



## **Carien Borst**

For many years I combined a manager position in the mental healthcare in The Netherlands, with my desire to make art, especially paintings. I am educated as an art therapist and followed several workshops and studies to develop my art skills, through the years. In 2020 I decided to focus my time on my art work. Next to my art, I developed and organize programs for leaders in which creativity is an essential part of the coaching.

My paintings can be described as intuitive portrait painting. It's a combination between an abstract and realistic style. Making art means '*freedom*' to me. Everything is possible, no limits and a lot of joy during the process.

This quote of Aristotle inspires me in my art work.

*"The aim of art is to represent not the outward appearance of things, but their inward significance."*

