



Show Notes

Don't have time to listen to the full episode? Don't sweat it. Everything you need is below!

1. [Episode Description](#)
2. [About Stephanie Hoogveld \(Bio\)](#)
3. [Episode links](#)
4. [Episode topics and time codes \(we want to make your life easy!\)](#)

Episode Description:

Stephanie Hoogveld began painting on a ping pong table in her parent's garage. She fell in love with art in her 20's but decided to pursue a stable career as a high school math teacher instead.

When she lost her mother unexpectedly, she realized life can be short and she didn't want to waste another second. To date she has raised hundreds of thousands of dollars painting for positive change and she has no plans of slowing down.

About Stephanie Hoogveld:

Stephanie Hoogveld creates large, vibrant oil paintings celebrating memories that are treasured for generation to come. She also paints for positive change right here in Calgary, Alberta.

Her style is best described by large, distinctive brushstrokes on large-scale canvases as a way to express the larger-than-life feeling I get from the beauty that surrounds us in Canada.

She was born and raised in Calgary, Alberta and her life has been full of very happy memories. She has been fortunate to be surrounded with love from her wonderful family, friends and her very handsome husband.

In 2013, her life drastically changed when her mom was diagnosed with Leukemia and died after a very short period. She taught Stephanie that life can be short and the importance of living a simple and happy life. Truly an inspiration, her mom gave her the courage and strength to pursue a life and art path with greater purpose.

Through her paintings she continues to honour her mom and paint for positive change. She creates treasured memories in paint that add beauty to homes, offices and public spaces.

Episode Links:

Website: [Stephanie Hoogveld](#)
[Stephanie Hoogveld's Instagram](#)
[Women of Wonder](#)
[Impressionistic Art](#)
[The Sky Painters](#)
[Work Nicer](#)
[Ace Class](#)
[Ace Collective](#)
[High Banks Society](#)
[Lake Louise Ski Resort](#)

Episide Topics and Time Codes:

3:08: How her love for art began

4:25: Training to become an artist

5:15: Where it all began (hint: on a ping pong table)

5:55: Her painting process.

6:27: The dream of becoming a full-time artist

7:00: From a High School Math Teacher to an Artist (the journey)

8:00: Can anyone become an artist?

9:05: Her big break

10:55: Persevering through loss

11:42: Realizing she had something special

12:40: Describing her style of art

16: 00: The Sky Painters – Painting for Positive Change

17:12: Why is the number 56 significant?

18:00: Raising money for positive change through The Sky Painters

18:26: Making an impact

20:47: Purchasing a print from The Sky Painters event

21:38: Taking the leap of faith and pursuing her dream career

22:50: Launching a new career

24:30: Doing what you love

25:22: Squashing self-doubt

27:10: The importance of a positive mind frame

27:53: Focus

30:47: Creating art that evokes emotion and leaves a legacy

31:55: Women of Wonder Art Collection by Stephanie Hoogveld

34:09: Featured Women of Wonder

37:28: Tickets to the Women of Wonder Art Gala

38:23: Women of Wonder Art Gala event details

40:43: Purchasing Women of Wonder art prints

41:39: Rapid Fire