

MAMA LOVE, BOSS LADIES

Little Creatures Collective ~ Rebecca Ferguson

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Meet Rebecca Ferguson. Founder & Teacher at **Little Creatures Collective**, an age-appropriate art program that enhances creativity and imagination through the joy of visual art, operating out of an art studio in Seddon, an inner-west suburb of Melbourne. Rebecca is living her dream, loving what she does and sharing her love of art with others. Be inspired by this woman who chased, *and caught* her dream!



Mama Love Magazine: Have you always hoped for a career in the Arts?

Rebecca Ferguson: It has always been a dream of mine to spend my days working in a creative capacity and sharing my passion for art with my community. I grew up loving art and spent many hours perfecting my talents. In my later years of study I was encouraged to pursue science and started to lose touch with my creative roots while working in healthcare. Whilst pursuing this career path I always dreamed of returning to art, and when the opportunity presented itself I decided to take the leap into self-employment, finally becoming a working artist.

MLM: What drove you to start up ‘Little Creatures Collective‘?

RF: When I was pregnant with my daughter, who is now 3, I got to thinking about the lessons I wanted to teach her and what I wanted to model to her, as a mother and working professional.

After some thinking I realised that I wanted my daughter to follow her dreams and most of all I wanted her to see me for who I truly am, a creative, outgoing and passionate person with a love for art.

MLM: Do you ever witness natural talent in the children that you teach?

RF: Every day, true talent can be seen in those who revel in creative process. Children are innately creative creatures, and while their life experience is limited their creativity is boundless. Additionally, as children are naturally mindful they are very good at seeing all the little details many of us miss and they have an amazing gift when it comes to expressing what they see through their art. I have a lot to learn from these little wonders – in many ways we learn from each other.



MLM: Do you find that children receive therapeutic benefits from attending your classes?

RF: Our classes are unique in that they are written with consideration to art therapy and incorporate elements of mindfulness through exercises in reflection, gratitude and artist exploration.

Through mindfulness we can arm children with coping skills from a young age, helping them find new ways to deal with stress and anxiety, experience more calm, and focus in a compassionate way. It can also help improve their ability to pay attention, calm down when they're upset and to make better decisions.

By linking art with mindfulness we can increase the connection with personal expression. Creating art can help people with their emotions, health and general wellbeing, and these exercises benefit our families as the skills they learn in class can be used at home.

MLM: What is the most satisfying part of your job?

RF: Doing what I love every day, and having a supportive and enthusiastic family and community to share it with. I also love to collaborate with other local artists and educators who share my passion for community engagement and the arts.

Visit www.littlecreaturescollective.com for more or follow along on *Instagram* or *Facebook*