

# Basic Detail Report



## Title Interview with Heather Neilson

Date 8 July 2025

Medium born digital audio file

Description (a) Audio file of interview with Heather Neilson. She was interviewed by Samantha Hass on 8 July 2025 in Winsted, Connecticut. (b) Photograph of Heather Neilson provided by Heather Neilson. Heather Neilson was interviewed as part of the Connecticut Museum of Culture and History's Community History Project discussing moments of change in her life. Over the course of the interview, Heather describes her years-long journey as an artist. She explains that she had been creative since childhood but had not made the conscious decision to become a fulltime artist until well into her adult career. She found her corporate job in marketing to be tiring and not a great fit for her. It was an exhausting, taxing career, and it made her feel a discomfort that couldn't really be placed. Heather explains that in a moment of spontaneity she decided to

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attend a life drawing course at the Arts Students League of New York after work

one day. That moment changed her life. It led her down the path of leaving the

corporate world and becoming an artist in Litchfield County, CT. Now, Heather

teaches classes, paints, curates exhibits, and makes connections with artists

from all walks of life. She uses a variety of materials to make abstract pieces

with consistent and meaningful symbolism. Her work focuses primarily on the

idea of the “inner landscape,” which refers to a landscape that does not exist

in a physical space. Such landscapes reside internally, in the mind, and evoke

certain feelings and memories. In the interview, Heather explains that her choice

to leave her old life behind and start anew as an artist was the best decision she

could have made. She has made a point to go on multiple artist retreats in the

past, where she sharpened valuable skills and met wonderful, talented people.

Ultimately, Heather’ s moment of change altered the course of her life for the

better. She firmly believes that if someone wants something they can fully

achieve it, no matter how long it takes.

Dimensions Duration: 55 Minutes, 14 Seconds