recognizing and preventing carbon monoxide poisoning.

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