

Having completed a BA (Hons) Fine Art at Chelsea College of Arts, UAL, I am deeply passionate about and eager to work within a creative, challenging and productive environment.

I am committed to a holistic and practical approach to life and work; one that serves both the needs of mental wellbeing as well as building character to overcome whatever challenge life may throw in one's path.

I always try to be compassionate, empathetic and courageous. I am heavily influenced by a philosophy of being present in the moment.

I believe that with a natural curiosity and awareness, that everyday situations, challenges, and occurrences, even the seemingly mundane, present an opportunity for personal and professional development and expression.

I have found a great humility in exploring the world around me in this way, of trying to rediscover the innocence and amazement of first experiences, and a vision without prejudice and judgement.

I truly believe it is simple to make things complicated, but very complicated to make things simple. It is this simple truth that I try and embody in my day-to-day interactions, work and life.

Experience

• The Bubble Initiative 2017 - 2021

Creative Director · 3rd Sector Org in field of promoting Arts in Rural Pakistan

• Manzil Pakistan 2017-2018

Teacher · Charity for education of underprivileged children

• **Bright Leaf Limited 2020-2024** Art coordinator and organiser for playscheme in RCT, Wales

• Russ (Rural Urban Synthesis Society) 2023-2024

Artist Residency · Editor · Land Trust

• Mentoring – 2019 - present

Supporting aspiring artists in Pakistan to further their studies internationally.

• **Glendola Leisure 2020 – 2025** Hospitality– Part-time staff at Waxy O'Connor's

Internships

• Haroon Mirza (Artist) (2017-2019)

<https://www.lissongallery.com/studio/haroon-mirza-on-the-emerging-paradigm>

• Osman Yousefzada (Artist) (June – August 2020)

<https://osmanstudio.com/>

• MeemAliph (Clothes boutique) (2018-2020)

[https://instagram.com/meemaliph?utm_medium=copy link](https://instagram.com/meemaliph?utm_medium=copy_link)

Education

• Chelsea College of Arts (UAL) - 2020 -24

BA (Hons) Fine Arts

<https://portfolio.arts.ac.uk/anooshehasaf>

• Loughborough University - 2019 - 20

Foundation Year - Grade: Merit

Short Courses

• Chelsea College of Arts (UAL)

Portfolio Building

• UCL (The Slade)

Low Tech Photography

• Morley College

Bronze Casting

Skills

- Pro-active
- Time Management
- Communication
- Creative
- Collaborative
- Digital Literacy (Microsoft, Adobe, etc)

References: Haroon Mirza · hm@wavesunlimited.org Naureen Karamat · naureen@thebrightleaf.com

Portfolios: [A.asaf_art01](#)

[UAL Portfolio](#)

[Saatchi Portfolio](#)