

# SARAH EVA MANSON

Social Media, web & graphic design,  
experience since 2012 in digital  
marketing & arts management, with  
a BFA(Hons) in Fine Art + Post Grad  
Certs in digital marketing and  
mindfulness.

## Education

2012 National College of Art & Design

### Bachelor of Fine Art (hons)

2021 Nádúr Centre for Integrative  
Forest Therapy

### Forest Bathing Guide

## Digital Strategy & Management

- 2023 - 2024 Elephant In The Room
- 2020 - 2024 Wicklow ScreenDance
- 2020 - 2024 Purple.ie

## Website Design & Management

- 22-24 [www.elephantintheroom.ie](http://www.elephantintheroom.ie)
- 22-24 [www.sarahevamansonart.com](http://www.sarahevamansonart.com)
- 22-24 [www.spotlightstudios.ie](http://www.spotlightstudios.ie)
- 22-24 [www.bluerestaurant.ie](http://www.bluerestaurant.ie)
- 22-23 [www.chswbearhunt.org](http://www.chswbearhunt.org)
- 22-23 [www.waitingforaro.com](http://www.waitingforaro.com)
- 22-24 [www.southeastvegetables.com](http://www.southeastvegetables.com)
- 22-23 [www.cookeryfundays.ie](http://www.cookeryfundays.ie)
- 22-24 [www.moneirgarnish.com](http://www.moneirgarnish.com)
- 21-24 [www.servicefirst.ie](http://www.servicefirst.ie)
- 21-24 [www.capnua.com](http://www.capnua.com)
- 21-24 [www.evolutionireland.ie](http://www.evolutionireland.ie)
- 21-24 [www.theartoffundraising.org](http://www.theartoffundraising.org)
- 21-24 [www.matrixclaims.ie](http://www.matrixclaims.ie)
- 21-24 [www.cityphysio.ie](http://www.cityphysio.ie)
- 21-24 [www.mienas.ie](http://www.mienas.ie)
- 21-24 [www.cardinalclaims.ie](http://www.cardinalclaims.ie)
- 21-24 [www.ennissolicitors.com](http://www.ennissolicitors.com)
- 21-24 [www.byrnemoore.com](http://www.byrnemoore.com)
- 21-22 [www.kilkennycatwalk.ie](http://www.kilkennycatwalk.ie)
- 21-22 [www.oakhengegallery.com](http://www.oakhengegallery.com)
- 19-24 [contemporaryirishartsociety.ie](http://www.contemporaryirishartsociety.ie)
- 12-24 [www.ballyrogan.com](http://www.ballyrogan.com)



## Skills

- Adobe Suite
- Design
- Social Media
- Mindfulness
- Management



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[www.sarahevamansonart.com](http://www.sarahevamansonart.com)



@sarahevamansonart

## Social Media Marketing

- 23 **SouthEast Vegetables**  
Facebook/Instagram/Twitter/LinkedIn/Website
- 23 **Contemporary Irish Art Society**  
Instagram/Website
- 22 - 24 **Elephant In The Room**  
Facebook/Instagram/Twitter/LinkedIn/TikTok/Website
- 22/23 **CHSW Bear Hunt**  
Facebook/Instagram/Twitter/LinkedIn/Website
- 22-24 **Spotlight Studios**  
Instagram/Website
- 22-23 **Waiting For FARO**  
Twitter/Website
- 22-23 **MonEir**  
Facebook/Instagram/Website
- 20-23 **The Art of Tourism**  
Facebook/Instagram/Twitter/LinkedIn/Website
- 20-24 **Wicklow ScreenDance Laboratory**  
Facebook/Instagram/Twitter/Email
- 21-22 **Kilkenny Catwalk**  
Facebook/Instagram/Twitter/LinkedIn
- 20-21 **Kingfisher Trial - Cotswolds**  
Facebook/Instagram/Twitter/LinkedIn
- 12-24 **Sarah Eva Manson Art**  
Facebook/Instagram/Twitter/LinkedIn/TikTok/Website/Email
- 12-18 **The Copper House Gallery**  
Facebook/Instagram/Email

## Gallery Manager

- 2020 **The Gerard Byrne Studio**
- 2012 / 2018 **The Copper House**

## Abilities / Skills

- Able to present and communicate information, verbally and in writing, in a clear and concise manner, with excellent attention to detail
- Able to organize and prioritise work effectively under pressure to meet deadlines

## Operating systems

- Adobe Acrobat
- Google Analytics
- Adobe Suite
- Premier Pro
- Register 365
- Squarespace
- Photoshop
- Illustrator
- Video editing
- Mailchimp
- Canva
- Later
- Buffer
- Wix
- Zoom
- Wordpress
- Nameservers
- DNS Records
- Domain Registration
- Blacknight
- JobPro
- Google Suite
- Facebook META Suite
- Instagram
- LinkedIn
- Twitter
- Artlogic
- CMS
- TikTok
- Hostpapa

## Expertise

- Developing engaging content designed to appeal to new and existing audiences
- Creating assets consisting of motion graphics, photography and video for creating content
- Animating content for use and distribution online, and on display advertising
- Creating graphic design assets that are aligned to brand guidelines
- Development and delivery of content for audience engagement and SEO alignment
- Strategically plan, co-ordinate and deliver company marketing and communications
- Plan own workload within broader objectives
- Successfully developing and coordinating complex projects
- Developing and delivering strategies for creating and sharing content online, including social media platforms



# SARAH EVA MANSON

## Collectors:

AXA Insurance

Royal College of Surgeons

Numerous Private Collectors

## Annual Group Shows:

2012 - 2022 The Copper House Gallery

2009 - 2022 Arklow Visual Arts Gallery

## Exhibitions: (shortlist 2009 - 2023)

2022 Solo Show - Wander & Wonder

2018 Goal What on Earth

2014 Ballyrogan Expression - The Gerard Dillon Gallery, Belfast

2013 National University of Ireland

2013 The Sweet Shop Gallery, Wexford

2012 Ballyrogan Expression, Iontas Theatre, Monaghan

2012 Impressions'12, Galway Arts Centre, Galway

2012 Ranelagh Arts Festival, Dublin

2012 Mc Ging's Gallery, Mayo

**2012 National Craft Exhibition, RDS**

2012 The Upset, Leitrim

## Gallery Representation:

The Copper House Gallery, Dublin

The Latin Quarter, Wicklow

Arklow Visual Arts Gallery, Wicklow

Russell Gallery, Clare

2012 Degree Show, NCAD, Dublin

2012 The Little Green, Dublin

**2012 Irish Wave, Beijing, and Shanghai**

2012 Hive Gallery, Waterford

2012 Ballyrogan Expression, The Back Loft, Dublin

2011 FTLO Progress, Gallery Number One, Dublin

2011 The Cockleshell Gallery, Duncannon, Waterford

**2011 121st RHA Annual Exhibition, Royal Hibernian Academy, Dublin**

2011 The Cross Gallery, Dublin

2010 Mc Ging's Gallery, Mayo

2010 Monstertruck Gallery, Dublin

2010 The Bad Art Gallery, Dublin

2010 Clyne Gallery, Dublin

2009 The Crow Gallery, Dublin

2009 Gallery An Chuir, Donegal





# SARAH EVA MANSON

## Artist Statement

Manson's work is inspired by the natural environment, especially the beautiful colours textures and light. It is a direct response to the chaos and hectic stamina of the world around us from the fear of global sickness/ warming and War - to the chaos at home with small children and family life in general. The chaos that ensues from running a business from home and finding a work-life balance is a constant companion - striving for happiness and perfection. This lifestyle can be very taxing on one's mental health and to counter this and balance it Manson spends a lot of time being mindful and meditating in the forest - completely immersing herself in the Natural World Away From the screens and technology and phone calls and everything that goes with it, spending at least 3 hours alone in the forest practising mindful meditation and reconnecting with nature focusing on the five senses and being present in practising gratitude giving space for creativity to thrive. This is ever-present in the Works that have emerged from slowing down and is what Manson is focusing on in her studio. Many times she brings the Natural World home with her and many times she brings her sketchbook for her canvas with her to the Natural World.



Sarah Eva Manson

