

# Lectures and Workshops

Offerings from Cathy Wiggins to help  
you enjoy the quilting experience.

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## Lectures and Workshops

Cathy offers several lectures and workshops and travels across the United States sharing her passion with others. Here is a list of what she has to offer. Please contact her with any questions and for available dates.

### Lectures

All lectures are 1 to 1 ½ hours long with a cost of \$300 plus travel expenses

#### Designing Quilts from Photographs through the Use of Value

In this lecture Cathy explains the technique that she uses to go from a photograph to a completed quilt. She uses several of her own quilts as examples, including her nationally recognized "The Cowboy Quilt." As an introduction, she also shows how she first applied this technique to watercolor paintings and then adapted it to quilting.

The participant will learn:

- What fabric values are and how to use them
- How to select photos as potential quilt patterns
- How to turn a photo into a pattern using photo copiers and projectors
- How the importance of fabric value can make or break a quilt
- How to better select fabric for a quilt pattern using value

#### Finding Your Inspiration-Unlock Your Creativity

How many times have you asked an artist, "Where did you get that idea?" and the answer was something like, "Oh, it just came to me." You then think to yourself that those types of ideas never come to you. Well, they do, all of the time. Inspirations come from everywhere. We just need to learn how to recognize them, remember them and use them. In this lecture Cathy explains how she recognizes her inspirational thoughts and ideas and then documents them for later use in what she calls an *Idea Book*.

The participant will learn:

- How to recognize inspirational thoughts and ideas
- Ways to practice recognizing the inspirations
- How to document these inspirations for later use
- How to weed out the clutter and concentrate on what is really important

### **Fabric Selection for the Rest of Us**

In this lecture, Cathy gives you the tools to better select fabric for a sensational quilt full of eye-popping color and explains how to do this without the use of a color wheel. This lecture is for the rest of us, the non-artists. She will take the fear out of fabric selection that so many of us seem to have. If you have a focus fabric that you would love to use in a quilt top, but do not know what fabrics to use with it, bring it to the lecture and Cathy will help begin your selection.

Participants will learn about the three keys to fabric selection:

- Color contrast
- Value
- Texture

### **The Top is Finished, Now What Do I Do with It**

In this lecture, Cathy gives you the knowledge needed to complete your quilt top from selecting the right batting to choosing the right quilt designs. Once the top is complete, you are only half way there, and what you choose to do from here can make or break your quilt.

Participants will learn:

- How to select the right batting for the project– cotton, wool, poly, etc.
- How to mark the quilt top – what to use on dark fabrics, light fabrics etc.
- Pinning and stabilizing the top.
- Background and filler quilting designs – Students will learn how to select fillers and backgrounds to fit the style of the quilt.
- Block designs – Students will learn how to select a quilting design to complement the block.
- How to bind the quilt properly.
- How to block the quilt to achieve a square quilt that hangs straight.

### **Blocking 101**

One of the first things judges look of when judging a quilt is ‘does it lay flat’ or ‘does it hang straight’? Have no more wavy quilts. Come learn how to make any quilt lay flat, hang straight and look the best it can for judging and hanging in quilt shows.

Participants will learn:

- How to successfully block a quilt.
- How blocking can be done anyway.
- How to ease borders straight, stretch sashing even and pull corners square.

### **How to Structure a Successful Lecture and Workshop**

We have all sat through boring lectures that seemed like they were days long. No more. In this lecture you will learn how to build and present successful lectures and workshops; presentations that will captivate and hold the interest of your audience, stimulate questions and encourage discussions. Learn how to get your thoughts organized and to present them in an interesting and captivating way. No longer will you see people nodding off during your presentations. We will cover the basics of presenting using PowerPoint as well as how to give a successful workshop and keep everyone interested. This lecture will show you how to build and present successful lectures and workshops; presentations that will captivate and hold the interest of your audience, stimulate questions and encourage discussions. Learn how to organize your thoughts and present them in an interesting and captivation way.

Participants will learn:

- The basics in presentation and workshop structure.
- How to keep the audience engaged.
- How to build successful handouts that become marketing tools to further you business.
- How to handle problem students.
- How to manage time.

### Designing the Perfect Studio

It doesn't matter how large or how small your creative space is, there are certain guidelines that should be followed to give you the perfect environment to let your creative juices flow. In fact, I believe, that there are certain things that must be done to allow you to be your best creatively. Come see how to get organized, how to use your space effectively and how to make the most of what you have now. Feel free to come with photos, tips, and creative ideas to share with the class.

### Just What Does it Take to Win, Place or Show

Each quilt show is different. Each judge is different. So how do you create a quilt that wins ribbons? In this lecture Cathy will share what she has learned over the years of showing quilts. She will use the evaluations and feedback forms that she has received to demonstrate how shows vary greatly and how the industry and expectations have changed over the past five years. You will see that what is important at one show might not be as important at another and how to average out all of the feedback to determine what is important and where you can get the most return from your efforts.

Participants will learn:

- How machine quilting shows differ from other shows.
- How 'visual impact' is key.
- The basics that are common across all shows.
- How to get the most out of the evaluations and feedback forms.

### Half-Day Workshops

All half-day workshops are 3 hours long with a cost of \$400 plus travel expenses. No sewing machines are required.

#### ★ Finding Your Inspiration – Unlock Your Creativity

Other workshops try to teach you creativity; this workshop teaches you how to tap into your own source of inspiration that feeds your creativity. Learn how to look at your world in a different way. Learn how to make all of those catalogues and magazines in your house work for you. Cathy will show you how she uses intuition and *Idea Books* to capture her ideas and inspirations for her beautiful award-winning quilts. You will start your own *Idea Book* in the workshop and leave truly inspired.

*Participants will learn:*

- How to recognize your own inspirations and how to trust your own instincts.
- How to document your own ideas for future projects.
- How to reduce the clutter in your creative space.

There is a \$25 workbook and large journal cost per student.

★ Cathy's favorite workshop to teach!

#### The Top is Finished, Now What Do I Do with It

This workshop is a more intense, hands-on, version of the lecture that Cathy offers by the same title. In this workshop, Cathy gives you the knowledge needed to complete that quilt top from selecting the right batting to choosing the right quilt designs to quilt on it. You will see many block and quilt samples. Students are encouraged to bring their own tops for discussion.

*Participants will learn:*

- How to select the right batting for the project– cotton, wool, poly, etc.
- How to mark the quilt top – what to use on dark fabrics, light fabrics etc.
- Pinning and stabilizing the top.
- Background and filler quilting designs – students will learn how to select fillers and backgrounds to fit the style of the quilt.
- Block designs – Students will learn how to select a quilting design to complement the block.
- How to bind the quilt properly.
- How to block the quilt to achieve a square quilt that hangs straight.

There is a \$15 charge per student for the class workbook.

### PowerPoint 101

As the age of technology becomes ever more present in the world around us, it is becoming essential that quilting professionals make use of what is available. Students are expecting more than slide projectors and school room overheads. Bring your laptop and get a crash course in Microsoft PowerPoint, the number one software program for delivering effective presentations that captivate your audience and professionally deliver your message.

Participants will learn:

- How to create a presentation from scratch.
- How to cut, paste, copy, and insert.
- How to change fonts and add drawings.
- How to add basic animation.
- How to use one basic template for all of your presentations.

Each student is required to bring a laptop loaded with Microsoft PowerPoint 2007 or higher.

### Achieving the 'Wow' Factor in a Quilt Design

Have you ever wondered what gives a quilt that 'Wow' factor? You know it is a wonderful quilt but if asked to give specifics as to what exactly gives it that 'Wow' factor you are stumped. If you can't put it into words, how can you expect to create it? In this workshop learn the importance of balance and how to achieve it through the use of color, pattern, piecing and quilting. Learn how all of these components are pieces of a puzzle that have to be placed perfectly to achieve the 'Wow'. Learn how to use these components, in unity, to create a show-stopping design. You will learn the concepts through hands-on exercises followed by a guided tour of the award-winning quilts on the show floor where students will put these new concepts to the test.

Participants will learn:

- The importance of balance and how this can be achieved.
- How 'visual impact' is the key and how to achieve it.
- How quilting design and top design must be viewed as one.
- How anyone can design a winning quilt.
- How to begin to develop a style of your own.

### Full-Day Workshops

All full-day workshops are 6 hours long with a cost of \$750 plus travel expenses. No sewing machines are required.

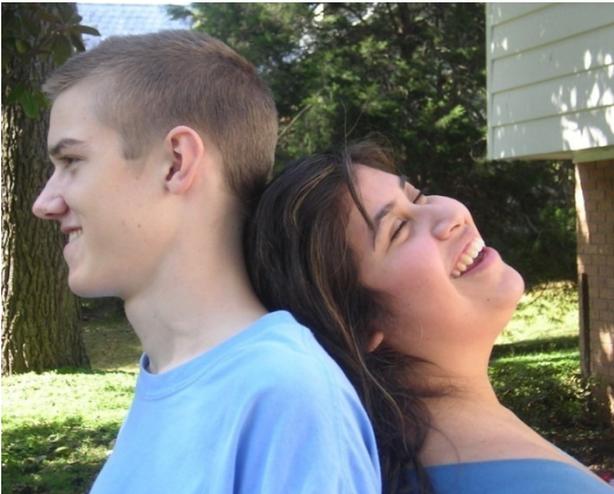
#### Create a Quilt Pattern from Your Photograph

In this workshop, students will develop their own appliqué pattern from their own photograph. Students will spend the morning learning about value and practicing the technique. They will then use their own photographs to make a pattern. Before the workshop, students will work with Cathy on selecting a photograph. Cathy will then bring an enlarged copy of each student's photograph to the workshop.

Participants will learn:

- The importance of value in fabric selection and pattern creation.
- How to create an appliqué pattern from a photograph.
- Ideas for using the completed medallion.

Extra cost of \$25 per student in addition to the workshop cost. This covers all materials needed.



### Rose Medallion

In this workshop, Cathy leads participants through the completion of a medallion from her Rose Medallion pattern using fusible webbing appliqué.

Participants will learn:

- Importance of fabric values
- Techniques for better application of fusible webbing
- Ideas for using the completed medallion

Participants should be able to complete the medallion during the workshop and leave with a rose ready for appliqué. Each student must purchase a pattern for \$12 each. Fabric packages will be available for purchase at the workshop for \$15 each.



### ★ Finding Your Inspiration

This is an all-day version of the half-day workshop. This workshop contains additional creative activities to help students further understand how to recognize inspirations and how to apply them.

Other workshops try to teach you creativity; this workshop teaches you how to tap into your own source of inspiration that feeds your creativity. Learn how to look at your world in a different way. Learn how to make all of those catalogues and magazines in your house work for you. Cathy will show you how she uses intuition and *Idea Books* to capture her ideas and inspirations for her beautiful award-winning quilts. You will start your own *Idea Book* in the workshop and leave truly inspired.

Participants will learn:

- How to recognize your own inspirations and how to trust your own instincts.
- How to document your own ideas for future projects.
- How to reduce the clutter in your creative space. ★ Cathy's favorite workshop to teach!

There is a \$25 workbook and large journal cost per student.

### Weekend Retreat or Two-Day Workshop

Cathy is available for weekend retreats where students start with a photograph of their choice and leave with a completed medallion ready to appliqué onto a quilt top. Retreats usually run three days and can be tailored to fit into your schedule. It is recommended that no more than 15 students attend the retreat to allow plenty of personalized time for each student. The cost is \$750 per day plus travel. Costs may vary based on the number of students. Contact Cathy for details on planning your next retreat.



***NO sewing machines are needed for any of Cathy's workshops or lectures!***

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