



418 657-0120 | [aroartiste@gmail.com](mailto:aroartiste@gmail.com)  
2682, boul. Talbot, Stoneham (Québec) G3C 1J5



[AROARTISTE.COM](http://AROARTISTE.COM)

# Biography

Caroline Bergeron was born in Quebec in 1975. Her artist name is ARO and represents, in addition to the diminutive of her first name, three words that have always inspired her: authenticity, romanticism and originality. This future creator of emotions grew up in a family of three children. Her father owned and managed many restaurants and her mother, who had multiple sclerosis, was often hospitalized. Her first memory relating to art is arts & crafts and drawing, then a large 4 x 8 foot mural made in high school. From 12 to 16 years old, she made ceramics. Later, she became interested in scrapbooking.

Graduated in administration and marketing from Cégep de Sainte-Foy, she did a minor in management at the École des Hautes Etudes Commerciales de Montréal (HEC), before continuing to the Elite Program of the École d'Entrepreneurship de Beauce in Saint-Georges-de-Beauce.

It was during a creation workshop at the latter in 2017 that she returned to art, after a career as a restaurant owner. She was at a turning point in her life, personal and professional, where a pressing need for change was felt. She therefore saw this workshop as a revelation. The benefits of art pushed her in another direction. She would later say of this experience that she was then in a spirit of openness conducive to letting life present her with new possibilities.

Caroline Bergeron has always been immersed in administration, management and marketing. She has always enjoyed taking on challenges, both personally and professionally, so it was natural for her to take up the challenge of combining her entrepreneurial know-how with this new passion for art. Since her change of professional orientation, several elements mark her progress, in particular her meeting in 2019 with Michelle Obama, to present one of her paintings in person, and his exhibition in 2018, at the Carrousel du Louvre in Paris. This trip to the City of Lights allowed her to deepen her knowledge of the different artistic movements and significantly improve her work.

After starting her exhibitions in 2017, ARO experimented with various mediums: acrylic, watercolor, alcohol inks, pastel, charcoal, etc. She took drawing lessons, but also advanced courses in the field of artistic career development at an international level with Catherine Orer.

ARO presents personal exhibitions, in particular "The Sum of My Encounters (2018)", "Urgence de Vivre (2018)" and "ParÊtre (2019)", which were decisive exhibitions for her. She participated in group exhibitions which prompted her, very early in her artistic career, to exhibit in Canada, the United States, France and Poland. From her early days in the art world, she won awards and accolades for her work, including a gold medal (2018) and a silver medal (2017). She has been the subject of several articles, reviews and publications in books and trade journals as well as numerous television appearances.

In 2018, she was appraised for the first time by an art expert in Canada and, in 2020, she was appraised by Akoun in France, which confirmed her value on the international contemporary art market. That same year, she entered the museum level in France with a first exhibition in a contemporary art museum (MACVR3D).

Today, the artist is a member of several professional associations: Le Cercle des artistes Peintres et Sculpteurs du Québec (CAPSQ), the Mondial Art Academia, the Regroupement des Artistes en Arts Visuels du Québec (RAAV), the Collectif International d'Artists ArtZoom (CIAAZ), Art X Terra, etc.

In 2021, she can be found in the Artothèque de Montréal.

## Artist Statement

ARO eliminates any form of perspective in her works by means of painting in successive layers, an iconic technique of Jackson Pollock, one of her influences. Technics such as dripping and knife work, make up most of her methods, Her dripping and all-over with a knife technics can alternately be found in her work, which sometimes falls at the crossroads between lyrical abstract and geometric abstract. The use of the circle, a recurring symbol for the artist, is used in some works to allow a lyrical abstraction to unite with it. The other notable influence of the artist is Jean-Paul Riopelle.

From the very beginning of her artistic practice, ARO used pure instinct. An ample gesture that expresses feelings and emotions on canvas. She uses work tools that are similar to those of her two favorite artists. Subsequently, her need to immerse herself in the heart of art history enabled her to learn a great deal during her stay in Paris. Other horizons are opening up to her. Her painting takes on amplitude with the exploration of other mediums.

“Each work has its story. I draw inside and share my thoughts, which is inside me.”

“Each work has its story. I draw inside myself and share my thoughts, what is inside me”, she explains of her work. “It is something personal that becomes universal as we all seek inner peace, happiness, joy, love.”

The creation process begins with questioning. It influences the choice of colors, movements, textures, energy that will make her vibrate. ARO conceives her work in the manner of a dance, where each step, each gesture, each movement is imbued on the canvas with color, corresponds exactly to an inner melody with notes, chords, pauses and sighs, expressing a state of mind or a state of being.

In this sense, she is at one with her work. The artistic attitude of ARO's action painting favors the physical act of painting by placing, dripping or projecting color without figurative suggestion. The structure of the painting is therefore the result of the energy and the psyche that animates her body during the act of creation. This ballet of expressed emotions is a testimony of the living body, in action and in motion, at a precise moment in her life.

In the series "Pure", the artist expresses a need for calm, for benevolence. In other series, which she also calls "collections", the artist rather expresses her desire for movement, her boundless energy, her desire to shout to the world her 'joie de vivre' and her enthusiasm. Works that stand out in particular for the richness of their colors.

"Art defines who we are," says the artist. "It helps create discussions and memories. It is a very powerful and unique emotional marker. Art provides a presence in our environment. Art does good. Art provokes emotions. Art can leave people indifferent or, on the contrary, provoke an emotion so intense that tears will rise and there the work and its master will be reunited forever ". For the artist, painting is a laying bare "a way of revealing oneself, of showing one's vulnerability".

“  
I listen, I let  
emerge, I try to  
understand, I make  
connections.”



"I paint my life and offer my sensitivity. I create without limits, like when you throw yourself into a void without a safety net. " Her sources of inspiration are multiple. "My relationship with others influences who I am and the way I create." Reflections on nature or on humans live in her and push her to creation in her studio. "I listen, I let emerge, I try to understand, I make connections."

Painting is a liberation, a letting go. In this process of liberation, there are three distinct acts: being in the moment, fulfilling the need to express yourself, and inspiring people.



## Solo exhibitions

- 2021 **Le temps nous appartient**, Galerie Aro  
Stoneham, Québec, Canada (June 2021)
- 2019 **ParÊtre**, Galerie Aro  
Stoneham, Québec, Canada (May 2019)
- 2018 **École d'Entrepreneurship de Beauce à Montréal**  
(artist in residency)
- 2018 **Urgence de vivre**, Galerie Aro  
Stoneham, Québec, Canada (Oct. 2018)
- 2018 **Spag & tini**  
Vieux-Québec, Québec, Canada (artist in residency)
- 2018 **Un voyage au cœur de mon âme**  
Château Laurier, Québec, Canada
- 2018 **La Somme de mes rencontres**  
Galerie Québec Art, Québec, Canada

## Group Exhibitions and Art Fairs

- 2020 **Contemporary Art Museum VR**  
Longwy (France)
- 2020 **Palais des congrès de Montréal**  
Group exhibitions with le Cercle des Artistes peintres et sculpteurs du Québec
- 2019 **7e édition du Symposium d'art contemporain de Rivière-Éternité**  
Contemporary Art Symposium
- 2019 **ADC Fine Art**  
Group exhibitions , Cincinnati, Ohio
- 2018 **ADC Fine Art**  
Group exhibitions , Finalist at Artist Come Alive Contest
- 2018 **Spectrum Miami**  
represented by Art Blend Gallery, Fort Lauderdale, FL
- 2018 **49e exposition internationale du Cercle des Artistes Peintres et Sculpteurs du Québec**  
Galeria Miejskiego Domu Kultury, Mikolow in Pologne
- 2018 **48e exposition internationale du Cercle des Artistes Peintres et Sculpteurs du Québec**  
Abbaye de Fontdouce,Saint-Bris-des-Bois, France
- 2018 **Art Shopping au Carrousel du Louvre**  
represented by Mecenavie, Paris, France
- 2018 **Art Expo New York**  
represented by la galerie MJ Laberge in Montréal

## Publications

- 2020 **Blink , Your art resource**, ADC Fine Art  
Cincinnati, Ohio USA
- 2019 **Blink, Your art resource**, ADC Fine Art  
Cincinnati, Ohio USA
- 2019 **The Art Book 2019**, ArtBlend Artist Agency  
Fort Lauderdale, FL, USA

## Gallery

- 2021-XXXX **Artothèque**  
Montréal, Québec, Canada
- 2021-XXXX **Avant-garde Art**  
Victoria, Colombie-Britannique
- 2019-XXXX **Un Fauteuil pour Deux**  
Ste-Foy (Québec)
- 2018-2019 **École d'Entrepreneurship de Beauce**  
Bureau de Montréal, Québec
- 2018-XXXX **ADC Fine Art**  
1013 York St., Cincinnati, Ohio
- 2018-2019 **Art Blend**  
2736 East, Oakland Park Blvd  
Fort Lauderdale, FL, USA
- 2018-XXXX **Galerie Aro**  
2682, boul. Talbot, Stoneham, Québec
- 2018-XXXX **Art Majeur.com**
- 2018-XXXX **Saatchi Art.com**
- 2017-XXXX **Mondial Art Academia**  
France
- 2017-2018 **Galerie Québec Art**  
40 rue Notre-Dame, Québec, Québec
- 2018-2020 **Spag & tini**  
40 rue du Marché-Champlain, Québec

## Professional affiliations

### Since 2020

- Art X Terra (Québec)

### Since 2018

- Collectif international d'artistes Art Zoom (CIAAZ)
- Regroupement des artistes en arts visuels du Québec (RAAV)

### Since 2017

- Mondial Art Academia – France
- Cercle des Artistes Peintres et Sculpteurs du Québec (CAPSQ)

## Corporates Team Building Workshop

- 2019 **Accès Conseil**  
Insurance and financial services
- 2019 **YWCA**  
Activity for ambassadors and Groupe Structura

## Selected Awards

- 2020 Recognition Award from Musée d'Art Contemporain VR3D at Longwy (France) for the promotion of the art of her country, on the international scene.
- 2020 ACA Contest, Art Design Consultant Fine Art, Cincinnati, Ohio, USA . Artwork Burst Blast (6 painting) d'Aro selected among more than 3500 contestants.
- 2019 ACA Contest, Art Design Consultant Fine Art, Cincinnati, Ohio, USA . Artwork Proud of Myself d'Aro selected among more than 2000 contestants.
- 2018 49th international exhibition of Cercle des Artistes Peintres et Sculpteurs du Québec at Galeria Miejskiego Domu Kultury, Mikolow in Pologne, medal of honor of the show for the quality of her works and her contribution to the promotion of the art of her country, on the international scene.
- 2018 ACA Contest, Art Design Consultant Fine Art, Cincinnati, Ohio, USA . Artwork Tornade selected for exhibition among more than 2000 applications.
- 2018 48th international exhibition of Cercle des Artistes Peintres et Sculpteurs du Québec at Fontdouce Abbey in France, Gold Medal for her distinct technique in Viser l'impossible
- 2017 38th Gala-Contest of Cercle des Artistes Peintres et Sculpteurs du Québec , Silver Medal in the category of Abstract Art for her Exotisme (Exoticism)

## Private & Corporate Collections

Michelle Obama, Première dame des États-Unis, Washington, USA  
Scenic Eclipse, Yacht de Scenic Cruise Line Château Laurier, Québec, Canada  
Claude Lafleur, Anges Québec, Canada  
André Lachance, Proludik, Québec, Canada  
Construction Gératек, Sherbrooke, Québec, Canada  
Christian Boissonneault, Valeurs Mobilières Desjardins Québec, Canada  
Linda Dallaire, Groupe Dallaire, Québec, Canada  
Jacques Talbot, Restaurant Cosmos, Québec, Canada  
Jean Martin et Brigitte Clavet, Restaurant St-Hubert, Québec, Canada  
Michael Connolly, Toronto, Canada  
Dasya Katz, New York, USA  
Kao Yun Hwa, New Tapeï, Taiwan, Chine  
Fondation Lise Watier  
Deborah Shelton et Francisco Durazo, Beverly Hills, Californie, USA  
Andréanne Martin Nutritionniste, Québec, Canada  
Construction Parox, Beloeil, Québec, Canada

## Selected Press and Media

- 2021 Émission Vu d'ici, CCAP Cable, Mars 2021  
Aro Artiste Peintre de Stoneham
- 2019 TVA Nouvelles, émission du 24 septembre 2019  
L'artiste Aro crée une toile pour Michelle Obama
- 2019 Magazin'Art, Volume 31, No 124, été 2019  
Carburer à l'énergie de la vie, Portrait de Galerie
- 2019 Émission Vu d'ici, CCAP Cable, Mai 2019  
Aro Artiste Peintre de Stoneham
- 2019 TVA Nouvelles, émission du 29 mai 2019  
Une entrepreneure d'ici qui connaît un succès fou dans le monde de l'art
- 2019 L'Écho du Lac (journal), Mai 2019  
La collection ParÊtre d'Aro
- 2019 Arts et cultures, 7 mai 2019  
ParÊtre, une exposition humaine et percutante d'Aro <https://www.artsetculture.ca/paretre-une-exposition-humaine-et-percutante-daro/>
- 2019 Info-culture.biz, 7 mai 2019  
ParÊtre, une exposition humaine et percutante d'Aro <http://info-culture.biz/2019/05/07/exposition-de-aro/>
- 2019 Magazine des arts,7 mai 2019  
ParÊtre, une exposition humaine et percutante d'Aro <https://magazinedesarts.com/expo-paretre-aro/>
- 2019 Magazine'Art, Volume 31, No 122, hiver 2019  
Galerie Aro
- 2018 L'Écho du Lac (journal), Novembre 2018  
Aro, Une image marketing très forte
- 2018 Émission Parlons-en sur la chaîne CCAP Cable  
Prêt de l'oeuvre Crazy 24 x 48 pour l'aménagement du décor
- 2018 Journal de Québec, 26 octobre 2018  
Inspiration sans bornes
- 2018 Magazine'Art, Volume 30, No 120 été 2018  
Aro en exposition au Carrousel du Louvre à Paris
- 2018 Magazine'Art, Volume 30, No 119, printemps 2018  
Éclectisme, Galerie Québec Art
- 2018 Magazine'Art, Volume 30, No 118, hiver 2018  
Éclectisme, Galerie Québec Art
- 2018 Journal de Québec, 2 février 2018  
Un talent éclate au grand jour
- 2018 Pleins Feux sur Québec, émission du 24 mars 2018
- 2018 TVA Nouvelles, émission du 22 mars 2018  
La Riopelle des temps modernes
- 2017 L'Écho du Lac (journal), Décembre 2017  
Quand une femme d'affaires se transforme en artiste