

Cecilia Gunkel

Visual Artist

County Clare, Ireland

Instagram: <https://www.instagram.com/creative.raisins/>

Portfolio: <https://ceciliagunkel.showit.site/>

Cecilia Gunkel is a German-born visual artist based in the west of Ireland. Her practice centres on figurative and text-based painting exploring embodiment, rest, gendered expectation, and the cultural framing of productivity and self-worth. Working primarily in painting and mixed media, her work investigates how contemporary life shapes our relationship to labour, rest, and belonging.

She is currently developing a new body of work, **Resting Without Guilt**, a series of large-scale paintings examining the politics of rest and the female body within contemporary productivity culture. Her practice combines restrained compositions, negative space, and text-based interventions to explore the emotional and psychological dimensions of everyday life.

Artistic Practice

Independent Visual Artist – Ireland | 2022–Present

Studio-based painting practice focused on figurative and text-based work exploring rest, embodiment, and cultural narratives around productivity and self-worth. Current research and development centres on the project **Resting Without Guilt**, a sustained body of work investigating rest as both visual motif and social commentary.

Activities include:

- Studio-based painting and material experimentation
- Development of a cohesive thematic body of work
- Visual research, sketch development, and compositional studies
- Ongoing portfolio development and documentation

Exhibitions

Discover the Beauty of the Flower – Independent Exhibition

World Café, Stuttgart, Germany | 2018

Self-initiated exhibition including concept development, artwork production, curation, installation, and presentation of original works.

Artistic Development

Independent Studio Development – Ireland | 2023–Present

Ongoing development of painting practice through material research, colour studies, compositional experimentation, and thematic project development.

Portrait and Life Drawing Training with Scottish artist Gary Miller – East Germany | c. 2004–2005

Early training in observational drawing and figurative representation.

Tattoo Studio Internship – Nuremberg, Germany | 2016

Exploration of applied drawing practice, line work, and visual translation.

Life Model for Figurative Drawing Classes – Germany | c. 2016–2017

Participation in drawing studios supporting observational practice.

Education

BA Communication Science – University of Hohenheim, Germany | 2016–2019

Design Training – Prototype Development & Material Construction – Berufsschule Mainburg, Germany | 2013–2016

International Youth Voluntary Service – L’Arche Community, Paris, France | 2012–2013

Additional Professional Experience (Relevant to Creative Practice)

Artisan Production – The Burren Perfumery, County Clare | 2023–Present

Work within a craft-based production environment supporting sensory awareness, material discipline, and attentive making processes.

Visual Communication and Design Projects (Freelance) – Ireland | 2022–Present

Occasional visual identity and hand-rendered signage work for small businesses and local cultural spaces.

Skills

- Figurative Painting
- Acrylic & Oil Painting
- Mixed Media
- Text-based Visual Work
- Composition & Colour Development
- Concept Development
- Visual Research

- Portfolio Development
- English & German