

## Poster insert: Rojia Dadashzadeh

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# ROJIA DADASHZADEH

Rojia Dadashzadeh is an Iranian/Canadian artist with a studio-based practice in Vancouver. Dadashzadeh works across a range of media in sculpture, painting, drawing. Dadashzadeh's work has been published and been exhibited nationally and internationally. Dadashzadeh teaches grades 7-12 within IB Visual Arts and Culinary Arts programs at Brockton School in North Vancouver. Her teaching and artistic practice are closely intertwined in ways that one informs the other.

Some tangible strategies that Dadashzadeh has found successful and pivotal in intertwining artistic and pedagogical practices:

## Studio session

Regular visits to my studio a few times a week, including weekends.

## Sustaining passion

Being mindful of balance to prevent burnout and nurture creativity, while embracing the natural ebb and flow that comes with the journey.

## Strategic planning

Deliberately scheduling and organizing tasks to avoid overlapping deadlines and ensure feasibility.

## Balancing acts

Juggling multiple projects simultaneously from respective practices.

## Seizing opportunities

Taking the time to research and apply for suitable residencies and shows during slower periods.

## Power of collaboration

I find collaboration with fellow artists quite generative and helpful; in collaboration ideas evolve together and become stronger. As well, dividing daunting tasks accelerates completion and enhances creativity.

By adopting these strategies, I've found a way to support both my artistry and my role as an educator, promoting reciprocity, innovation, and growth.